US HARBORS www.USHarbors.com

Onset Beach, MA - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:10	4.4	6:37	3.6			1:19	-0.2	7:09	4:22	
2	Fri	7:06	4.6	7:31	3.8	12:40	-0.5	2:14	-0.3	7:09	4:23	
3	Sat	7:59	4.7	8:23	4.0	1:35	-0.6	3:07	-0.4	7:09	4:24	
4	Sun	8:50	4.6	9:14	4.1	2:32	-0.6	3:55	-0.4	7:09	4:25	
5	Mon	9:40	4.5	10:05	4.0	3:26	-0.5	4:35	-0.4	7:09	4:26	
6	Tue	10:29	4.2	10:56	3.9	4:17	-0.4	5:10	-0.3	7:09	4:27	
7	Wed	11:19	3.8	11:48	3.8	5:04	-0.2	5:43	-0.1	7:09	4:28	
8	Thu			12:08	3.4	5:51	0.1	6:17	0.1	7:09	4:29	
9	Fri	12:40	3.6	12:57	3.1	6:43	0.4	6:57	0.2	7:09	4:30	
10	Sat	1:31	3.4	1:46	2.8	7:48	0.6	7:44	0.4	7:08	4:31	
11	Sun	2:22	3.2	2:36	2.5	9:13	0.7	8:39	0.5	7:08	4:32	
12	Mon	3:15	3.1	3:32	2.4	10:26	0.7	9:39	0.5	7:08	4:33	
13	Tue	4:15	3.0	4:34	2.4	11:20	0.6	10:37	0.4	7:07	4:34	
14	Wed	5:14	3.0	5:32	2.5			12:04	0.5	7:07	4:35	
15	Thu	6:04	3.1	6:19	2.6			12:46	0.3	7:07	4:37	
16	Fri	6:46	3.3	7:00	2.8	12:18	0.2	1:28	0.2	7:06	4:38	
17	Sat	7:23	3.4	7:38	3.0	1:03	0.0	2:09	0.0	7:06	4:39	
18	Sun	7:59	3.6	8:16	3.1	1:47	-0.1	2:48	-0.1	7:05	4:40	
19	Mon	8:34	3.7	8:54	3.3	2:30	-0.2	3:23	-0.2	7:05	4:41	
20	Tue	9:11	3.7	9:34	3.3	3:11	-0.3	3:54	-0.3	7:04	4:42	
21	Wed	9:51	3.7	10:16	3.4	3:51	-0.3	4:23	-0.3	7:03	4:44	
22	Thu	10:33	3.6	11:00	3.5	4:30	-0.2	4:54	-0.4	7:03	4:45	
23	Fri	11:20	3.4	11:49	3.5	5:11	-0.1	5:29	-0.3	7:02	4:46	
24	Sat			12:11	3.2	5:57	0.0	6:09	-0.3	7:01	4:47	
25	Sun	12:41	3.6	1:06	3.1	6:53	0.2	6:58	-0.2	7:00	4:49	
26	Mon	1:36	3.6	2:04	2.9	8:08	0.3	7:59	-0.1	6:59	4:50	
27	Tue	2:36	3.6	3:07	2.9	10:01	0.4	9:10	0.0	6:59	4:51	
28	Wed	3:43	3.7	4:17	2.9	11:28	0.2	10:25	-0.1	6:58	4:52	
29	Thu	4:55	3.8	5:25	3.2			12:28	0.0	6:57	4:54	
30	Fri	6:00	4.1	6:25	3.5			1:21	-0.1	6:56	4:55	
31	Sat	6:57	4.3	7:18	3.8	12:37	-0.4	2:10	-0.3	6:55	4:56	