

































Cape May (Atlantic Ocean), NJ - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:35	4.3	8:52	5.3	2:24	0.1	2:21	0.2	6:01	7:52	
2	Sat	9:13	4.2	9:28	5.3	3:03	0.1	2:54	0.3	6:00	7:53	
3	Sun	9:50	4.0	10:03	5.2	3:40	0.2	3:26	0.4	5:59	7:54	
4	Mon	10:27	3.8	10:40	5.0	4:18	0.3	3:59	0.6	5:57	7:55	
5	Tue	11:06	3.6	11:19	4.9	4:59	0.5	4:34	0.8	5:56	7:56	
6	Wed	11:50	3.5			5:43	0.7	5:14	1.0	5:55	7:57	
7	Thu	12:02	4.7	12:37	3.4	6:31	0.8	6:02	1.1	5:54	7:58	
8	Fri	12:48	4.5	1:28	3.4	7:18	0.9	6:57	1.2	5:53	7:58	
9	Sat	1:37	4.4	2:21	3.5	8:06	0.9	7:57	1.2	5:52	7:59	
10	Sun	2:32	4.3	3:21	3.7	8:56	0.8	9:03	1.1	5:51	8:00	
11	Mon	3:33	4.3	4:19	4.1	9:48	0.6	10:11	0.9	5:50	8:01	
12	Tue	4:34	4.3	5:12	4.6	10:39	0.4	11:13	0.6	5:49	8:02	
13	Wed	5:30	4.4	6:00	5.1	11:27	0.2			5:48	8:03	
14	Thu	6:23	4.5	6:48	5.6	12:10	0.2	12:14	-0.1	5:47	8:04	
15	Fri	7:15	4.6	7:38	6.0	1:04	-0.1	1:02	-0.3	5:46	8:05	
16	Sat	8:09	4.6	8:29	6.2	1:58	-0.4	1:52	-0.4	5:45	8:06	
17	Sun	9:02	4.6	9:20	6.3	2:51	-0.5	2:41	-0.4	5:45	8:07	
18	Mon	9:55	4.5	10:12	6.3	3:42	-0.5	3:32	-0.3	5:44	8:08	
19	Tue	10:51	4.4	11:07	6.0	4:36	-0.4	4:25	-0.1	5:43	8:09	
20	Wed	11:50	4.3			5:34	-0.3	5:24	0.1	5:42	8:09	
21	Thu	12:06	5.7	12:53	4.2	6:34	-0.1	6:29	0.4	5:41	8:10	
22	Fri	1:06	5.3	1:54	4.3	7:33	0.1	7:34	0.6	5:41	8:11	
23	Sat	2:06	5.0	2:56	4.3	8:29	0.2	8:40	0.7	5:40	8:12	
24	Sun	3:08	4.6	3:58	4.5	9:25	0.3	9:47	0.8	5:39	8:13	
25	Mon	4:10	4.4	4:54	4.7	10:18	0.4	10:49	0.7	5:39	8:14	
26	Tue	5:07	4.2	5:42	4.9	11:06	0.4	11:44	0.6	5:38	8:14	
27	Wed	5:56	4.1	6:25	5.0	11:49	0.4			5:38	8:15	
28	Thu	6:41	4.0	7:06	5.2	12:34	0.5	12:30	0.4	5:37	8:16	
29	Fri	7:25	4.0	7:46	5.3	1:20	0.4	1:10	0.5	5:37	8:17	
30	Sat	8:08	3.9	8:26	5.3	2:04	0.4	1:48	0.5	5:36	8:17	
31	Sun	8:50	3.9	9:04	5.3	2:44	0.3	2:25	0.5	5:36	8:18	