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# Cohasset Harbor (White Head), MA - Jan 2026

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 8:40 | 10.1 | 9:25 | 8.5 | 2:19 | 0.3 | 3:08 | -0.8 | 7:11 | 4:21 | |
| 2 | Fri | 9:37 | 10.4 | 10:22 | 8.7 | 3:16 | 0.1 | 4:04 | -1.1 | 7:11 | 4:22 | |
| 3 | Sat | 10:32 | 10.6 | 11:17 | 8.9 | 4:12 | -0.1 | 4:58 | -1.3 | 7:11 | 4:23 | |
| 4 | Sun | 11:27 | 10.6 | | | 5:06 | -0.2 | 5:50 | -1.3 | 7:11 | 4:24 | |
| 5 | Mon | 12:11 | 9.0 | 12:21 | 10.4 | 6:00 | -0.2 | 6:41 | -1.2 | 7:11 | 4:25 | |
| 6 | Tue | 1:03 | 9.0 | 1:14 | 10.1 | 6:52 | -0.1 | 7:30 | -0.9 | 7:11 | 4:26 | |
| 7 | Wed | 1:53 | 9.0 | 2:06 | 9.6 | 7:45 | 0.1 | 8:18 | -0.4 | 7:11 | 4:27 | |
| 8 | Thu | 2:43 | 8.8 | 2:58 | 9.0 | 8:38 | 0.4 | 9:07 | 0.1 | 7:11 | 4:28 | |
| 9 | Fri | 3:33 | 8.7 | 3:52 | 8.4 | 9:33 | 0.7 | 9:57 | 0.6 | 7:11 | 4:29 | |
| 10 | Sat | 4:23 | 8.5 | 4:48 | 7.9 | 10:29 | 1.0 | 10:48 | 1.1 | 7:10 | 4:30 | |
| 11 | Sun | 5:15 | 8.4 | 5:45 | 7.5 | 11:27 | 1.1 | 11:40 | 1.4 | 7:10 | 4:31 | |
| 12 | Mon | 6:07 | 8.3 | 6:44 | 7.2 | | | 12:25 | 1.2 | 7:10 | 4:32 | |
| 13 | Tue | 7:00 | 8.3 | 7:42 | 7.1 | 12:32 | 1.7 | 1:23 | 1.2 | 7:09 | 4:33 | |
| 14 | Wed | 7:53 | 8.3 | 8:37 | 7.2 | 1:26 | 1.7 | 2:18 | 1.0 | 7:09 | 4:34 | |
| 15 | Thu | 8:43 | 8.5 | 9:25 | 7.3 | 2:17 | 1.7 | 3:07 | 0.8 | 7:09 | 4:36 | |
| 16 | Fri | 9:29 | 8.8 | 10:09 | 7.5 | 3:05 | 1.5 | 3:50 | 0.5 | 7:08 | 4:37 | |
| 17 | Sat | 10:10 | 9.0 | 10:49 | 7.7 | 3:49 | 1.3 | 4:30 | 0.3 | 7:08 | 4:38 | |
| 18 | Sun | 10:50 | 9.2 | 11:28 | 7.9 | 4:30 | 1.0 | 5:09 | 0.0 | 7:07 | 4:39 | |
| 19 | Mon | 11:30 | 9.3 | | | 5:11 | 0.8 | 5:46 | -0.2 | 7:06 | 4:40 | |
| 20 | Tue | 12:05 | 8.1 | 12:09 | 9.4 | 5:52 | 0.6 | 6:24 | -0.3 | 7:06 | 4:42 | |
| 21 | Wed | 12:43 | 8.4 | 12:49 | 9.4 | 6:33 | 0.5 | 7:03 | -0.3 | 7:05 | 4:43 | |
| 22 | Thu | 1:20 | 8.6 | 1:30 | 9.3 | 7:16 | 0.3 | 7:42 | -0.3 | 7:04 | 4:44 | |
| 23 | Fri | 1:59 | 8.8 | 2:14 | 9.1 | 8:01 | 0.2 | 8:24 | -0.2 | 7:04 | 4:45 | |
| 24 | Sat | 2:41 | 9.0 | 3:01 | 8.8 | 8:49 | 0.2 | 9:10 | 0.1 | 7:03 | 4:47 | |
| 25 | Sun | 3:28 | 9.1 | 3:55 | 8.4 | 9:43 | 0.2 | 10:01 | 0.3 | 7:02 | 4:48 | |
| 26 | Mon | 4:20 | 9.2 | 4:53 | 8.1 | 10:41 | 0.2 | 10:57 | 0.6 | 7:01 | 4:49 | |
| 27 | Tue | 5:17 | 9.2 | 5:57 | 7.8 | 11:43 | 0.2 | 11:56 | 0.7 | 7:00 | 4:50 | |
| 28 | Wed | 6:18 | 9.3 | 7:04 | 7.7 | | | 12:48 | 0.1 | 6:59 | 4:52 | |
| 29 | Thu | 7:23 | 9.4 | 8:12 | 7.9 | 12:59 | 0.8 | 1:53 | -0.1 | 6:59 | 4:53 | |
| 30 | Fri | 8:28 | 9.7 | 9:16 | 8.2 | 2:03 | 0.6 | 2:56 | -0.4 | 6:58 | 4:54 | |
| 31 | Sat | 9:29 | 9.9 | 10:13 | 8.5 | 3:04 | 0.3 | 3:53 | -0.8 | 6:57 | 4:56 | |