
































Atlantic Highlands, NJ - Apr 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:56	5.0	8:18	5.4	1:54	-0.3	2:13	-0.3	6:39	7:20	
2	Thu	8:35	4.9	8:56	5.4	2:38	-0.3	2:51	-0.2	6:37	7:21	
3	Fri	9:14	4.7	9:32	5.3	3:19	-0.3	3:27	-0.1	6:36	7:22	
4	Sat	9:52	4.5	10:09	5.1	3:58	-0.2	4:01	0.1	6:34	7:23	
5	Sun	10:32	4.2	10:47	4.9	4:35	0.0	4:33	0.4	6:32	7:24	
6	Mon	11:15	4.0	11:27	4.6	5:11	0.3	5:05	0.7	6:31	7:25	
7	Tue			12:02	3.8	5:50	0.6	5:38	0.9	6:29	7:26	
8	Wed	12:13	4.4	12:53	3.6	6:35	0.8	6:20	1.2	6:28	7:27	
9	Thu	1:03	4.3	1:45	3.6	7:34	1.0	7:23	1.4	6:26	7:28	
10	Fri	1:56	4.2	2:38	3.6	8:42	1.0	8:46	1.4	6:24	7:29	
11	Sat	2:51	4.2	3:35	3.7	9:44	0.9	9:57	1.2	6:23	7:30	
12	Sun	3:51	4.3	4:33	4.0	10:37	0.7	10:55	0.9	6:21	7:31	
13	Mon	4:52	4.5	5:28	4.5	11:24	0.4	11:47	0.5	6:20	7:33	
14	Tue	5:48	4.7	6:16	4.9			12:08	0.1	6:18	7:34	
15	Wed	6:37	5.0	6:59	5.4	12:37	0.1	12:52	-0.2	6:17	7:35	
16	Thu	7:23	5.1	7:42	5.8	1:26	-0.2	1:36	-0.4	6:15	7:36	
17	Fri	8:08	5.2	8:25	6.1	2:17	-0.5	2:22	-0.5	6:14	7:37	
18	Sat	8:55	5.1	9:11	6.1	3:07	-0.6	3:08	-0.5	6:12	7:38	
19	Sun	9:46	5.0	10:01	6.0	3:56	-0.6	3:55	-0.4	6:11	7:39	
20	Mon	10:41	4.8	10:57	5.8	4:46	-0.5	4:43	-0.2	6:09	7:40	
21	Tue	11:42	4.6	11:58	5.5	5:38	-0.3	5:35	0.1	6:08	7:41	
22	Wed			12:46	4.5	6:36	0.0	6:36	0.4	6:06	7:42	
23	Thu	1:02	5.2	1:48	4.5	7:42	0.3	7:48	0.7	6:05	7:43	
24	Fri	2:04	5.0	2:48	4.5	8:50	0.3	9:03	0.8	6:04	7:44	
25	Sat	3:05	4.8	3:49	4.6	9:53	0.3	10:10	0.7	6:02	7:45	
26	Sun	4:06	4.7	4:48	4.8	10:47	0.2	11:07	0.5	6:01	7:46	
27	Mon	5:07	4.7	5:43	5.1	11:34	0.1	11:58	0.3	6:00	7:47	
28	Tue	6:00	4.7	6:29	5.3			12:17	0.1	5:58	7:48	
29	Wed	6:47	4.7	7:11	5.5	12:45	0.2	12:57	0.1	5:57	7:49	
30	Thu	7:29	4.7	7:49	5.6	1:30	0.1	1:37	0.2	5:56	7:50	