

Atlantic Heights, NH - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:02	8.2	12:36	7.5	6:15	-0.1	6:19	0.7	5:36	7:44	
2	Sat	12:39	8.2	1:16	7.3	6:53	-0.1	6:56	0.9	5:34	7:45	
3	Sun	1:15	8.1	1:54	7.2	7:30	0.0	7:31	1.1	5:33	7:46	
4	Mon	1:50	8.0	2:31	7.0	8:07	0.1	8:08	1.2	5:32	7:47	
5	Tue	2:27	7.8	3:10	6.8	8:44	0.3	8:46	1.4	5:30	7:48	
6	Wed	3:05	7.6	3:52	6.6	9:25	0.5	9:28	1.6	5:29	7:49	
7	Thu	3:48	7.5	4:38	6.5	10:08	0.7	10:14	1.7	5:28	7:50	
8	Fri	4:35	7.3	5:27	6.5	10:55	0.9	11:05	1.7	5:27	7:52	
9	Sat	5:27	7.2	6:17	6.6	11:44	0.9	11:59	1.7	5:25	7:53	
10	Sun	6:20	7.1	7:07	6.8			12:34	0.9	5:24	7:54	
11	Mon	7:17	7.1	7:58	7.1	12:56	1.5	1:25	0.8	5:23	7:55	
12	Tue	8:14	7.2	8:47	7.6	1:54	1.1	2:17	0.7	5:22	7:56	
13	Wed	9:11	7.4	9:35	8.2	2:51	0.6	3:08	0.4	5:21	7:57	
14	Thu	10:05	7.7	10:22	8.7	3:45	0.0	3:57	0.2	5:20	7:58	
15	Fri	10:57	7.9	11:09	9.1	4:36	-0.5	4:46	0.0	5:19	7:59	
16	Sat	11:49	8.1	11:59	9.4	5:27	-1.0	5:35	-0.1	5:18	8:00	
17	Sun			12:42	8.1	6:18	-1.2	6:26	-0.2	5:17	8:01	
18	Mon	12:50	9.5	1:36	8.1	7:10	-1.3	7:19	-0.1	5:16	8:02	
19	Tue	1:43	9.5	2:30	8.0	8:04	-1.2	8:13	0.1	5:15	8:03	
20	Wed	2:38	9.3	3:28	7.8	8:59	-1.0	9:11	0.3	5:14	8:04	
21	Thu	3:36	8.9	4:28	7.7	9:58	-0.7	10:13	0.6	5:13	8:05	
22	Fri	4:39	8.5	5:31	7.6	10:59	-0.3	11:19	0.8	5:12	8:06	
23	Sat	5:45	8.1	6:33	7.6			12:01	0.0	5:11	8:07	
24	Sun	6:50	7.7	7:33	7.6	12:26	0.9	1:01	0.3	5:11	8:08	
25	Mon	7:55	7.4	8:30	7.8	1:34	0.8	2:00	0.5	5:10	8:09	
26	Tue	8:57	7.3	9:23	7.9	2:38	0.7	2:56	0.7	5:09	8:10	
27	Wed	9:54	7.2	10:10	8.0	3:36	0.5	3:46	0.9	5:08	8:11	
28	Thu	10:45	7.1	10:54	8.1	4:26	0.3	4:31	1.0	5:08	8:12	
29	Fri	11:31	7.1	11:34	8.1	5:12	0.2	5:13	1.1	5:07	8:13	
30	Sat			12:14	7.0	5:54	0.1	5:52	1.2	5:07	8:14	
31	Sun	12:13	8.1	12:55	7.0	6:33	0.1	6:30	1.2	5:06	8:14	