


































Fore River, Portland, ME - Aug 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|------|-------|------|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 1:21 | 9.9 | 1:53 | 9.1 | 7:38 | 0.0 | 7:47 | 0.8 | 5:30 | 8:04 |  |
| 2 | Sun | 1:58 | 9.8 | 2:27 | 9.4 | 8:12 | 0.0 | 8:29 | 0.7 | 5:31 | 8:03 |  |
| 3 | Mon | 2:37 | 9.6 | 3:05 | 9.6 | 8:50 | 0.1 | 9:13 | 0.5 | 5:32 | 8:01 |  |
| 4 | Tue | 3:21 | 9.4 | 3:47 | 9.8 | 9:31 | 0.3 | 10:03 | 0.5 | 5:33 | 8:00 |  |
| 5 | Wed | 4:11 | 9.1 | 4:35 | 9.9 | 10:18 | 0.5 | 10:57 | 0.4 | 5:34 | 7:59 |  |
| 6 | Thu | 5:06 | 8.8 | 5:28 | 10.0 | 11:09 | 0.7 | 11:55 | 0.4 | 5:36 | 7:58 |  |
| 7 | Fri | 6:06 | 8.5 | 6:27 | 10.1 | | | 12:06 | 0.9 | 5:37 | 7:56 |  |
| 8 | Sat | 7:13 | 8.4 | 7:32 | 10.2 | 1:00 | 0.3 | 1:08 | 1.0 | 5:38 | 7:55 |  |
| 9 | Sun | 8:22 | 8.5 | 8:39 | 10.5 | 2:08 | 0.1 | 2:16 | 0.9 | 5:39 | 7:53 |  |
| 10 | Mon | 9:28 | 8.8 | 9:42 | 10.8 | 3:14 | -0.2 | 3:20 | 0.6 | 5:40 | 7:52 |  |
| 11 | Tue | 10:27 | 9.2 | 10:41 | 11.1 | 4:14 | -0.6 | 4:21 | 0.2 | 5:41 | 7:51 |  |
| 12 | Wed | 11:23 | 9.6 | 11:37 | 11.2 | 5:09 | -0.9 | 5:18 | -0.1 | 5:42 | 7:49 |  |
| 13 | Thu | | | 12:15 | 9.9 | 6:01 | -1.1 | 6:12 | -0.3 | 5:43 | 7:48 |  |
| 14 | Fri | 12:29 | 11.1 | 1:03 | 10.2 | 6:49 | -1.1 | 7:04 | -0.4 | 5:44 | 7:46 |  |
| 15 | Sat | 1:19 | 10.8 | 1:50 | 10.2 | 7:35 | -0.8 | 7:54 | -0.3 | 5:46 | 7:45 |  |
| 16 | Sun | 2:08 | 10.4 | 2:35 | 10.1 | 8:20 | -0.4 | 8:44 | 0.0 | 5:47 | 7:43 |  |
| 17 | Mon | 2:57 | 9.8 | 3:21 | 9.9 | 9:05 | 0.2 | 9:36 | 0.3 | 5:48 | 7:42 |  |
| 18 | Tue | 3:49 | 9.1 | 4:09 | 9.6 | 9:51 | 0.8 | 10:29 | 0.7 | 5:49 | 7:40 |  |
| 19 | Wed | 4:42 | 8.5 | 4:59 | 9.2 | 10:40 | 1.3 | 11:25 | 1.1 | 5:50 | 7:38 |  |
| 20 | Thu | 5:38 | 8.0 | 5:53 | 8.9 | 11:32 | 1.8 | | | 5:51 | 7:37 |  |
| 21 | Fri | 6:37 | 7.7 | 6:50 | 8.8 | 12:24 | 1.4 | 12:28 | 2.1 | 5:52 | 7:35 |  |
| 22 | Sat | 7:38 | 7.6 | 7:49 | 8.8 | 1:26 | 1.5 | 1:28 | 2.3 | 5:53 | 7:34 |  |
| 23 | Sun | 8:37 | 7.6 | 8:45 | 8.9 | 2:27 | 1.5 | 2:27 | 2.2 | 5:55 | 7:32 |  |
| 24 | Mon | 9:29 | 7.8 | 9:35 | 9.2 | 3:20 | 1.2 | 3:19 | 1.9 | 5:56 | 7:30 |  |
| 25 | Tue | 10:14 | 8.1 | 10:20 | 9.5 | 4:05 | 0.9 | 4:04 | 1.6 | 5:57 | 7:29 |  |
| 26 | Wed | 10:55 | 8.5 | 11:00 | 9.7 | 4:45 | 0.6 | 4:45 | 1.3 | 5:58 | 7:27 |  |
| 27 | Thu | 11:33 | 8.8 | 11:39 | 9.9 | 5:21 | 0.3 | 5:24 | 0.9 | 5:59 | 7:25 |  |
| 28 | Fri | | | 12:08 | 9.2 | 5:55 | 0.1 | 6:03 | 0.6 | 6:00 | 7:24 |  |
| 29 | Sat | 12:17 | 10.0 | 12:42 | 9.5 | 6:29 | 0.0 | 6:42 | 0.3 | 6:01 | 7:22 |  |
| 30 | Sun | 12:54 | 10.0 | 1:16 | 9.8 | 7:03 | -0.1 | 7:22 | 0.0 | 6:02 | 7:20 |  |
| 31 | Mon | 1:33 | 9.9 | 1:52 | 10.1 | 7:40 | -0.1 | 8:04 | -0.1 | 6:04 | 7:18 |  |