US HARBORS www.USHarbors.com

Cape May Harbor, NJ - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:47	3.8	9:56	5.2	3:36	0.4	3:13	0.6	5:37	8:29	
2	Thu	10:24	3.8	10:32	5.1	4:11	0.4	3:50	0.7	5:38	8:28	
3	Fri	11:02	3.9	11:08	4.9	4:47	0.4	4:29	0.8	5:38	8:28	
4	Sat	11:42	3.9	11:47	4.8	5:23	0.4	5:14	0.8	5:39	8:28	
5	Sun			12:24	4.1	6:02	0.4	6:05	0.9	5:40	8:28	
6	Mon	12:30	4.6	1:09	4.3	6:42	0.4	7:01	0.9	5:40	8:28	
7	Tue	1:16	4.4	1:58	4.5	7:26	0.4	8:02	0.9	5:41	8:27	
8	Wed	2:09	4.2	2:54	4.8	8:14	0.4	9:10	0.9	5:41	8:27	
9	Thu	3:13	4.0	3:59	5.1	9:10	0.3	10:22	0.7	5:42	8:27	
10	Fri	4:25	3.9	5:03	5.4	10:12	0.2	11:29	0.4	5:43	8:26	
11	Sat	5:33	3.9	6:03	5.7	11:15	0.1			5:43	8:26	
12	Sun	6:36	4.1	7:02	6.0	12:31	0.2	12:15	-0.1	5:44	8:26	
13	Mon	7:37	4.3	8:00	6.2	1:30	-0.1	1:15	-0.2	5:45	8:25	
14	Tue	8:35	4.5	8:55	6.2	2:24	-0.4	2:12	-0.3	5:45	8:25	
15	Wed	9:29	4.7	9:46	6.1	3:13	-0.5	3:06	-0.3	5:46	8:24	
16	Thu	10:20	4.8	10:35	5.9	4:01	-0.5	3:58	-0.2	5:47	8:24	
17	Fri	11:11	4.8	11:24	5.5	4:49	-0.4	4:52	0.0	5:48	8:23	
18	Sat			12:03	4.8	5:37	-0.2	5:48	0.3	5:48	8:22	
19	Sun	12:14	5.1	12:54	4.8	6:25	0.1	6:45	0.6	5:49	8:22	
20	Mon	1:03	4.6	1:44	4.7	7:12	0.3	7:42	0.8	5:50	8:21	
21	Tue	1:52	4.2	2:35	4.6	7:57	0.6	8:40	1.0	5:51	8:20	
22	Wed	2:44	3.8	3:29	4.6	8:44	0.8	9:43	1.1	5:52	8:20	
23	Thu	3:43	3.5	4:26	4.6	9:35	0.9	10:44	1.2	5:52	8:19	
24	Fri	4:44	3.4	5:19	4.7	10:28	1.0	11:40	1.1	5:53	8:18	
25	Sat	5:39	3.4	6:07	4.8	11:19	1.0			5:54	8:17	
26	Sun	6:29	3.5	6:52	5.0	12:30	0.9	12:06	0.9	5:55	8:16	
27	Mon	7:17	3.6	7:36	5.1	1:15	0.8	12:52	0.8	5:56	8:15	
28	Tue	8:02	3.8	8:18	5.3	1:57	0.6	1:35	0.7	5:57	8:14	
29	Wed	8:43	4.0	8:56	5.3	2:34	0.5	2:16	0.6	5:58	8:14	
30	Thu	9:21	4.1	9:32	5.3	3:07	0.3	2:54	0.5	5:58	8:13	
31	Fri	9:56	4.2	10:06	5.2	3:40	0.3	3:32	0.5	5:59	8:12	