

































Atlantic Heights, NH - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:48	8.4	10:26	7.6	3:20	0.4	4:03	-0.5	6:18	5:32	
2	Mon	10:41	8.5	11:13	7.9	4:15	0.0	4:51	-0.6	6:16	5:33	
3	Tue	11:29	8.6	11:57	8.1	5:05	-0.3	5:35	-0.6	6:15	5:34	
4	Wed			12:14	8.4	5:52	-0.4	6:16	-0.5	6:13	5:35	
5	Thu	12:37	8.2	12:57	8.2	6:35	-0.4	6:54	-0.2	6:11	5:37	
6	Fri	1:15	8.2	1:38	7.8	7:17	-0.3	7:31	0.1	6:10	5:38	
7	Sat	1:52	8.0	2:20	7.4	7:58	-0.1	8:09	0.5	6:08	5:39	
8	Sun	3:31	7.7	4:04	7.0	9:41	0.2	9:50	0.9	7:06	6:40	
9	Mon	4:12	7.5	4:52	6.5	10:27	0.6	10:34	1.3	7:04	6:42	
10	Tue	4:59	7.1	5:44	6.2	11:18	0.9	11:24	1.6	7:03	6:43	
11	Wed	5:52	6.9	6:42	6.0			12:14	1.2	7:01	6:44	
12	Thu	6:50	6.8	7:45	5.9	12:20	1.8	1:16	1.3	6:59	6:45	
13	Fri	7:53	6.8	8:46	6.0	1:21	1.9	2:20	1.2	6:58	6:46	
14	Sat	8:54	7.0	9:40	6.3	2:25	1.7	3:16	1.0	6:56	6:48	
15	Sun	9:47	7.3	10:25	6.7	3:21	1.4	4:03	0.6	6:54	6:49	
16	Mon	10:34	7.6	11:05	7.2	4:09	1.0	4:43	0.3	6:52	6:50	
17	Tue	11:17	8.0	11:43	7.7	4:53	0.5	5:21	-0.1	6:50	6:51	
18	Wed	11:58	8.2			5:35	0.0	5:59	-0.3	6:49	6:52	
19	Thu	12:21	8.2	12:40	8.4	6:18	-0.5	6:37	-0.5	6:47	6:54	
20	Fri	12:59	8.5	1:23	8.4	7:01	-0.8	7:17	-0.5	6:45	6:55	
21	Sat	1:39	8.8	2:08	8.3	7:46	-1.0	8:00	-0.4	6:43	6:56	
22	Sun	2:21	8.9	2:55	8.0	8:33	-1.0	8:46	-0.2	6:42	6:57	
23	Mon	3:07	8.8	3:47	7.7	9:23	-0.8	9:36	0.1	6:40	6:58	
24	Tue	3:59	8.6	4:46	7.3	10:20	-0.5	10:33	0.5	6:38	6:59	
25	Wed	4:59	8.2	5:52	6.9	11:23	-0.1	11:36	0.9	6:36	7:01	
26	Thu	6:07	7.9	7:03	6.8			12:32	0.2	6:34	7:02	
27	Fri	7:20	7.7	8:15	6.8	12:47	1.0	1:45	0.3	6:33	7:03	
28	Sat	8:33	7.7	9:22	7.1	2:02	1.0	2:55	0.2	6:31	7:04	
29	Sun	9:39	7.9	10:18	7.5	3:13	0.7	3:54	0.0	6:29	7:05	
30	Mon	10:36	8.0	11:07	7.8	4:13	0.4	4:44	-0.1	6:27	7:06	
31	Tue	11:27	8.1	11:51	8.1	5:04	0.0	5:29	-0.2	6:26	7:08	