


































## Lynn Harbor, MA - Jan 2026

| Date |     | High  |      |       |      | Low   |      |       |      |  |      |    |
|------|-----|-------|------|-------|------|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft   | PM    | ft   | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Thu | 8:45  | 10.5 | 9:31  | 8.9  | 2:25  | 0.5  | 3:18  | -0.7 | 7:13                                                                                | 4:21 |    |
| 2    | Fri | 9:46  | 11.0 | 10:29 | 9.3  | 3:26  | 0.1  | 4:16  | -1.2 | 7:13                                                                                | 4:22 |    |
| 3    | Sat | 10:42 | 11.4 | 11:22 | 9.7  | 4:23  | -0.3 | 5:09  | -1.6 | 7:13                                                                                | 4:23 |    |
| 4    | Sun | 11:34 | 11.5 |       |      | 5:16  | -0.6 | 5:59  | -1.7 | 7:13                                                                                | 4:24 |    |
| 5    | Mon | 12:13 | 9.9  | 12:24 | 11.4 | 6:07  | -0.7 | 6:47  | -1.6 | 7:13                                                                                | 4:25 |    |
| 6    | Tue | 1:01  | 9.9  | 1:13  | 11.0 | 6:57  | -0.6 | 7:34  | -1.2 | 7:13                                                                                | 4:26 |    |
| 7    | Wed | 1:49  | 9.8  | 2:01  | 10.4 | 7:47  | -0.3 | 8:21  | -0.7 | 7:12                                                                                | 4:27 |    |
| 8    | Thu | 2:35  | 9.5  | 2:50  | 9.7  | 8:37  | 0.2  | 9:07  | 0.0  | 7:12                                                                                | 4:28 |    |
| 9    | Fri | 3:23  | 9.1  | 3:40  | 8.9  | 9:28  | 0.7  | 9:55  | 0.7  | 7:12                                                                                | 4:29 |    |
| 10   | Sat | 4:12  | 8.7  | 4:35  | 8.2  | 10:23 | 1.2  | 10:46 | 1.4  | 7:12                                                                                | 4:30 |    |
| 11   | Sun | 5:05  | 8.3  | 5:35  | 7.6  | 11:22 | 1.6  | 11:42 | 1.9  | 7:11                                                                                | 4:31 |    |
| 12   | Mon | 6:02  | 8.1  | 6:41  | 7.3  |       |      | 12:27 | 1.9  | 7:11                                                                                | 4:32 |   |
| 13   | Tue | 7:02  | 8.0  | 7:48  | 7.2  | 12:42 | 2.2  | 1:34  | 1.8  | 7:11                                                                                | 4:33 |  |
| 14   | Wed | 8:01  | 8.2  | 8:48  | 7.3  | 1:41  | 2.3  | 2:37  | 1.5  | 7:10                                                                                | 4:35 |  |
| 15   | Thu | 8:55  | 8.6  | 9:39  | 7.6  | 2:36  | 2.1  | 3:28  | 1.1  | 7:10                                                                                | 4:36 |  |
| 16   | Fri | 9:41  | 9.0  | 10:20 | 8.0  | 3:23  | 1.8  | 4:10  | 0.7  | 7:09                                                                                | 4:37 |  |
| 17   | Sat | 10:21 | 9.5  | 10:57 | 8.3  | 4:04  | 1.3  | 4:46  | 0.2  | 7:09                                                                                | 4:38 |  |
| 18   | Sun | 10:58 | 10.0 | 11:31 | 8.6  | 4:42  | 0.9  | 5:20  | -0.1 | 7:08                                                                                | 4:39 |  |
| 19   | Mon | 11:34 | 10.3 |       |      | 5:19  | 0.5  | 5:53  | -0.4 | 7:08                                                                                | 4:41 |  |
| 20   | Tue | 12:05 | 8.9  | 12:09 | 10.5 | 5:56  | 0.2  | 6:27  | -0.6 | 7:07                                                                                | 4:42 |  |
| 21   | Wed | 12:39 | 9.2  | 12:46 | 10.5 | 6:34  | -0.1 | 7:03  | -0.7 | 7:06                                                                                | 4:43 |  |
| 22   | Thu | 1:13  | 9.4  | 1:25  | 10.4 | 7:14  | -0.3 | 7:41  | -0.7 | 7:06                                                                                | 4:44 |  |
| 23   | Fri | 1:50  | 9.6  | 2:06  | 10.1 | 7:57  | -0.3 | 8:21  | -0.5 | 7:05                                                                                | 4:46 |  |
| 24   | Sat | 2:30  | 9.7  | 2:51  | 9.7  | 8:44  | -0.3 | 9:04  | -0.2 | 7:04                                                                                | 4:47 |  |
| 25   | Sun | 3:15  | 9.7  | 3:43  | 9.1  | 9:35  | -0.1 | 9:53  | 0.3  | 7:03                                                                                | 4:48 |  |
| 26   | Mon | 4:06  | 9.7  | 4:42  | 8.5  | 10:34 | 0.2  | 10:50 | 0.7  | 7:02                                                                                | 4:49 |  |
| 27   | Tue | 5:06  | 9.5  | 5:50  | 8.1  | 11:40 | 0.4  | 11:55 | 1.0  | 7:02                                                                                | 4:51 |  |
| 28   | Wed | 6:15  | 9.5  | 7:04  | 8.0  |       |      | 12:51 | 0.4  | 7:01                                                                                | 4:52 |  |
| 29   | Thu | 7:26  | 9.7  | 8:17  | 8.2  | 1:04  | 1.0  | 2:02  | 0.1  | 7:00                                                                                | 4:53 |  |
| 30   | Fri | 8:36  | 10.1 | 9:23  | 8.7  | 2:12  | 0.7  | 3:08  | -0.4 | 6:59                                                                                | 4:55 |  |
| 31   | Sat | 9:39  | 10.6 | 10:20 | 9.2  | 3:16  | 0.2  | 4:06  | -0.9 | 6:58                                                                                | 4:56 |  |