

































Atlantic Highlands, NJ - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:16	5.6	5:50	4.4	11:58	-0.5	11:53	-0.6	7:19	4:40	
2	Fri	6:12	5.8	6:45	4.6			12:53	-0.8	7:19	4:41	
3	Sat	7:05	5.8	7:38	4.7	12:50	-0.7	1:46	-0.9	7:19	4:42	
4	Sun	7:56	5.8	8:30	4.8	1:45	-0.7	2:36	-1.0	7:19	4:43	
5	Mon	8:46	5.6	9:23	4.7	2:37	-0.7	3:23	-1.0	7:19	4:43	
6	Tue	9:36	5.3	10:15	4.6	3:26	-0.5	4:07	-0.8	7:19	4:44	
7	Wed	10:27	4.9	11:08	4.5	4:13	-0.2	4:51	-0.5	7:19	4:45	
8	Thu	11:17	4.6	11:58	4.4	5:02	0.1	5:35	-0.2	7:18	4:46	
9	Fri			12:06	4.2	5:55	0.4	6:22	0.1	7:18	4:47	
10	Sat	12:45	4.4	12:54	3.9	6:53	0.6	7:13	0.3	7:18	4:48	
11	Sun	1:32	4.3	1:43	3.6	7:56	0.7	8:05	0.5	7:18	4:49	
12	Mon	2:19	4.2	2:35	3.4	8:56	0.7	8:58	0.5	7:18	4:50	
13	Tue	3:12	4.2	3:34	3.3	9:50	0.6	9:48	0.5	7:17	4:52	
14	Wed	4:07	4.3	4:33	3.4	10:40	0.4	10:36	0.4	7:17	4:53	
15	Thu	4:59	4.5	5:25	3.5	11:27	0.2	11:22	0.3	7:16	4:54	
16	Fri	5:45	4.6	6:11	3.7			12:12	0.0	7:16	4:55	
17	Sat	6:26	4.8	6:52	3.8	12:07	0.2	12:56	-0.2	7:16	4:56	
18	Sun	7:04	4.9	7:30	4.0	12:52	0.1	1:39	-0.3	7:15	4:57	
19	Mon	7:41	5.0	8:07	4.0	1:36	0.0	2:18	-0.4	7:15	4:58	
20	Tue	8:17	5.0	8:44	4.1	2:17	-0.1	2:55	-0.5	7:14	4:59	
21	Wed	8:54	4.9	9:23	4.2	2:57	-0.1	3:30	-0.5	7:13	5:01	
22	Thu	9:35	4.7	10:06	4.3	3:36	-0.1	4:04	-0.5	7:13	5:02	
23	Fri	10:21	4.5	10:54	4.5	4:18	0.0	4:41	-0.4	7:12	5:03	
24	Sat	11:12	4.3	11:47	4.6	5:06	0.1	5:23	-0.3	7:11	5:04	
25	Sun			12:09	4.1	6:07	0.3	6:16	-0.1	7:11	5:05	
26	Mon	12:42	4.7	1:09	3.9	7:23	0.4	7:22	0.0	7:10	5:07	
27	Tue	1:42	4.7	2:14	3.7	8:39	0.3	8:35	0.0	7:09	5:08	
28	Wed	2:48	4.8	3:26	3.7	9:47	0.1	9:43	-0.2	7:08	5:09	
29	Thu	3:59	4.9	4:37	3.9	10:48	-0.2	10:45	-0.4	7:07	5:10	
30	Fri	5:05	5.2	5:39	4.2	11:45	-0.5	11:43	-0.5	7:06	5:11	
31	Sat	6:02	5.4	6:33	4.5			12:38	-0.8	7:06	5:13	