

## Atlantic Highlands, NJ - Apr 2026

| Date |     | High  |     |       |     | Low   |      |       |      | ☀️   |      | 🌙    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|------|------|------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise | Set  | Moon |
| 1    | Sat | 9:05  | 5.7 | 9:33  | 6.1 | 3:10  | -1.1 | 3:31  | -1.0 | 6:38 | 7:21 | ☉    |
| 2    | Sun | 9:56  | 5.5 | 10:24 | 6.0 | 4:00  | -1.1 | 4:17  | -0.9 | 6:36 | 7:22 | ☉    |
| 3    | Mon | 10:51 | 5.2 | 11:19 | 5.8 | 4:50  | -0.9 | 5:04  | -0.6 | 6:34 | 7:23 | ☾    |
| 4    | Tue | 11:49 | 4.9 |       |     | 5:42  | -0.6 | 5:54  | -0.2 | 6:33 | 7:24 | ☾    |
| 5    | Wed | 12:16 | 5.5 | 12:49 | 4.6 | 6:39  | -0.2 | 6:52  | 0.2  | 6:31 | 7:25 | ☾    |
| 6    | Thu | 1:15  | 5.2 | 1:49  | 4.4 | 7:43  | 0.1  | 7:59  | 0.5  | 6:30 | 7:26 | ☾    |
| 7    | Fri | 2:13  | 5.0 | 2:48  | 4.3 | 8:51  | 0.3  | 9:10  | 0.7  | 6:28 | 7:27 | ☾    |
| 8    | Sat | 3:12  | 4.7 | 3:49  | 4.2 | 9:55  | 0.4  | 10:15 | 0.7  | 6:26 | 7:28 | ☾    |
| 9    | Sun | 4:14  | 4.6 | 4:51  | 4.3 | 10:51 | 0.3  | 11:12 | 0.6  | 6:25 | 7:29 | ☾    |
| 10   | Mon | 5:14  | 4.6 | 5:47  | 4.5 | 11:40 | 0.2  |       |      | 6:23 | 7:30 | ☾    |
| 11   | Tue | 6:07  | 4.7 | 6:34  | 4.8 | 12:01 | 0.4  | 12:24 | 0.1  | 6:22 | 7:31 | ☾    |
| 12   | Wed | 6:52  | 4.8 | 7:15  | 5.0 | 12:47 | 0.3  | 1:04  | 0.1  | 6:20 | 7:32 | ☾    |
| 13   | Thu | 7:33  | 4.9 | 7:52  | 5.1 | 1:30  | 0.1  | 1:43  | 0.0  | 6:19 | 7:33 | ☾    |
| 14   | Fri | 8:12  | 4.9 | 8:28  | 5.2 | 2:12  | 0.0  | 2:21  | 0.0  | 6:17 | 7:34 | ☾    |
| 15   | Sat | 8:49  | 4.8 | 9:01  | 5.2 | 2:53  | 0.0  | 2:58  | 0.1  | 6:16 | 7:35 | ☾    |
| 16   | Sun | 9:26  | 4.7 | 9:34  | 5.1 | 3:32  | 0.0  | 3:32  | 0.2  | 6:14 | 7:36 | ☾    |
| 17   | Mon | 10:03 | 4.5 | 10:05 | 5.0 | 4:08  | 0.1  | 4:05  | 0.3  | 6:13 | 7:37 | ☾    |
| 18   | Tue | 10:42 | 4.3 | 10:37 | 4.9 | 4:44  | 0.3  | 4:37  | 0.5  | 6:11 | 7:38 | ☾    |
| 19   | Wed | 11:23 | 4.1 | 11:13 | 4.8 | 5:19  | 0.4  | 5:09  | 0.7  | 6:10 | 7:39 | ☾    |
| 20   | Thu |       |     | 12:10 | 4.0 | 5:57  | 0.6  | 5:44  | 0.9  | 6:08 | 7:41 | ☾    |
| 21   | Fri |       |     | 1:01  | 3.9 | 6:44  | 0.8  | 6:32  | 1.0  | 6:07 | 7:42 | ☾    |
| 22   | Sat | 12:54 | 4.6 | 1:55  | 4.0 | 7:48  | 0.9  | 7:41  | 1.1  | 6:05 | 7:43 | ☾    |
| 23   | Sun | 1:53  | 4.7 | 2:51  | 4.1 | 8:57  | 0.8  | 9:02  | 1.0  | 6:04 | 7:44 | ☾    |
| 24   | Mon | 2:55  | 4.7 | 3:51  | 4.4 | 10:00 | 0.5  | 10:13 | 0.7  | 6:03 | 7:45 | ☾    |
| 25   | Tue | 4:03  | 4.9 | 4:53  | 4.8 | 10:55 | 0.2  | 11:14 | 0.3  | 6:01 | 7:46 | ☾    |
| 26   | Wed | 5:10  | 5.1 | 5:51  | 5.3 | 11:47 | -0.1 |       |      | 6:00 | 7:47 | ☉    |
| 27   | Thu | 6:10  | 5.4 | 6:44  | 5.8 | 12:10 | -0.1 | 12:36 | -0.4 | 5:59 | 7:48 | ☉    |
| 28   | Fri | 7:04  | 5.6 | 7:33  | 6.2 | 1:05  | -0.5 | 1:26  | -0.7 | 5:57 | 7:49 | ☉    |
| 29   | Sat | 7:55  | 5.7 | 8:22  | 6.5 | 2:00  | -0.8 | 2:16  | -0.8 | 5:56 | 7:50 | ☉    |
| 30   | Sun | 8:46  | 5.6 | 9:12  | 6.5 | 2:53  | -0.9 | 3:06  | -0.8 | 5:55 | 7:51 | ☉    |