US HARBORS www.USHarbors.com

Cape May (Atlantic Ocean), NJ - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:39	5.5	6:10	3.8			12:05	-0.5	7:18	4:48	
2	Fri	6:36	5.7	7:09	4.0			1:01	-0.7	7:18	4:49	
3	Sat	7:31	5.8	8:03	4.1	12:47	-0.8	1:52	-0.9	7:18	4:50	
4	Sun	8:22	5.8	8:54	4.2	1:41	-0.8	2:40	-0.9	7:18	4:50	
5	Mon	9:11	5.6	9:44	4.2	2:31	-0.8	3:28	-0.8	7:18	4:51	
6	Tue	9:59	5.3	10:35	4.1	3:22	-0.6	4:16	-0.7	7:18	4:52	
7	Wed	10:46	4.8	11:26	4.1	4:15	-0.3	5:04	-0.5	7:18	4:53	
8	Thu	11:34	4.4			5:10	0.0	5:51	-0.2	7:18	4:54	
9	Fri	12:16	4.0	12:22	4.0	6:06	0.3	6:36	0.0	7:18	4:55	
10	Sat	1:05	3.9	1:10	3.5	7:02	0.5	7:21	0.2	7:18	4:56	
11	Sun	1:57	3.9	2:03	3.2	8:02	0.7	8:08	0.3	7:17	4:57	
12	Mon	2:53	3.9	3:05	3.0	9:05	0.7	9:00	0.4	7:17	4:58	
13	Tue	3:49	4.0	4:04	2.9	10:05	0.6	9:51	0.4	7:17	4:59	
14	Wed	4:39	4.2	4:57	2.9	10:58	0.5	10:38	0.3	7:16	5:00	
15	Thu	5:25	4.3	5:45	3.0	11:47	0.3	11:24	0.2	7:16	5:01	
16	Fri	6:10	4.5	6:32	3.1			12:32	0.1	7:16	5:02	
17	Sat	6:53	4.7	7:16	3.3	12:08	0.1	1:12	-0.1	7:15	5:03	
18	Sun	7:33	4.8	7:56	3.4	12:50	-0.1	1:48	-0.2	7:15	5:05	
19	Mon	8:11	4.9	8:33	3.6	1:29	-0.2	2:22	-0.3	7:14	5:06	
20	Tue	8:46	4.9	9:09	3.7	2:07	-0.2	2:56	-0.4	7:14	5:07	
21	Wed	9:22	4.8	9:47	3.8	2:46	-0.2	3:31	-0.4	7:13	5:08	
22	Thu	10:00	4.6	10:28	4.0	3:29	-0.2	4:09	-0.4	7:13	5:09	
23	Fri	10:43	4.4	11:14	4.1	4:17	-0.1	4:51	-0.4	7:12	5:10	
24	Sat	11:30	4.1			5:13	0.0	5:36	-0.3	7:11	5:11	
25	Sun	12:05	4.2	12:23	3.8	6:14	0.1	6:26	-0.3	7:11	5:12	
26	Mon	1:02	4.3	1:24	3.4	7:20	0.2	7:23	-0.2	7:10	5:14	
27	Tue	2:08	4.4	2:38	3.2	8:36	0.2	8:28	-0.2	7:09	5:15	
28	Wed	3:21	4.6	3:55	3.2	9:50	0.1	9:37	-0.3	7:09	5:16	
29	Thu	4:30	4.9	5:02	3.4	10:56	-0.2	10:42	-0.4	7:08	5:17	
30	Fri	5:30	5.1	6:03	3.6	11:55	-0.5	11:42	-0.6	7:07	5:18	
31	Sat	6:27	5.3	6:59	3.9			12:48	-0.7	7:06	5:19	