US HARBORS www.USHarbors.com

Cape May Harbor, NJ - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:38	5.4	6:09	3.8			12:03	-0.5	7:18	4:48	
2	Fri	6:35	5.6	7:08	3.9			12:59	-0.7	7:18	4:49	
3	Sat	7:30	5.7	8:02	4.0	12:45	-0.8	1:50	-0.9	7:18	4:49	
4	Sun	8:21	5.7	8:53	4.1	1:39	-0.8	2:38	-0.9	7:18	4:50	
5	Mon	9:10	5.5	9:43	4.1	2:29	-0.8	3:26	-0.8	7:18	4:51	
6	Tue	9:58	5.2	10:34	4.1	3:20	-0.6	4:14	-0.7	7:18	4:52	
7	Wed	10:45	4.8	11:25	4.0	4:13	-0.3	5:02	-0.5	7:18	4:53	
8	Thu	11:33	4.3			5:08	0.0	5:49	-0.2	7:18	4:54	
9	Fri	12:15	3.9	12:21	3.9	6:04	0.3	6:34	0.0	7:18	4:55	
10	Sat	1:04	3.9	1:09	3.5	7:00	0.5	7:19	0.2	7:17	4:56	
11	Sun	1:56	3.8	2:02	3.2	8:00	0.7	8:06	0.3	7:17	4:57	
12	Mon	2:52	3.8	3:04	2.9	9:03	0.7	8:58	0.4	7:17	4:58	
13	Tue	3:48	3.9	4:03	2.9	10:03	0.6	9:49	0.4	7:17	4:59	
14	Wed	4:38	4.1	4:56	2.9	10:56	0.5	10:36	0.3	7:16	5:00	
15	Thu	5:24	4.3	5:44	3.0	11:45	0.3	11:22	0.2	7:16	5:01	
16	Fri	6:09	4.5	6:31	3.1			12:30	0.1	7:16	5:02	
17	Sat	6:52	4.6	7:15	3.2	12:06	0.1	1:10	-0.1	7:15	5:03	
18	Sun	7:32	4.8	7:55	3.4	12:48	-0.1	1:46	-0.2	7:15	5:04	
19	Mon	8:10	4.8	8:32	3.5	1:27	-0.2	2:20	-0.3	7:14	5:05	
20	Tue	8:45	4.8	9:08	3.6	2:05	-0.2	2:54	-0.4	7:14	5:07	
21	Wed	9:21	4.7	9:46	3.8	2:44	-0.2	3:29	-0.4	7:13	5:08	
22	Thu	9:59	4.5	10:27	3.9	3:27	-0.2	4:07	-0.4	7:13	5:09	
23	Fri	10:42	4.3	11:13	4.0	4:15	-0.1	4:49	-0.4	7:12	5:10	
24	Sat	11:29	4.0			5:11	0.0	5:34	-0.3	7:11	5:11	
25	Sun	12:04	4.2	12:22	3.7	6:12	0.1	6:24	-0.3	7:11	5:12	
26	Mon	1:01	4.3	1:23	3.4	7:18	0.2	7:21	-0.2	7:10	5:13	
27	Tue	2:07	4.4	2:37	3.2	8:34	0.2	8:26	-0.2	7:09	5:15	
28	Wed	3:20	4.5	3:54	3.2	9:48	0.1	9:35	-0.3	7:08	5:16	
29	Thu	4:29	4.8	5:01	3.3	10:54	-0.2	10:40	-0.4	7:08	5:17	
30	Fri	5:29	5.0	6:02	3.6	11:53	-0.5	11:40	-0.6	7:07	5:18	
31	Sat	6:26	5.2	6:58	3.8			12:46	-0.7	7:06	5:19	