US HARBORS www.USHarbors.com

Provincetown, MA - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:38	10.9	9:23	9.1	2:20	0.2	3:08	-1.0	7:08	4:19	
2	Fri	9:36	11.1	10:21	9.3	3:18	0.1	4:06	-1.2	7:08	4:20	
3	Sat	10:34	11.2	11:19	9.4	4:16	0.0	5:03	-1.3	7:08	4:21	
4	Sun	11:31	11.2			5:12	-0.1	5:56	-1.3	7:08	4:22	
5	Mon	12:13	9.6	12:25	11.0	6:07	-0.2	6:48	-1.2	7:08	4:23	
6	Tue	1:05	9.6	1:18	10.7	7:01	-0.1	7:38	-0.9	7:08	4:24	
7	Wed	1:56	9.6	2:11	10.3	7:54	0.0	8:28	-0.5	7:08	4:25	
8	Thu	2:46	9.6	3:04	9.8	8:48	0.2	9:18	-0.1	7:08	4:26	
9	Fri	3:36	9.5	3:57	9.2	9:43	0.5	10:08	0.4	7:08	4:27	
10	Sat	4:25	9.3	4:50	8.7	10:39	0.7	10:58	0.9	7:07	4:28	
11	Sun	5:15	9.1	5:46	8.2	11:35	0.9	11:49	1.3	7:07	4:29	
12	Mon	6:07	9.0	6:44	7.9			12:33	1.0	7:07	4:30	
13	Tue	6:59	8.9	7:42	7.7	12:42	1.6	1:30	1.0	7:06	4:31	
14	Wed	7:51	8.9	8:36	7.7	1:35	1.8	2:24	0.9	7:06	4:33	
15	Thu	8:41	9.1	9:25	7.8	2:26	1.8	3:13	0.8	7:06	4:34	
16	Fri	9:27	9.2	10:09	7.9	3:13	1.7	3:57	0.6	7:05	4:35	
17	Sat	10:11	9.4	10:50	8.1	3:57	1.5	4:37	0.4	7:05	4:36	
18	Sun	10:53	9.6	11:29	8.4	4:39	1.3	5:16	0.2	7:04	4:37	
19	Mon	11:33	9.8			5:19	1.0	5:53	-0.1	7:03	4:39	
20	Tue	12:07	8.7	12:13	10.0	5:59	0.7	6:30	-0.3	7:03	4:40	
21	Wed	12:45	9.0	12:54	10.1	6:40	0.4	7:08	-0.4	7:02	4:41	
22	Thu	1:24	9.3	1:36	10.0	7:22	0.2	7:48	-0.4	7:01	4:42	
23	Fri	2:04	9.6	2:21	9.9	8:08	0.0	8:30	-0.4	7:01	4:43	
24	Sat	2:47	9.9	3:09	9.6	8:57	-0.1	9:16	-0.2	7:00	4:45	
25	Sun	3:34	10.0	4:02	9.3	9:49	-0.2	10:06	0.1	6:59	4:46	
26	Mon	4:24	10.1	4:58	8.9	10:45	-0.2	11:00	0.3	6:58	4:47	
27	Tue	5:20	10.1	5:59	8.6	11:46	-0.1	11:59	0.6	6:57	4:49	
28	Wed	6:20	10.1	7:04	8.5			12:50	-0.2	6:57	4:50	
29	Thu	7:23	10.2	8:10	8.5	1:02	0.7	1:55	-0.3	6:56	4:51	
30	Fri	8:26	10.4	9:12	8.8	2:05	0.6	2:57	-0.5	6:55	4:52	
31	Sat	9:27	10.6	10:11	9.1	3:07	0.4	3:55	-0.8	6:54	4:54	