

Portland, ME - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:59	9.1			5:47	-0.2	5:51	0.9	5:32	7:43	
2	Sat	12:02	10.0	12:39	8.9	6:25	-0.2	6:28	1.1	5:31	7:44	
3	Sun	12:38	9.9	1:17	8.7	7:02	0.0	7:03	1.3	5:30	7:45	
4	Mon	1:13	9.7	1:54	8.5	7:39	0.2	7:40	1.5	5:28	7:46	
5	Tue	1:50	9.5	2:33	8.3	8:16	0.4	8:18	1.7	5:27	7:48	
6	Wed	2:28	9.3	3:15	8.1	8:57	0.7	9:00	1.9	5:26	7:49	
7	Thu	3:11	9.1	4:01	7.9	9:40	0.9	9:46	2.1	5:24	7:50	
8	Fri	3:58	8.9	4:50	7.9	10:27	1.0	10:37	2.1	5:23	7:51	
9	Sat	4:50	8.7	5:40	8.0	11:16	1.1	11:31	2.0	5:22	7:52	
10	Sun	5:43	8.7	6:30	8.3			12:06	1.1	5:21	7:53	
11	Mon	6:40	8.7	7:21	8.7	12:28	1.8	12:57	1.0	5:19	7:54	
12	Tue	7:37	8.8	8:10	9.3	1:26	1.4	1:49	0.8	5:18	7:55	
13	Wed	8:34	9.1	8:58	9.9	2:23	0.8	2:40	0.5	5:17	7:57	
14	Thu	9:28	9.3	9:45	10.6	3:17	0.1	3:29	0.3	5:16	7:58	
15	Fri	10:20	9.6	10:32	11.1	4:08	-0.6	4:18	0.0	5:15	7:59	
16	Sat	11:12	9.8	11:22	11.5	4:59	-1.2	5:07	-0.1	5:14	8:00	
17	Sun			12:05	9.9	5:50	-1.5	5:58	-0.2	5:13	8:01	
18	Mon	12:13	11.6	12:59	9.9	6:42	-1.6	6:51	-0.1	5:12	8:02	
19	Tue	1:06	11.6	1:53	9.8	7:36	-1.5	7:45	0.1	5:11	8:03	
20	Wed	2:01	11.3	2:51	9.6	8:31	-1.2	8:43	0.4	5:10	8:04	
21	Thu	2:59	10.9	3:51	9.4	9:30	-0.8	9:45	0.7	5:09	8:05	
22	Fri	4:02	10.4	4:54	9.3	10:31	-0.4	10:51	0.9	5:08	8:06	
23	Sat	5:08	9.9	5:56	9.2	11:33	0.0	11:58	1.0	5:07	8:07	
24	Sun	6:13	9.4	6:56	9.3			12:33	0.3	5:07	8:08	
25	Mon	7:18	9.1	7:53	9.5	1:06	1.0	1:32	0.6	5:06	8:09	
26	Tue	8:20	8.9	8:46	9.6	2:10	0.9	2:28	0.9	5:05	8:10	
27	Wed	9:17	8.7	9:33	9.8	3:08	0.6	3:18	1.0	5:05	8:11	
28	Thu	10:08	8.7	10:17	9.8	3:58	0.4	4:03	1.2	5:04	8:12	
29	Fri	10:54	8.6	10:57	9.9	4:44	0.2	4:45	1.3	5:03	8:13	
30	Sat	11:37	8.6	11:36	9.8	5:26	0.2	5:24	1.4	5:03	8:14	
31	Sun			12:18	8.5	6:05	0.2	6:02	1.5	5:02	8:14	