

Portland, ME - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:30	9.8	1:12	8.4	6:58	0.3	6:54	1.5	5:03	8:26	
2	Thu	1:07	9.8	1:48	8.5	7:32	0.3	7:31	1.5	5:04	8:26	
3	Fri	1:43	9.7	2:24	8.6	8:07	0.3	8:11	1.4	5:04	8:26	
4	Sat	2:21	9.6	3:00	8.8	8:43	0.3	8:52	1.3	5:05	8:25	
5	Sun	3:01	9.5	3:39	9.0	9:21	0.3	9:38	1.2	5:05	8:25	
6	Mon	3:45	9.3	4:21	9.2	10:02	0.4	10:27	1.0	5:06	8:25	
7	Tue	4:34	9.1	5:06	9.5	10:47	0.5	11:20	0.8	5:07	8:24	
8	Wed	5:27	8.9	5:55	9.8	11:35	0.6			5:07	8:24	
9	Thu	6:25	8.7	6:49	10.1	12:17	0.6	12:28	0.7	5:08	8:23	
10	Fri	7:28	8.6	7:48	10.4	1:18	0.3	1:27	0.8	5:09	8:23	
11	Sat	8:34	8.7	8:49	10.7	2:22	0.0	2:28	0.7	5:10	8:22	
12	Sun	9:37	8.9	9:49	11.1	3:24	-0.4	3:29	0.5	5:11	8:22	
13	Mon	10:37	9.2	10:48	11.4	4:23	-0.8	4:28	0.2	5:11	8:21	
14	Tue	11:35	9.5	11:45	11.5	5:20	-1.1	5:26	0.0	5:12	8:21	
15	Wed			12:30	9.8	6:15	-1.3	6:23	-0.1	5:13	8:20	
16	Thu	12:41	11.5	1:24	9.9	7:08	-1.3	7:18	-0.2	5:14	8:19	
17	Fri	1:35	11.2	2:15	10.0	7:58	-1.1	8:13	-0.1	5:15	8:19	
18	Sat	2:28	10.8	3:06	10.0	8:48	-0.8	9:09	0.2	5:16	8:18	
19	Sun	3:22	10.2	3:58	9.9	9:38	-0.3	10:06	0.4	5:17	8:17	
20	Mon	4:18	9.5	4:50	9.7	10:29	0.3	11:04	0.7	5:18	8:16	
21	Tue	5:15	8.9	5:41	9.5	11:20	0.9			5:19	8:15	
22	Wed	6:13	8.4	6:34	9.3	12:03	0.9	12:12	1.4	5:20	8:14	
23	Thu	7:13	8.0	7:29	9.1	1:03	1.1	1:07	1.8	5:21	8:13	
24	Fri	8:13	7.8	8:24	9.1	2:04	1.2	2:05	2.0	5:22	8:13	
25	Sat	9:09	7.8	9:16	9.2	3:01	1.1	2:59	2.0	5:23	8:12	
26	Sun	10:00	7.9	10:04	9.4	3:52	0.9	3:48	1.9	5:24	8:10	
27	Mon	10:46	8.1	10:47	9.6	4:37	0.7	4:32	1.7	5:25	8:09	
28	Tue	11:28	8.3	11:28	9.7	5:17	0.6	5:12	1.5	5:26	8:08	
29	Wed			12:07	8.5	5:55	0.4	5:51	1.3	5:27	8:07	
30	Thu	12:06	9.8	12:43	8.7	6:29	0.2	6:29	1.1	5:28	8:06	
31	Fri	12:43	9.9	1:17	8.9	7:02	0.1	7:07	1.0	5:29	8:05	