


































Atlantic Heights, NH - Jan 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 9:03 | 8.8 | 9:50 | 7.5 | 2:34 | 0.3 | 3:26 | -0.8 | 7:14 | 4:18 |  |
| 2 | Fri | 10:00 | 9.1 | 10:47 | 7.7 | 3:33 | 0.1 | 4:23 | -1.1 | 7:14 | 4:19 |  |
| 3 | Sat | 10:57 | 9.2 | 11:42 | 7.8 | 4:29 | -0.1 | 5:18 | -1.2 | 7:14 | 4:20 |  |
| 4 | Sun | 11:51 | 9.3 | | | 5:24 | -0.2 | 6:10 | -1.2 | 7:14 | 4:21 |  |
| 5 | Mon | 12:35 | 7.9 | 12:44 | 9.1 | 6:18 | -0.2 | 7:01 | -1.1 | 7:14 | 4:22 |  |
| 6 | Tue | 1:25 | 7.9 | 1:36 | 8.8 | 7:11 | -0.1 | 7:50 | -0.8 | 7:14 | 4:23 |  |
| 7 | Wed | 2:16 | 7.9 | 2:28 | 8.4 | 8:04 | 0.1 | 8:39 | -0.4 | 7:14 | 4:24 |  |
| 8 | Thu | 3:06 | 7.7 | 3:21 | 7.8 | 8:59 | 0.3 | 9:29 | 0.0 | 7:14 | 4:25 |  |
| 9 | Fri | 3:57 | 7.6 | 4:17 | 7.3 | 9:56 | 0.6 | 10:19 | 0.5 | 7:13 | 4:26 |  |
| 10 | Sat | 4:49 | 7.4 | 5:14 | 6.8 | 10:54 | 0.8 | 11:10 | 0.9 | 7:13 | 4:27 |  |
| 11 | Sun | 5:41 | 7.3 | 6:13 | 6.5 | 11:54 | 0.9 | | | 7:13 | 4:28 |  |
| 12 | Mon | 6:34 | 7.2 | 7:14 | 6.3 | 12:03 | 1.2 | 12:55 | 1.0 | 7:12 | 4:30 |  |
| 13 | Tue | 7:29 | 7.2 | 8:13 | 6.2 | 1:00 | 1.5 | 1:55 | 0.9 | 7:12 | 4:31 |  |
| 14 | Wed | 8:22 | 7.2 | 9:06 | 6.3 | 1:56 | 1.5 | 2:48 | 0.7 | 7:11 | 4:32 |  |
| 15 | Thu | 9:11 | 7.4 | 9:54 | 6.4 | 2:47 | 1.4 | 3:35 | 0.5 | 7:11 | 4:33 |  |
| 16 | Fri | 9:56 | 7.6 | 10:37 | 6.6 | 3:32 | 1.3 | 4:17 | 0.3 | 7:10 | 4:34 |  |
| 17 | Sat | 10:37 | 7.8 | 11:17 | 6.8 | 4:13 | 1.1 | 4:56 | 0.1 | 7:10 | 4:35 |  |
| 18 | Sun | 11:16 | 8.0 | 11:55 | 6.9 | 4:52 | 0.9 | 5:32 | 0.0 | 7:09 | 4:37 |  |
| 19 | Mon | 11:54 | 8.1 | | | 5:30 | 0.7 | 6:07 | -0.2 | 7:09 | 4:38 |  |
| 20 | Tue | 12:30 | 7.1 | 12:30 | 8.2 | 6:08 | 0.6 | 6:41 | -0.3 | 7:08 | 4:39 |  |
| 21 | Wed | 1:04 | 7.3 | 1:07 | 8.2 | 6:46 | 0.4 | 7:16 | -0.3 | 7:07 | 4:40 |  |
| 22 | Thu | 1:39 | 7.5 | 1:46 | 8.1 | 7:27 | 0.3 | 7:54 | -0.3 | 7:07 | 4:42 |  |
| 23 | Fri | 2:17 | 7.7 | 2:29 | 7.9 | 8:11 | 0.2 | 8:35 | -0.2 | 7:06 | 4:43 |  |
| 24 | Sat | 2:58 | 7.8 | 3:18 | 7.6 | 9:00 | 0.1 | 9:20 | 0.0 | 7:05 | 4:44 |  |
| 25 | Sun | 3:45 | 7.9 | 4:12 | 7.3 | 9:54 | 0.1 | 10:10 | 0.2 | 7:04 | 4:46 |  |
| 26 | Mon | 4:37 | 8.0 | 5:12 | 7.0 | 10:52 | 0.2 | 11:05 | 0.5 | 7:03 | 4:47 |  |
| 27 | Tue | 5:35 | 8.0 | 6:19 | 6.8 | 11:56 | 0.2 | | | 7:02 | 4:48 |  |
| 28 | Wed | 6:39 | 8.0 | 7:31 | 6.7 | 12:07 | 0.7 | 1:06 | 0.1 | 7:01 | 4:50 |  |
| 29 | Thu | 7:48 | 8.2 | 8:40 | 6.9 | 1:15 | 0.7 | 2:15 | -0.2 | 7:00 | 4:51 |  |
| 30 | Fri | 8:53 | 8.4 | 9:42 | 7.2 | 2:23 | 0.6 | 3:18 | -0.5 | 6:59 | 4:52 |  |
| 31 | Sat | 9:54 | 8.7 | 10:38 | 7.5 | 3:25 | 0.3 | 4:15 | -0.8 | 6:58 | 4:54 |  |