

































## Atlantic Highlands, NJ - Dec 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:00	4.7	1:13	4.8	7:08	0.6	7:50	0.1	7:00	4:30	
2	Wed	1:56	4.8	2:08	4.6	8:17	0.6	8:46	0.1	7:01	4:30	
3	Thu	2:51	4.9	3:05	4.4	9:18	0.5	9:37	0.1	7:02	4:29	
4	Fri	3:46	5.0	4:03	4.3	10:13	0.4	10:23	0.1	7:03	4:29	
5	Sat	4:37	5.1	4:57	4.2	11:02	0.3	11:05	0.2	7:03	4:29	
6	Sun	5:23	5.2	5:44	4.2	11:47	0.1	11:47	0.2	7:04	4:29	
7	Mon	6:05	5.3	6:27	4.2			12:32	0.1	7:05	4:29	
8	Tue	6:44	5.3	7:08	4.2	12:28	0.3	1:15	0.0	7:06	4:29	
9	Wed	7:23	5.3	7:48	4.1	1:10	0.3	1:57	0.0	7:07	4:29	
10	Thu	8:00	5.2	8:28	4.1	1:51	0.4	2:37	0.0	7:08	4:29	
11	Fri	8:38	5.0	9:09	3.9	2:30	0.5	3:15	0.1	7:09	4:29	
12	Sat	9:15	4.8	9:52	3.8	3:08	0.6	3:51	0.2	7:09	4:29	
13	Sun	9:55	4.6	10:37	3.8	3:44	0.7	4:27	0.3	7:10	4:30	
14	Mon	10:37	4.4	11:22	3.8	4:20	0.9	5:04	0.4	7:11	4:30	
15	Tue	11:23	4.3			5:01	1.0	5:45	0.4	7:12	4:30	
16	Wed	12:07	3.9	12:11	4.2	5:55	1.1	6:34	0.5	7:12	4:30	
17	Thu	12:52	4.1	1:01	4.1	7:06	1.1	7:29	0.4	7:13	4:31	
18	Fri	1:40	4.3	1:56	4.0	8:19	0.9	8:26	0.3	7:14	4:31	
19	Sat	2:32	4.6	2:57	4.0	9:23	0.6	9:22	0.1	7:14	4:31	
20	Sun	3:32	5.0	4:04	4.1	10:22	0.2	10:17	-0.1	7:15	4:32	
21	Mon	4:32	5.3	5:06	4.3	11:18	-0.1	11:11	-0.4	7:15	4:32	
22	Tue	5:29	5.7	6:03	4.5			12:13	-0.5	7:16	4:33	
23	Wed	6:23	5.9	6:56	4.7	12:06	-0.5	1:08	-0.7	7:16	4:33	
24	Thu	7:15	6.0	7:50	4.8	1:03	-0.7	2:01	-0.9	7:17	4:34	
25	Fri	8:08	6.0	8:45	4.8	1:59	-0.7	2:52	-1.0	7:17	4:35	
26	Sat	9:02	5.8	9:42	4.8	2:53	-0.7	3:41	-1.0	7:17	4:35	
27	Sun	9:58	5.5	10:41	4.8	3:45	-0.6	4:30	-0.8	7:18	4:36	
28	Mon	10:55	5.2	11:38	4.8	4:39	-0.3	5:20	-0.6	7:18	4:37	
29	Tue	11:51	4.8			5:36	0.0	6:14	-0.3	7:18	4:37	
30	Wed	12:33	4.7	12:44	4.4	6:40	0.3	7:10	-0.1	7:18	4:38	
31	Thu	1:25	4.7	1:37	4.1	7:46	0.5	8:03	0.1	7:19	4:39	