

































Fore River, Portland, ME - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:28	10.7	9:15	9.1	2:08	0.4	3:00	-1.0	7:14	4:15	
2	Fri	9:25	11.1	10:12	9.4	3:07	0.1	3:57	-1.3	7:14	4:15	
3	Sat	10:22	11.3	11:07	9.6	4:03	-0.1	4:52	-1.5	7:14	4:16	
4	Sun	11:16	11.3			4:58	-0.3	5:44	-1.6	7:14	4:17	
5	Mon	12:00	9.7	12:09	11.1	5:52	-0.3	6:35	-1.4	7:14	4:18	
6	Tue	12:50	9.7	1:01	10.8	6:45	-0.1	7:24	-1.0	7:14	4:19	
7	Wed	1:41	9.6	1:53	10.2	7:38	0.1	8:13	-0.6	7:14	4:20	
8	Thu	2:31	9.4	2:46	9.6	8:33	0.4	9:03	0.0	7:13	4:21	
9	Fri	3:22	9.2	3:42	8.9	9:30	0.7	9:53	0.6	7:13	4:23	
10	Sat	4:14	9.1	4:39	8.3	10:28	1.0	10:44	1.1	7:13	4:24	
11	Sun	5:06	8.9	5:38	7.9	11:28	1.2	11:37	1.6	7:13	4:25	
12	Mon	5:59	8.8	6:39	7.6			12:29	1.2	7:12	4:26	
13	Tue	6:54	8.7	7:38	7.6	12:34	1.8	1:29	1.1	7:12	4:27	
14	Wed	7:47	8.8	8:31	7.7	1:30	1.9	2:22	0.9	7:11	4:28	
15	Thu	8:36	9.0	9:19	7.9	2:21	1.8	3:09	0.7	7:11	4:30	
16	Fri	9:21	9.3	10:02	8.1	3:06	1.6	3:51	0.4	7:10	4:31	
17	Sat	10:02	9.5	10:42	8.3	3:47	1.4	4:30	0.2	7:10	4:32	
18	Sun	10:41	9.7	11:20	8.5	4:26	1.2	5:06	0.0	7:09	4:33	
19	Mon	11:19	9.9	11:55	8.7	5:04	0.9	5:41	-0.2	7:08	4:34	
20	Tue	11:55	10.0			5:42	0.7	6:15	-0.4	7:08	4:36	
21	Wed	12:29	8.9	12:32	10.0	6:20	0.5	6:50	-0.4	7:07	4:37	
22	Thu	1:04	9.1	1:11	9.8	7:01	0.4	7:28	-0.4	7:06	4:38	
23	Fri	1:42	9.4	1:54	9.6	7:45	0.2	8:09	-0.2	7:05	4:40	
24	Sat	2:23	9.5	2:43	9.3	8:34	0.2	8:54	0.0	7:05	4:41	
25	Sun	3:10	9.7	3:37	8.9	9:28	0.2	9:44	0.3	7:04	4:42	
26	Mon	4:02	9.7	4:37	8.5	10:26	0.2	10:39	0.6	7:03	4:44	
27	Tue	5:00	9.7	5:44	8.3	11:30	0.2	11:41	0.9	7:02	4:45	
28	Wed	6:04	9.8	6:56	8.2			12:40	0.1	7:01	4:46	
29	Thu	7:13	10.0	8:05	8.4	12:49	0.9	1:49	-0.2	7:00	4:48	
30	Fri	8:18	10.3	9:07	8.8	1:57	0.7	2:52	-0.6	6:59	4:49	
31	Sat	9:19	10.6	10:03	9.2	2:59	0.3	3:49	-1.0	6:58	4:50	