


































Atlantic Highlands, NJ - Oct 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 11:34 | 5.7 | | | 5:14 | 0.4 | 6:14 | 0.6 | 6:52 | 6:38 |  |
| 2 | Fri | 12:17 | 4.6 | 12:38 | 5.5 | 6:07 | 0.6 | 7:22 | 0.8 | 6:53 | 6:37 |  |
| 3 | Sat | 1:22 | 4.5 | 1:44 | 5.4 | 7:16 | 0.9 | 8:36 | 0.9 | 6:54 | 6:35 |  |
| 4 | Sun | 2:27 | 4.5 | 2:49 | 5.3 | 8:36 | 1.0 | 9:45 | 0.7 | 6:55 | 6:33 |  |
| 5 | Mon | 3:32 | 4.6 | 3:55 | 5.3 | 9:50 | 0.9 | 10:44 | 0.5 | 6:56 | 6:32 |  |
| 6 | Tue | 4:38 | 4.9 | 4:59 | 5.3 | 10:54 | 0.6 | 11:36 | 0.2 | 6:57 | 6:30 |  |
| 7 | Wed | 5:38 | 5.2 | 5:57 | 5.5 | 11:50 | 0.4 | | | 6:58 | 6:28 |  |
| 8 | Thu | 6:30 | 5.6 | 6:46 | 5.5 | 12:22 | 0.0 | 12:41 | 0.2 | 6:59 | 6:27 |  |
| 9 | Fri | 7:15 | 5.8 | 7:31 | 5.5 | 1:06 | -0.1 | 1:29 | 0.1 | 7:00 | 6:25 |  |
| 10 | Sat | 7:56 | 6.0 | 8:12 | 5.4 | 1:49 | -0.1 | 2:16 | 0.1 | 7:01 | 6:24 |  |
| 11 | Sun | 8:36 | 6.0 | 8:53 | 5.2 | 2:29 | 0.0 | 3:00 | 0.1 | 7:03 | 6:22 |  |
| 12 | Mon | 9:15 | 5.8 | 9:34 | 4.9 | 3:08 | 0.2 | 3:42 | 0.2 | 7:04 | 6:21 |  |
| 13 | Tue | 9:53 | 5.6 | 10:16 | 4.6 | 3:45 | 0.4 | 4:21 | 0.4 | 7:05 | 6:19 |  |
| 14 | Wed | 10:34 | 5.3 | 11:01 | 4.3 | 4:20 | 0.7 | 5:01 | 0.7 | 7:06 | 6:17 |  |
| 15 | Thu | 11:18 | 5.1 | 11:52 | 4.1 | 4:55 | 1.0 | 5:41 | 0.9 | 7:07 | 6:16 |  |
| 16 | Fri | | | 12:07 | 4.8 | 5:31 | 1.3 | 6:28 | 1.2 | 7:08 | 6:14 |  |
| 17 | Sat | 12:46 | 3.9 | 1:00 | 4.6 | 6:15 | 1.5 | 7:26 | 1.3 | 7:09 | 6:13 |  |
| 18 | Sun | 1:40 | 3.9 | 1:52 | 4.5 | 7:18 | 1.7 | 8:31 | 1.4 | 7:10 | 6:12 |  |
| 19 | Mon | 2:32 | 3.9 | 2:44 | 4.5 | 8:35 | 1.7 | 9:31 | 1.2 | 7:11 | 6:10 |  |
| 20 | Tue | 3:25 | 4.1 | 3:38 | 4.6 | 9:42 | 1.6 | 10:22 | 1.0 | 7:12 | 6:09 |  |
| 21 | Wed | 4:19 | 4.3 | 4:34 | 4.7 | 10:39 | 1.3 | 11:07 | 0.7 | 7:13 | 6:07 |  |
| 22 | Thu | 5:11 | 4.7 | 5:27 | 4.9 | 11:29 | 0.9 | 11:48 | 0.4 | 7:14 | 6:06 |  |
| 23 | Fri | 5:57 | 5.1 | 6:15 | 5.1 | | | 12:16 | 0.6 | 7:15 | 6:04 |  |
| 24 | Sat | 6:39 | 5.5 | 6:59 | 5.2 | 12:29 | 0.2 | 1:03 | 0.3 | 7:17 | 6:03 |  |
| 25 | Sun | 7:19 | 5.9 | 7:42 | 5.3 | 1:11 | 0.0 | 1:51 | 0.0 | 7:18 | 6:02 |  |
| 26 | Mon | 7:59 | 6.2 | 8:27 | 5.2 | 1:54 | -0.1 | 2:40 | -0.1 | 7:19 | 6:00 |  |
| 27 | Tue | 8:42 | 6.3 | 9:14 | 5.1 | 2:39 | -0.2 | 3:29 | -0.2 | 7:20 | 5:59 |  |
| 28 | Wed | 9:30 | 6.2 | 10:06 | 4.9 | 3:26 | -0.1 | 4:18 | -0.1 | 7:21 | 5:58 |  |
| 29 | Thu | 10:23 | 6.0 | 11:06 | 4.7 | 4:14 | 0.0 | 5:09 | 0.0 | 7:22 | 5:56 |  |
| 30 | Fri | 11:23 | 5.8 | | | 5:04 | 0.2 | 6:05 | 0.2 | 7:23 | 5:55 |  |
| 31 | Sat | 12:11 | 4.6 | 12:29 | 5.5 | 6:01 | 0.5 | 7:09 | 0.4 | 7:25 | 5:54 |  |