

































## Fore River, Portland, ME - Aug 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:53	8.8	11:01	10.8	4:41	-0.1	4:42	0.6	5:30	8:04	
2	Thu	11:41	9.4	11:51	11.1	5:28	-0.7	5:33	0.1	5:31	8:03	
3	Fri			12:28	9.9	6:14	-1.1	6:25	-0.3	5:33	8:01	
4	Sat	12:41	11.2	1:15	10.4	7:00	-1.3	7:16	-0.6	5:34	8:00	
5	Sun	1:31	11.2	2:03	10.7	7:47	-1.3	8:08	-0.8	5:35	7:59	
6	Mon	2:22	10.9	2:52	10.8	8:35	-1.1	9:03	-0.7	5:36	7:57	
7	Tue	3:16	10.4	3:44	10.7	9:25	-0.7	10:01	-0.5	5:37	7:56	
8	Wed	4:15	9.8	4:40	10.6	10:19	-0.2	11:02	-0.2	5:38	7:55	
9	Thu	5:17	9.3	5:40	10.3	11:17	0.4			5:39	7:53	
10	Fri	6:22	8.8	6:42	10.0	12:06	0.1	12:18	0.9	5:40	7:52	
11	Sat	7:30	8.5	7:48	9.9	1:14	0.3	1:24	1.2	5:41	7:50	
12	Sun	8:36	8.4	8:51	9.9	2:23	0.4	2:30	1.3	5:42	7:49	
13	Mon	9:36	8.5	9:48	9.9	3:24	0.3	3:30	1.2	5:44	7:47	
14	Tue	10:29	8.6	10:38	10.0	4:18	0.2	4:22	1.1	5:45	7:46	
15	Wed	11:15	8.8	11:24	10.0	5:05	0.1	5:09	0.9	5:46	7:44	
16	Thu	11:57	9.0			5:47	0.1	5:52	0.8	5:47	7:43	
17	Fri	12:05	9.9	12:36	9.1	6:24	0.1	6:32	0.8	5:48	7:41	
18	Sat	12:44	9.8	1:11	9.2	6:59	0.2	7:10	0.8	5:49	7:40	
19	Sun	1:21	9.6	1:44	9.2	7:31	0.4	7:46	0.8	5:50	7:38	
20	Mon	1:57	9.3	2:17	9.2	8:03	0.7	8:24	0.9	5:51	7:37	
21	Tue	2:34	8.9	2:51	9.2	8:37	0.9	9:03	1.0	5:53	7:35	
22	Wed	3:13	8.6	3:29	9.1	9:14	1.2	9:46	1.2	5:54	7:33	
23	Thu	3:56	8.2	4:11	9.0	9:55	1.5	10:33	1.3	5:55	7:32	
24	Fri	4:44	7.9	4:59	8.9	10:40	1.8	11:24	1.5	5:56	7:30	
25	Sat	5:37	7.7	5:51	8.9	11:30	2.0			5:57	7:28	
26	Sun	6:36	7.6	6:50	9.1	12:21	1.5	12:26	2.0	5:58	7:27	
27	Mon	7:38	7.7	7:52	9.4	1:23	1.3	1:28	1.8	5:59	7:25	
28	Tue	8:39	8.1	8:51	9.9	2:25	0.8	2:29	1.3	6:00	7:23	
29	Wed	9:33	8.7	9:46	10.4	3:20	0.3	3:27	0.7	6:02	7:22	
30	Thu	10:23	9.4	10:38	10.9	4:11	-0.3	4:21	0.0	6:03	7:20	
31	Fri	11:12	10.1	11:30	11.2	4:59	-0.9	5:13	-0.6	6:04	7:18	