

Portland, ME - Aug 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:19	9.9	1:51	9.1	7:36	0.0	7:45	0.8	5:30	8:04	
2	Sun	1:56	9.8	2:25	9.4	8:10	0.0	8:27	0.6	5:31	8:03	
3	Mon	2:35	9.6	3:03	9.6	8:48	0.1	9:11	0.5	5:32	8:01	
4	Tue	3:19	9.4	3:45	9.8	9:29	0.3	10:01	0.4	5:33	8:00	
5	Wed	4:09	9.1	4:33	9.9	10:16	0.5	10:55	0.4	5:34	7:59	
6	Thu	5:04	8.8	5:26	10.0	11:07	0.7	11:53	0.4	5:35	7:57	
7	Fri	6:04	8.5	6:25	10.1			12:04	0.9	5:36	7:56	
8	Sat	7:11	8.4	7:30	10.2	12:58	0.3	1:06	1.0	5:38	7:55	
9	Sun	8:20	8.5	8:37	10.5	2:06	0.1	2:14	0.9	5:39	7:53	
10	Mon	9:26	8.8	9:40	10.8	3:12	-0.2	3:18	0.6	5:40	7:52	
11	Tue	10:25	9.2	10:39	11.1	4:12	-0.6	4:19	0.2	5:41	7:50	
12	Wed	11:21	9.6	11:35	11.2	5:07	-0.9	5:16	-0.1	5:42	7:49	
13	Thu			12:13	9.9	5:59	-1.1	6:10	-0.3	5:43	7:48	
14	Fri	12:27	11.1	1:01	10.2	6:47	-1.0	7:02	-0.4	5:44	7:46	
15	Sat	1:17	10.8	1:48	10.2	7:33	-0.8	7:52	-0.3	5:45	7:45	
16	Sun	2:06	10.4	2:33	10.1	8:18	-0.4	8:42	0.0	5:47	7:43	
17	Mon	2:55	9.8	3:19	9.9	9:03	0.2	9:34	0.3	5:48	7:41	
18	Tue	3:47	9.1	4:07	9.6	9:49	0.7	10:27	0.7	5:49	7:40	
19	Wed	4:40	8.5	4:57	9.2	10:38	1.3	11:23	1.1	5:50	7:38	
20	Thu	5:36	8.0	5:51	8.9	11:30	1.8			5:51	7:37	
21	Fri	6:35	7.7	6:48	8.8	12:22	1.3	12:26	2.1	5:52	7:35	
22	Sat	7:36	7.6	7:47	8.8	1:24	1.5	1:26	2.2	5:53	7:33	
23	Sun	8:35	7.6	8:43	8.9	2:25	1.4	2:25	2.1	5:54	7:32	
24	Mon	9:27	7.8	9:33	9.2	3:18	1.2	3:17	1.9	5:56	7:30	
25	Tue	10:12	8.1	10:18	9.5	4:03	0.9	4:02	1.6	5:57	7:28	
26	Wed	10:53	8.5	10:58	9.7	4:43	0.6	4:43	1.2	5:58	7:27	
27	Thu	11:31	8.8	11:37	9.9	5:19	0.3	5:22	0.9	5:59	7:25	
28	Fri			12:06	9.2	5:53	0.1	6:01	0.6	6:00	7:23	
29	Sat	12:15	10.0	12:40	9.5	6:27	0.0	6:40	0.3	6:01	7:22	
30	Sun	12:52	10.0	1:14	9.8	7:01	-0.1	7:20	0.0	6:02	7:20	
31	Mon	1:31	9.9	1:50	10.1	7:38	-0.1	8:02	-0.1	6:03	7:18	