


































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 |  |