

Barnstable Harbor, MA - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:20	9.3	6:48	8.6	12:24	1.0	1:00	0.9	7:08	4:21	
2	Thu	7:12	9.8	7:46	8.8	1:17	0.9	1:57	0.4	7:08	4:22	
3	Fri	8:05	10.3	8:43	9.1	2:11	0.6	2:53	-0.2	7:08	4:22	
4	Sat	8:58	10.9	9:38	9.4	3:05	0.3	3:48	-0.8	7:08	4:23	
5	Sun	9:51	11.4	10:32	9.7	3:58	-0.1	4:41	-1.3	7:08	4:24	
6	Mon	10:43	11.8	11:25	10.0	4:51	-0.4	5:33	-1.7	7:08	4:25	
7	Tue	11:37	11.9			5:44	-0.6	6:25	-1.9	7:07	4:26	
8	Wed	12:19	10.2	12:32	11.8	6:38	-0.7	7:17	-1.9	7:07	4:27	
9	Thu	1:14	10.2	1:27	11.6	7:32	-0.7	8:09	-1.6	7:07	4:28	
10	Fri	2:08	10.2	2:22	11.1	8:27	-0.5	9:03	-1.2	7:07	4:29	
11	Sat	3:03	10.1	3:20	10.5	9:25	-0.2	9:57	-0.6	7:07	4:30	
12	Sun	4:00	9.9	4:21	9.8	10:25	0.2	10:54	-0.1	7:06	4:32	
13	Mon	4:58	9.8	5:23	9.2	11:27	0.4	11:51	0.4	7:06	4:33	
14	Tue	5:56	9.6	6:27	8.8			12:30	0.6	7:05	4:34	
15	Wed	6:54	9.6	7:30	8.5	12:48	0.8	1:33	0.6	7:05	4:35	
16	Thu	7:50	9.5	8:30	8.4	1:44	1.1	2:34	0.6	7:05	4:36	
17	Fri	8:43	9.6	9:22	8.4	2:39	1.3	3:28	0.4	7:04	4:37	
18	Sat	9:30	9.7	10:08	8.5	3:29	1.3	4:15	0.3	7:04	4:38	
19	Sun	10:12	9.8	10:49	8.6	4:14	1.2	4:56	0.2	7:03	4:40	
20	Mon	10:52	9.9	11:28	8.7	4:56	1.1	5:35	0.1	7:02	4:41	
21	Tue	11:31	9.9			5:36	1.0	6:12	0.0	7:02	4:42	
22	Wed	12:06	8.7	12:09	9.9	6:15	0.9	6:49	0.0	7:01	4:43	
23	Thu	12:43	8.8	12:47	9.9	6:54	0.9	7:26	0.0	7:00	4:45	
24	Fri	1:20	8.9	1:25	9.7	7:34	0.9	8:03	0.1	7:00	4:46	
25	Sat	1:57	8.9	2:04	9.5	8:14	0.9	8:41	0.3	6:59	4:47	
26	Sun	2:34	8.9	2:45	9.3	8:57	1.0	9:22	0.4	6:58	4:48	
27	Mon	3:15	9.0	3:30	9.0	9:43	1.0	10:06	0.6	6:57	4:50	
28	Tue	3:59	9.1	4:21	8.7	10:34	1.0	10:54	0.8	6:56	4:51	
29	Wed	4:47	9.3	5:15	8.5	11:28	0.9	11:46	0.9	6:55	4:52	
30	Thu	5:40	9.5	6:14	8.4			12:26	0.6	6:54	4:53	
31	Fri	6:36	9.8	7:16	8.5	12:42	0.9	1:27	0.3	6:53	4:55	