

































## Plum Island Sound, South End, MA - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:01	9.8	6:34	8.4			12:31	-0.1	7:13	4:20	
2	Tue	7:00	9.8	7:36	8.1	12:45	0.3	1:32	-0.1	7:13	4:21	
3	Wed	7:58	9.7	8:36	8.0	1:43	0.5	2:31	-0.1	7:13	4:22	
4	Thu	8:53	9.6	9:32	7.9	2:39	0.7	3:27	-0.1	7:13	4:23	
5	Fri	9:46	9.5	10:23	7.8	3:32	0.8	4:19	-0.1	7:13	4:24	
6	Sat	10:34	9.5	11:09	7.8	4:22	0.9	5:05	0.0	7:13	4:25	
7	Sun	11:18	9.3	11:51	7.9	5:09	0.9	5:49	0.1	7:13	4:26	
8	Mon			12:00	9.2	5:52	0.9	6:29	0.1	7:12	4:27	
9	Tue	12:31	7.9	12:40	9.1	6:35	1.0	7:09	0.2	7:12	4:28	
10	Wed	1:10	8.0	1:21	8.9	7:17	1.0	7:48	0.3	7:12	4:29	
11	Thu	1:50	8.1	2:03	8.7	8:00	1.0	8:28	0.5	7:11	4:30	
12	Fri	2:31	8.2	2:46	8.5	8:45	1.0	9:09	0.6	7:11	4:31	
13	Sat	3:14	8.3	3:32	8.2	9:32	1.0	9:52	0.9	7:11	4:32	
14	Sun	3:59	8.4	4:21	7.9	10:21	1.1	10:38	1.1	7:10	4:33	
15	Mon	4:47	8.4	5:13	7.6	11:14	1.1	11:27	1.3	7:10	4:34	
16	Tue	5:37	8.5	6:08	7.4			12:10	1.0	7:09	4:36	
17	Wed	6:30	8.6	7:04	7.3	12:19	1.4	1:05	0.9	7:09	4:37	
18	Thu	7:24	8.9	8:00	7.4	1:12	1.4	2:01	0.6	7:08	4:38	
19	Fri	8:17	9.2	8:54	7.6	2:05	1.3	2:55	0.3	7:08	4:39	
20	Sat	9:10	9.6	9:47	7.9	2:58	1.0	3:47	-0.1	7:07	4:41	
21	Sun	10:02	10.0	10:38	8.4	3:51	0.6	4:37	-0.5	7:06	4:42	
22	Mon	10:53	10.3	11:27	8.9	4:43	0.2	5:25	-0.9	7:05	4:43	
23	Tue	11:43	10.6			5:34	-0.2	6:12	-1.2	7:05	4:44	
24	Wed	12:16	9.4	12:34	10.6	6:25	-0.6	7:00	-1.3	7:04	4:46	
25	Thu	1:05	9.8	1:26	10.5	7:18	-0.8	7:49	-1.3	7:03	4:47	
26	Fri	1:56	10.1	2:19	10.1	8:13	-0.9	8:38	-1.1	7:02	4:48	
27	Sat	2:47	10.2	3:13	9.6	9:08	-0.8	9:30	-0.7	7:01	4:49	
28	Sun	3:41	10.1	4:09	9.1	10:06	-0.6	10:24	-0.3	7:00	4:51	
29	Mon	4:36	10.0	5:09	8.5	11:06	-0.4	11:21	0.2	6:59	4:52	
30	Tue	5:35	9.7	6:11	8.0			12:08	-0.1	6:58	4:53	
31	Wed	6:36	9.4	7:14	7.7	12:20	0.6	1:10	0.1	6:57	4:55	