

































## Highlands, NJ - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:43	5.0	6:17	3.9			12:22	-0.5	7:18	4:40	
2	Fri	6:39	5.1	7:12	4.1	12:17	-0.5	1:17	-0.7	7:18	4:41	
3	Sat	7:32	5.2	8:05	4.2	1:14	-0.6	2:10	-0.8	7:19	4:42	
4	Sun	8:23	5.2	8:57	4.2	2:09	-0.7	3:00	-0.9	7:19	4:42	
5	Mon	9:13	5.0	9:50	4.2	3:01	-0.6	3:47	-0.9	7:19	4:43	
6	Tue	10:03	4.7	10:42	4.1	3:50	-0.4	4:31	-0.7	7:18	4:44	
7	Wed	10:54	4.4	11:35	4.0	4:37	-0.2	5:15	-0.5	7:18	4:45	
8	Thu	11:44	4.1			5:26	0.1	5:59	-0.2	7:18	4:46	
9	Fri	12:25	4.0	12:33	3.7	6:19	0.4	6:46	0.1	7:18	4:47	
10	Sat	1:12	3.9	1:21	3.4	7:17	0.6	7:37	0.3	7:18	4:48	
11	Sun	1:59	3.8	2:10	3.2	8:20	0.7	8:29	0.4	7:18	4:49	
12	Mon	2:46	3.8	3:02	3.0	9:20	0.6	9:22	0.5	7:17	4:50	
13	Tue	3:39	3.8	4:01	3.0	10:14	0.5	10:12	0.5	7:17	4:51	
14	Wed	4:34	3.8	5:00	3.0	11:04	0.4	11:00	0.4	7:17	4:52	
15	Thu	5:26	4.0	5:52	3.1	11:51	0.2	11:46	0.3	7:16	4:54	
16	Fri	6:12	4.1	6:38	3.3			12:36	0.0	7:16	4:55	
17	Sat	6:53	4.3	7:19	3.4	12:31	0.2	1:20	-0.1	7:15	4:56	
18	Sun	7:31	4.4	7:57	3.5	1:16	0.1	2:03	-0.3	7:15	4:57	
19	Mon	8:08	4.4	8:34	3.6	2:00	0.0	2:42	-0.4	7:14	4:58	
20	Tue	8:44	4.4	9:11	3.7	2:41	-0.1	3:19	-0.5	7:14	4:59	
21	Wed	9:21	4.4	9:50	3.8	3:21	-0.1	3:54	-0.5	7:13	5:00	
22	Thu	10:02	4.2	10:33	3.9	4:00	-0.1	4:28	-0.4	7:12	5:02	
23	Fri	10:48	4.0	11:21	4.0	4:42	0.0	5:05	-0.4	7:12	5:03	
24	Sat	11:39	3.8			5:30	0.1	5:47	-0.3	7:11	5:04	
25	Sun	12:14	4.1	12:36	3.6	6:31	0.3	6:40	-0.1	7:10	5:05	
26	Mon	1:09	4.2	1:36	3.4	7:47	0.3	7:46	0.0	7:10	5:06	
27	Tue	2:09	4.2	2:41	3.3	9:03	0.3	8:59	0.0	7:09	5:08	
28	Wed	3:15	4.3	3:53	3.3	10:11	0.1	10:07	-0.1	7:08	5:09	
29	Thu	4:26	4.4	5:04	3.5	11:12	-0.2	11:09	-0.3	7:07	5:10	
30	Fri	5:32	4.6	6:06	3.8			12:09	-0.5	7:06	5:11	
31	Sat	6:29	4.8	7:00	4.0	12:07	-0.5	1:02	-0.7	7:05	5:12	