

































## North Highlands Beach, NJ - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:22	6.1	6:51	4.2			12:59	-0.5	7:18	4:48	
2	Fri	7:19	6.4	7:49	4.3	12:45	-0.8	1:56	-0.7	7:18	4:49	
3	Sat	8:14	6.5	8:44	4.5	1:42	-0.9	2:48	-0.8	7:18	4:49	
4	Sun	9:06	6.4	9:36	4.6	2:35	-1.0	3:37	-0.9	7:18	4:50	
5	Mon	9:57	6.2	10:27	4.6	3:27	-0.9	4:25	-0.8	7:18	4:51	
6	Tue	10:46	5.9	11:17	4.6	4:19	-0.7	5:13	-0.6	7:18	4:52	
7	Wed	11:34	5.4			5:12	-0.4	6:01	-0.4	7:18	4:53	
8	Thu	12:08	4.6	12:22	4.9	6:08	-0.1	6:49	-0.2	7:18	4:54	
9	Fri	12:58	4.5	1:09	4.5	7:06	0.3	7:36	0.0	7:18	4:55	
10	Sat	1:49	4.4	1:59	4.0	8:05	0.5	8:23	0.2	7:18	4:56	
11	Sun	2:44	4.4	2:56	3.7	9:07	0.7	9:12	0.3	7:18	4:57	
12	Mon	3:42	4.5	3:56	3.5	10:11	0.7	10:02	0.4	7:17	4:58	
13	Tue	4:36	4.6	4:53	3.4	11:11	0.7	10:52	0.4	7:17	4:59	
14	Wed	5:25	4.8	5:45	3.4			12:06	0.6	7:17	5:00	
15	Thu	6:12	5.0	6:32	3.5			12:54	0.4	7:16	5:01	
16	Fri	6:56	5.2	7:16	3.6	12:26	0.1	1:36	0.2	7:16	5:02	
17	Sat	7:38	5.4	7:58	3.8	1:09	0.0	2:13	0.0	7:16	5:03	
18	Sun	8:18	5.5	8:37	3.9	1:50	-0.2	2:47	-0.2	7:15	5:04	
19	Mon	8:56	5.6	9:15	4.1	2:30	-0.3	3:20	-0.3	7:15	5:06	
20	Tue	9:33	5.6	9:53	4.3	3:09	-0.4	3:53	-0.4	7:14	5:07	
21	Wed	10:11	5.5	10:32	4.4	3:49	-0.4	4:29	-0.4	7:14	5:08	
22	Thu	10:50	5.3	11:14	4.6	4:32	-0.4	5:08	-0.5	7:13	5:09	
23	Fri	11:32	5.0			5:20	-0.3	5:51	-0.4	7:12	5:10	
24	Sat	12:00	4.7	12:17	4.7	6:14	-0.1	6:37	-0.4	7:12	5:11	
25	Sun	12:50	4.9	1:08	4.3	7:12	0.0	7:28	-0.4	7:11	5:12	
26	Mon	1:46	5.0	2:08	3.9	8:16	0.2	8:23	-0.3	7:10	5:13	
27	Tue	2:52	5.1	3:20	3.7	9:26	0.2	9:25	-0.3	7:10	5:15	
28	Wed	4:04	5.3	4:35	3.7	10:39	0.1	10:30	-0.3	7:09	5:16	
29	Thu	5:12	5.5	5:43	3.8	11:49	-0.1	11:34	-0.5	7:08	5:17	
30	Fri	6:14	5.8	6:44	4.0			12:52	-0.3	7:07	5:18	
31	Sat	7:12	6.0	7:40	4.3	12:36	-0.7	1:47	-0.6	7:06	5:19	