

































## Hampton, NH - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:40	9.8	9:27	8.3	2:38	0.3	3:30	-0.9	7:14	4:19	
2	Fri	9:37	10.1	10:24	8.5	3:37	0.1	4:27	-1.2	7:14	4:20	
3	Sat	10:34	10.3	11:19	8.7	4:33	-0.1	5:22	-1.4	7:14	4:21	
4	Sun	11:28	10.3			5:28	-0.2	6:14	-1.4	7:14	4:22	
5	Mon	12:12	8.8	12:21	10.1	6:22	-0.2	7:05	-1.2	7:14	4:23	
6	Tue	1:02	8.8	1:13	9.8	7:15	-0.1	7:54	-0.9	7:13	4:24	
7	Wed	1:53	8.7	2:05	9.3	8:08	0.1	8:43	-0.5	7:13	4:25	
8	Thu	2:43	8.6	2:58	8.7	9:03	0.4	9:33	0.0	7:13	4:26	
9	Fri	3:34	8.4	3:54	8.1	10:00	0.6	10:23	0.5	7:13	4:27	
10	Sat	4:26	8.2	4:51	7.6	10:58	0.9	11:14	1.0	7:13	4:28	
11	Sun	5:18	8.1	5:50	7.2	11:58	1.0			7:12	4:29	
12	Mon	6:11	8.0	6:51	6.9	12:07	1.4	12:59	1.1	7:12	4:30	
13	Tue	7:06	8.0	7:50	6.9	1:04	1.6	1:59	1.0	7:12	4:32	
14	Wed	7:59	8.0	8:43	7.0	2:00	1.7	2:52	0.8	7:11	4:33	
15	Thu	8:48	8.2	9:31	7.2	2:51	1.6	3:39	0.6	7:11	4:34	
16	Fri	9:33	8.4	10:14	7.3	3:36	1.4	4:21	0.4	7:10	4:35	
17	Sat	10:14	8.7	10:54	7.5	4:17	1.2	5:00	0.2	7:10	4:36	
18	Sun	10:53	8.8	11:32	7.7	4:56	1.0	5:36	0.0	7:09	4:37	
19	Mon	11:31	9.0			5:34	0.8	6:11	-0.2	7:08	4:39	
20	Tue	12:07	7.9	12:07	9.1	6:12	0.6	6:45	-0.3	7:08	4:40	
21	Wed	12:41	8.1	12:44	9.1	6:50	0.5	7:20	-0.4	7:07	4:41	
22	Thu	1:16	8.3	1:23	9.0	7:31	0.3	7:58	-0.3	7:06	4:43	
23	Fri	1:54	8.5	2:06	8.7	8:15	0.2	8:39	-0.2	7:05	4:44	
24	Sat	2:35	8.7	2:55	8.4	9:04	0.2	9:24	0.0	7:05	4:45	
25	Sun	3:22	8.8	3:49	8.1	9:58	0.2	10:14	0.3	7:04	4:46	
26	Mon	4:14	8.8	4:49	7.7	10:56	0.2	11:09	0.6	7:03	4:48	
27	Tue	5:12	8.9	5:56	7.5			12:00	0.2	7:02	4:49	
28	Wed	6:16	8.9	7:08	7.5	12:11	0.8	1:10	0.1	7:01	4:50	
29	Thu	7:25	9.1	8:17	7.7	1:19	0.8	2:19	-0.2	7:00	4:52	
30	Fri	8:30	9.4	9:19	8.0	2:27	0.6	3:22	-0.5	6:59	4:53	
31	Sat	9:31	9.7	10:15	8.3	3:29	0.3	4:19	-0.9	6:58	4:54	