

































Annisquam Lobster Cove, MA - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:43	10.2	9:31	8.3	2:18	0.4	3:16	-0.7	7:12	4:19	
2	Fri	9:43	10.6	10:30	8.7	3:20	0.2	4:15	-1.2	7:12	4:20	
3	Sat	10:40	10.9	11:26	9.0	4:18	-0.1	5:10	-1.5	7:12	4:21	
4	Sun	11:34	11.0			5:14	-0.3	6:02	-1.7	7:12	4:22	
5	Mon	12:17	9.3	12:26	11.0	6:07	-0.4	6:51	-1.6	7:12	4:23	
6	Tue	1:06	9.4	1:16	10.7	6:59	-0.4	7:38	-1.4	7:12	4:24	
7	Wed	1:54	9.4	2:05	10.2	7:49	-0.2	8:24	-1.0	7:12	4:25	
8	Thu	2:41	9.2	2:53	9.6	8:39	0.1	9:09	-0.5	7:12	4:26	
9	Fri	3:28	9.0	3:42	8.9	9:30	0.5	9:54	0.1	7:12	4:27	
10	Sat	4:15	8.7	4:32	8.2	10:22	0.9	10:42	0.7	7:11	4:28	
11	Sun	5:04	8.5	5:27	7.5	11:19	1.2	11:31	1.2	7:11	4:29	
12	Mon	5:56	8.3	6:26	7.1			12:19	1.4	7:11	4:31	
13	Tue	6:50	8.2	7:29	6.8	12:24	1.6	1:21	1.4	7:10	4:32	
14	Wed	7:45	8.3	8:29	6.8	1:19	1.8	2:20	1.2	7:10	4:33	
15	Thu	8:38	8.5	9:23	7.0	2:13	1.8	3:13	0.9	7:09	4:34	
16	Fri	9:27	8.8	10:11	7.3	3:04	1.6	4:00	0.6	7:09	4:35	
17	Sat	10:12	9.1	10:53	7.6	3:51	1.4	4:41	0.3	7:08	4:36	
18	Sun	10:53	9.3	11:31	7.9	4:34	1.1	5:18	0.0	7:08	4:38	
19	Mon	11:32	9.6			5:15	0.8	5:54	-0.3	7:07	4:39	
20	Tue	12:07	8.2	12:09	9.7	5:55	0.5	6:30	-0.5	7:06	4:40	
21	Wed	12:42	8.5	12:47	9.8	6:34	0.3	7:06	-0.6	7:06	4:41	
22	Thu	1:18	8.7	1:25	9.7	7:15	0.1	7:43	-0.7	7:05	4:43	
23	Fri	1:56	9.0	2:07	9.5	7:58	0.1	8:23	-0.6	7:04	4:44	
24	Sat	2:37	9.1	2:53	9.1	8:44	0.1	9:06	-0.3	7:03	4:45	
25	Sun	3:22	9.2	3:44	8.7	9:36	0.1	9:54	0.0	7:03	4:46	
26	Mon	4:13	9.3	4:42	8.1	10:35	0.3	10:49	0.4	7:02	4:48	
27	Tue	5:10	9.3	5:49	7.7	11:40	0.3	11:51	0.7	7:01	4:49	
28	Wed	6:15	9.3	7:02	7.6			12:50	0.2	7:00	4:50	
29	Thu	7:24	9.5	8:16	7.7	12:58	0.8	2:00	-0.1	6:59	4:52	
30	Fri	8:32	9.8	9:22	8.1	2:06	0.7	3:06	-0.5	6:58	4:53	
31	Sat	9:35	10.2	10:20	8.6	3:10	0.3	4:05	-0.9	6:57	4:54	