

































## Albany, NY - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:53	4.5	2:07	5.4	8:43	0.2	9:48	-0.1	7:25	4:32	
2	Fri	2:49	4.6	3:01	5.5	9:40	0.0	10:42	-0.2	7:25	4:33	
3	Sat	3:42	4.6	3:54	5.5	10:34	-0.1	11:32	-0.3	7:25	4:34	
4	Sun	4:35	4.7	4:47	5.4	11:26	-0.1			7:25	4:34	
5	Mon	5:28	4.7	5:42	5.3	12:22	-0.4	12:18	-0.1	7:25	4:35	
6	Tue	6:23	4.7	6:38	5.2	1:09	-0.3	1:08	0.0	7:24	4:36	
7	Wed	7:18	4.8	7:34	5.1	1:56	-0.3	1:59	0.1	7:24	4:37	
8	Thu	8:12	4.8	8:28	4.9	2:42	-0.2	2:51	0.2	7:24	4:38	
9	Fri	9:05	4.9	9:21	4.8	3:28	-0.1	3:45	0.4	7:24	4:40	
10	Sat	9:56	5.0	10:15	4.6	4:13	0.1	4:41	0.5	7:24	4:41	
11	Sun	10:47	5.0	11:10	4.4	4:59	0.2	5:38	0.6	7:23	4:42	
12	Mon	11:38	5.0			5:46	0.3	6:35	0.5	7:23	4:43	
13	Tue	12:05	4.3	12:28	5.1	6:33	0.4	7:30	0.4	7:23	4:44	
14	Wed	12:58	4.3	1:17	5.2	7:22	0.5	8:22	0.3	7:22	4:45	
15	Thu	1:49	4.3	2:02	5.2	8:10	0.5	9:11	0.2	7:22	4:46	
16	Fri	2:36	4.3	2:43	5.3	8:57	0.4	9:57	0.1	7:21	4:48	
17	Sat	3:19	4.4	3:21	5.3	9:42	0.4	10:40	0.0	7:21	4:49	
18	Sun	3:59	4.4	3:55	5.3	10:26	0.3	11:21	0.0	7:20	4:50	
19	Mon	4:36	4.4	4:25	5.4	11:09	0.2			7:19	4:51	
20	Tue	5:10	4.5	4:56	5.4	12:00	0.0	11:52 AM	0.2	7:19	4:52	
21	Wed	5:42	4.6	5:33	5.3	12:38	0.0	12:37	0.2	7:18	4:54	
22	Thu	6:14	4.8	6:16	5.3	1:15	0.0	1:23	0.3	7:17	4:55	
23	Fri	6:52	5.0	7:06	5.1	1:53	0.0	2:14	0.3	7:17	4:56	
24	Sat	7:38	5.1	8:03	4.9	2:32	0.1	3:11	0.5	7:16	4:57	
25	Sun	8:29	5.2	9:08	4.7	3:16	0.2	4:15	0.6	7:15	4:59	
26	Mon	9:28	5.2	10:21	4.5	4:09	0.3	5:23	0.6	7:14	5:00	
27	Tue	10:36	5.2	11:33	4.4	5:11	0.4	6:30	0.6	7:13	5:01	
28	Wed	11:49	5.2			6:19	0.4	7:34	0.4	7:12	5:03	
29	Thu	12:40	4.4	12:57	5.2	7:26	0.4	8:34	0.2	7:11	5:04	
30	Fri	1:40	4.6	1:58	5.3	8:28	0.2	9:30	-0.1	7:10	5:05	
31	Sat	2:36	4.7	2:53	5.4	9:25	0.0	10:21	-0.2	7:09	5:07	