

Atlantic Highlands, NJ - May 2026

Date		High				Low				☀️		🌙
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:08	4.7	8:25	5.6	2:13	0.0	2:16	0.3	5:54	7:51	🌑
2	Sat	8:47	4.5	9:01	5.5	2:55	0.0	2:53	0.4	5:53	7:52	🌑
3	Sun	9:26	4.4	9:36	5.3	3:34	0.1	3:30	0.6	5:52	7:53	🌑
4	Mon	10:06	4.2	10:13	5.1	4:12	0.2	4:05	0.7	5:51	7:54	🌑
5	Tue	10:49	4.0	10:52	4.9	4:49	0.4	4:39	0.9	5:49	7:55	🌑
6	Wed	11:35	3.9	11:35	4.7	5:27	0.6	5:14	1.1	5:48	7:56	🌑
7	Thu			12:26	3.8	6:08	0.8	5:53	1.3	5:47	7:57	🌑
8	Fri	12:25	4.5	1:16	3.9	6:56	0.9	6:47	1.5	5:46	7:58	🌑
9	Sat	1:16	4.5	2:04	4.0	7:54	0.9	8:02	1.5	5:45	7:59	🌑
10	Sun	2:09	4.5	2:53	4.2	8:53	0.9	9:16	1.3	5:44	8:00	🌒
11	Mon	3:03	4.5	3:46	4.5	9:48	0.7	10:20	1.0	5:43	8:01	🌒
12	Tue	4:03	4.5	4:42	4.9	10:38	0.4	11:17	0.6	5:42	8:02	🌒
13	Wed	5:05	4.7	5:36	5.4	11:26	0.2			5:41	8:03	🌒
14	Thu	6:03	4.8	6:27	5.9	12:10	0.2	12:13	0.0	5:40	8:04	🌒
15	Fri	6:56	5.0	7:15	6.2	1:03	-0.1	1:02	-0.2	5:39	8:05	🌒
16	Sat	7:47	5.1	8:04	6.4	1:57	-0.4	1:54	-0.3	5:38	8:06	🌒
17	Sun	8:39	5.1	8:54	6.4	2:51	-0.5	2:47	-0.3	5:37	8:07	🌒
18	Mon	9:33	5.1	9:48	6.3	3:43	-0.6	3:40	-0.2	5:36	8:08	🌒
19	Tue	10:31	5.0	10:46	6.0	4:35	-0.5	4:32	-0.1	5:35	8:09	🌒
20	Wed	11:33	4.9	11:47	5.7	5:26	-0.3	5:27	0.2	5:35	8:10	🌒
21	Thu			12:35	4.8	6:21	-0.1	6:26	0.5	5:34	8:11	🌒
22	Fri	12:48	5.4	1:34	4.9	7:21	0.1	7:33	0.8	5:33	8:12	🌒
23	Sat	1:45	5.1	2:29	4.9	8:22	0.3	8:42	0.9	5:32	8:12	🌒
24	Sun	2:40	4.9	3:23	5.0	9:20	0.3	9:46	0.9	5:32	8:13	🌒
25	Mon	3:35	4.6	4:17	5.1	10:11	0.4	10:43	0.8	5:31	8:14	🌒
26	Tue	4:31	4.5	5:09	5.2	10:58	0.4	11:34	0.6	5:30	8:15	🌒
27	Wed	5:26	4.4	5:57	5.3	11:41	0.4			5:30	8:16	🌑
28	Thu	6:16	4.4	6:40	5.5	12:20	0.5	12:21	0.5	5:29	8:17	🌑
29	Fri	7:01	4.4	7:20	5.5	1:04	0.4	1:01	0.6	5:29	8:17	🌑
30	Sat	7:43	4.4	7:57	5.5	1:48	0.3	1:42	0.6	5:28	8:18	🌑
31	Sun	8:24	4.4	8:34	5.5	2:31	0.3	2:24	0.7	5:28	8:19	🌑