

































## Isle au Haut, ME - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:06	10.6	8:50	9.3	1:24	0.4	2:13	-0.8	7:09	4:06	
2	Fri	9:03	11.0	9:46	9.5	2:24	0.2	3:10	-1.2	7:09	4:07	
3	Sat	9:59	11.2	10:40	9.7	3:21	0.0	4:04	-1.3	7:09	4:08	
4	Sun	10:53	11.2	11:33	9.8	4:16	-0.1	4:57	-1.3	7:09	4:09	
5	Mon	11:46	11.1			5:09	-0.2	5:48	-1.2	7:09	4:10	
6	Tue	12:24	9.8	12:38	10.7	6:03	0.0	6:38	-0.9	7:09	4:11	
7	Wed	1:15	9.7	1:30	10.2	6:56	0.2	7:28	-0.4	7:08	4:12	
8	Thu	2:05	9.5	2:23	9.6	7:49	0.4	8:17	0.1	7:08	4:13	
9	Fri	2:56	9.3	3:17	9.0	8:44	0.7	9:08	0.6	7:08	4:15	
10	Sat	3:48	9.0	4:14	8.4	9:41	1.0	10:00	1.1	7:08	4:16	
11	Sun	4:41	8.8	5:13	8.0	10:39	1.1	10:54	1.5	7:07	4:17	
12	Mon	5:35	8.7	6:12	7.8	11:37	1.2	11:49	1.7	7:07	4:18	
13	Tue	6:29	8.7	7:10	7.7			12:34	1.1	7:06	4:19	
14	Wed	7:22	8.8	8:02	7.8	12:43	1.8	1:26	0.9	7:06	4:20	
15	Thu	8:10	9.0	8:49	8.0	1:33	1.7	2:14	0.7	7:05	4:22	
16	Fri	8:55	9.2	9:32	8.2	2:20	1.5	2:58	0.5	7:05	4:23	
17	Sat	9:36	9.5	10:11	8.4	3:02	1.3	3:38	0.2	7:04	4:24	
18	Sun	10:15	9.7	10:48	8.6	3:41	1.1	4:15	0.0	7:04	4:25	
19	Mon	10:52	9.9	11:23	8.9	4:19	0.9	4:51	-0.1	7:03	4:27	
20	Tue	11:29	10.0	11:59	9.1	4:56	0.8	5:26	-0.2	7:02	4:28	
21	Wed			12:07	10.0	5:34	0.6	6:02	-0.2	7:02	4:29	
22	Thu	12:36	9.3	12:47	9.9	6:14	0.5	6:40	-0.2	7:01	4:31	
23	Fri	1:15	9.5	1:30	9.7	6:57	0.4	7:21	-0.1	7:00	4:32	
24	Sat	1:58	9.6	2:18	9.4	7:45	0.3	8:05	0.1	6:59	4:33	
25	Sun	2:45	9.7	3:12	9.0	8:38	0.3	8:56	0.4	6:58	4:35	
26	Mon	3:38	9.7	4:12	8.6	9:38	0.3	9:53	0.7	6:57	4:36	
27	Tue	4:38	9.6	5:20	8.4	10:43	0.3	10:57	0.9	6:56	4:37	
28	Wed	5:43	9.7	6:30	8.3	11:52	0.2			6:55	4:39	
29	Thu	6:50	9.9	7:38	8.6	12:06	0.9	1:00	-0.1	6:54	4:40	
30	Fri	7:55	10.2	8:41	8.9	1:13	0.7	2:03	-0.5	6:53	4:41	
31	Sat	8:56	10.5	9:37	9.3	2:16	0.4	3:01	-0.8	6:52	4:43	