

































## Portland, ME - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:26	10.7	9:13	9.1	2:06	0.4	2:58	-0.9	7:14	4:14	
2	Fri	9:23	11.1	10:10	9.4	3:05	0.1	3:55	-1.3	7:14	4:15	
3	Sat	10:20	11.3	11:05	9.6	4:01	-0.1	4:50	-1.5	7:14	4:16	
4	Sun	11:14	11.3	11:58	9.7	4:56	-0.2	5:42	-1.5	7:14	4:17	
5	Mon			12:07	11.1	5:50	-0.3	6:33	-1.4	7:14	4:18	
6	Tue	12:48	9.7	12:59	10.8	6:43	-0.1	7:22	-1.0	7:14	4:19	
7	Wed	1:39	9.6	1:51	10.2	7:36	0.1	8:11	-0.5	7:13	4:20	
8	Thu	2:29	9.4	2:44	9.6	8:31	0.4	9:01	0.0	7:13	4:21	
9	Fri	3:20	9.2	3:40	8.9	9:28	0.7	9:51	0.6	7:13	4:22	
10	Sat	4:12	9.1	4:37	8.3	10:26	1.0	10:42	1.1	7:13	4:23	
11	Sun	5:04	8.9	5:36	7.9	11:26	1.1	11:35	1.5	7:12	4:25	
12	Mon	5:57	8.8	6:37	7.6			12:27	1.2	7:12	4:26	
13	Tue	6:52	8.7	7:36	7.6	12:32	1.8	1:27	1.1	7:12	4:27	
14	Wed	7:45	8.8	8:29	7.7	1:28	1.9	2:20	0.9	7:11	4:28	
15	Thu	8:34	9.0	9:17	7.9	2:19	1.8	3:07	0.6	7:11	4:29	
16	Fri	9:19	9.3	10:00	8.1	3:04	1.6	3:49	0.4	7:10	4:31	
17	Sat	10:00	9.5	10:40	8.3	3:45	1.4	4:28	0.2	7:10	4:32	
18	Sun	10:39	9.7	11:18	8.5	4:24	1.1	5:04	0.0	7:09	4:33	
19	Mon	11:17	9.9	11:53	8.7	5:02	0.9	5:39	-0.2	7:08	4:34	
20	Tue	11:53	10.0			5:40	0.7	6:13	-0.4	7:08	4:36	
21	Wed	12:27	8.9	12:30	10.0	6:18	0.5	6:48	-0.4	7:07	4:37	
22	Thu	1:02	9.1	1:09	9.8	6:59	0.3	7:26	-0.4	7:06	4:38	
23	Fri	1:40	9.4	1:52	9.6	7:43	0.2	8:07	-0.2	7:05	4:39	
24	Sat	2:21	9.5	2:41	9.3	8:32	0.2	8:52	0.0	7:04	4:41	
25	Sun	3:08	9.7	3:35	8.9	9:26	0.2	9:42	0.3	7:04	4:42	
26	Mon	4:00	9.7	4:35	8.5	10:24	0.2	10:37	0.6	7:03	4:43	
27	Tue	4:58	9.7	5:42	8.3	11:28	0.2	11:39	0.8	7:02	4:45	
28	Wed	6:02	9.8	6:54	8.2			12:38	0.1	7:01	4:46	
29	Thu	7:11	10.0	8:03	8.4	12:47	0.9	1:47	-0.2	7:00	4:47	
30	Fri	8:16	10.3	9:05	8.8	1:55	0.7	2:50	-0.6	6:59	4:49	
31	Sat	9:17	10.6	10:01	9.2	2:57	0.3	3:47	-0.9	6:58	4:50	