

Biddeford, Saco River, ME - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:04	8.8	6:32	8.2			12:34	1.1	7:14	4:15	
2	Thu	6:57	9.3	7:31	8.3	12:47	1.1	1:31	0.6	7:14	4:16	
3	Fri	7:50	9.8	8:29	8.5	1:39	1.0	2:26	0.0	7:14	4:17	
4	Sat	8:43	10.3	9:24	8.8	2:32	0.8	3:19	-0.5	7:14	4:18	
5	Sun	9:35	10.8	10:17	9.2	3:25	0.5	4:12	-1.0	7:14	4:19	
6	Mon	10:28	11.2	11:09	9.5	4:18	0.2	5:04	-1.4	7:13	4:20	
7	Tue	11:20	11.4			5:10	-0.1	5:55	-1.6	7:13	4:21	
8	Wed	12:01	9.7	12:13	11.4	6:04	-0.3	6:46	-1.7	7:13	4:22	
9	Thu	12:54	9.9	1:07	11.2	6:58	-0.3	7:38	-1.5	7:13	4:23	
10	Fri	1:48	9.9	2:03	10.8	7:55	-0.3	8:32	-1.2	7:13	4:24	
11	Sat	2:44	9.9	3:01	10.3	8:54	-0.1	9:26	-0.8	7:12	4:26	
12	Sun	3:41	9.8	4:02	9.7	9:55	0.1	10:23	-0.3	7:12	4:27	
13	Mon	4:39	9.7	5:05	9.1	10:58	0.3	11:21	0.2	7:11	4:28	
14	Tue	5:39	9.6	6:10	8.6			12:02	0.4	7:11	4:29	
15	Wed	6:38	9.5	7:13	8.3	12:20	0.6	1:04	0.4	7:11	4:30	
16	Thu	7:35	9.4	8:13	8.1	1:17	1.0	2:02	0.4	7:10	4:31	
17	Fri	8:28	9.4	9:06	8.0	2:11	1.2	2:56	0.4	7:09	4:33	
18	Sat	9:16	9.3	9:54	8.0	3:01	1.3	3:44	0.4	7:09	4:34	
19	Sun	9:59	9.3	10:36	8.0	3:47	1.4	4:28	0.4	7:08	4:35	
20	Mon	10:38	9.3	11:14	8.0	4:29	1.5	5:08	0.4	7:07	4:36	
21	Tue	11:13	9.3	11:48	8.0	5:08	1.5	5:44	0.4	7:07	4:38	
22	Wed	11:47	9.3			5:44	1.5	6:19	0.4	7:06	4:39	
23	Thu	12:20	8.1	12:21	9.3	6:20	1.4	6:53	0.4	7:05	4:40	
24	Fri	12:54	8.2	12:58	9.2	6:57	1.4	7:29	0.5	7:04	4:42	
25	Sat	1:30	8.3	1:37	9.1	7:36	1.3	8:05	0.6	7:04	4:43	
26	Sun	2:09	8.5	2:20	8.9	8:19	1.3	8:45	0.7	7:03	4:44	
27	Mon	2:52	8.6	3:07	8.7	9:06	1.3	9:28	0.9	7:02	4:46	
28	Tue	3:37	8.8	3:58	8.4	9:58	1.2	10:16	1.1	7:01	4:47	
29	Wed	4:27	8.9	4:55	8.2	10:56	1.1	11:10	1.2	7:00	4:48	
30	Thu	5:22	9.1	5:57	8.1	11:58	0.8			6:59	4:50	
31	Fri	6:21	9.4	7:02	8.2	12:09	1.2	1:01	0.5	6:58	4:51	