

































## Cape Cod Canal, Sagamore, MA - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:08	8.0	4:44	7.7	10:31	0.4	10:57	1.1	5:11	8:20	
2	Wed	5:01	7.6	5:35	7.7	11:20	0.8	11:50	1.2	5:11	8:20	
3	Thu	5:56	7.2	6:25	7.6			12:09	1.1	5:12	8:20	
4	Fri	6:52	6.8	7:16	7.6	12:45	1.2	1:00	1.4	5:13	8:20	
5	Sat	7:49	6.6	8:06	7.7	1:40	1.2	1:51	1.7	5:13	8:20	
6	Sun	8:44	6.6	8:54	7.8	2:33	1.1	2:41	1.8	5:14	8:19	
7	Mon	9:34	6.5	9:39	7.9	3:24	1.0	3:29	1.8	5:15	8:19	
8	Tue	10:20	6.6	10:23	8.0	4:11	0.8	4:16	1.8	5:15	8:18	
9	Wed	11:03	6.7	11:05	8.2	4:56	0.7	5:00	1.7	5:16	8:18	
10	Thu	11:45	6.8	11:47	8.4	5:40	0.5	5:44	1.5	5:17	8:18	
11	Fri			12:25	7.0	6:22	0.3	6:27	1.4	5:17	8:17	
12	Sat	12:28	8.5	1:05	7.3	7:04	0.2	7:11	1.2	5:18	8:17	
13	Sun	1:10	8.7	1:46	7.6	7:46	0.0	7:56	1.0	5:19	8:16	
14	Mon	1:54	8.7	2:29	7.9	8:29	0.0	8:45	0.8	5:20	8:16	
15	Tue	2:41	8.6	3:15	8.2	9:14	0.0	9:36	0.6	5:21	8:15	
16	Wed	3:31	8.5	4:04	8.5	10:02	0.1	10:31	0.4	5:21	8:14	
17	Thu	4:26	8.2	4:57	8.7	10:53	0.2	11:28	0.3	5:22	8:14	
18	Fri	5:25	7.9	5:53	8.8	11:46	0.4			5:23	8:13	
19	Sat	6:27	7.6	6:52	9.0	12:27	0.1	12:42	0.6	5:24	8:12	
20	Sun	7:32	7.5	7:53	9.1	1:28	0.0	1:41	0.7	5:25	8:11	
21	Mon	8:36	7.4	8:54	9.2	2:29	-0.2	2:40	0.7	5:26	8:11	
22	Tue	9:38	7.5	9:52	9.3	3:28	-0.3	3:38	0.7	5:27	8:10	
23	Wed	10:36	7.6	10:48	9.4	4:25	-0.5	4:33	0.6	5:28	8:09	
24	Thu	11:31	7.7	11:41	9.3	5:19	-0.5	5:27	0.5	5:28	8:08	
25	Fri			12:21	7.9	6:09	-0.5	6:18	0.5	5:29	8:07	
26	Sat	12:31	9.2	1:08	7.9	6:56	-0.4	7:07	0.5	5:30	8:06	
27	Sun	1:18	9.0	1:51	8.0	7:40	-0.3	7:55	0.6	5:31	8:05	
28	Mon	2:02	8.6	2:34	8.0	8:24	0.0	8:42	0.7	5:32	8:04	
29	Tue	2:47	8.2	3:16	7.9	9:08	0.3	9:31	0.8	5:33	8:03	
30	Wed	3:33	7.8	4:00	7.8	9:53	0.7	10:20	1.0	5:34	8:02	
31	Thu	4:21	7.4	4:46	7.7	10:39	1.1	11:11	1.1	5:35	8:01	