

































## Albany, NY - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:38	4.9			6:06	0.4	7:00	0.7	7:24	4:32	
2	Thu	12:02	4.3	12:33	5.1	7:03	0.4	8:03	0.5	7:24	4:32	
3	Fri	1:07	4.3	1:25	5.3	8:01	0.3	9:02	0.3	7:24	4:33	
4	Sat	2:03	4.4	2:15	5.5	8:57	0.2	9:57	0.0	7:24	4:34	
5	Sun	2:55	4.5	3:04	5.7	9:52	0.0	10:50	-0.2	7:24	4:35	
6	Mon	3:46	4.5	3:54	5.7	10:46	-0.1	11:41	-0.3	7:24	4:36	
7	Tue	4:39	4.6	4:48	5.7	11:38	-0.2			7:24	4:37	
8	Wed	5:33	4.6	5:45	5.6	12:31	-0.4	12:31	-0.3	7:24	4:38	
9	Thu	6:31	4.7	6:46	5.5	1:21	-0.4	1:24	-0.3	7:24	4:39	
10	Fri	7:29	4.8	7:47	5.4	2:10	-0.4	2:19	-0.2	7:23	4:40	
11	Sat	8:27	4.9	8:47	5.3	3:01	-0.4	3:16	-0.2	7:23	4:41	
12	Sun	9:24	5.0	9:44	5.2	3:51	-0.3	4:14	-0.1	7:23	4:43	
13	Mon	10:19	5.1	10:41	5.0	4:42	-0.3	5:13	0.0	7:22	4:44	
14	Tue	11:14	5.2	11:37	4.9	5:33	-0.2	6:12	0.0	7:22	4:45	
15	Wed			12:08	5.3	6:24	-0.1	7:09	0.0	7:22	4:46	
16	Thu	12:32	4.9	1:00	5.3	7:15	0.0	8:04	-0.1	7:21	4:47	
17	Fri	1:25	4.8	1:49	5.4	8:04	0.0	8:56	-0.1	7:21	4:48	
18	Sat	2:15	4.8	2:34	5.4	8:51	0.1	9:44	-0.2	7:20	4:50	
19	Sun	3:01	4.8	3:15	5.4	9:35	0.1	10:29	-0.2	7:19	4:51	
20	Mon	3:46	4.8	3:54	5.3	10:17	0.2	11:11	-0.1	7:19	4:52	
21	Tue	4:29	4.7	4:29	5.3	10:56	0.3	11:51	0.0	7:18	4:53	
22	Wed	5:10	4.6	5:00	5.2	11:34	0.3			7:17	4:55	
23	Thu	5:49	4.6	5:23	5.2	12:29	0.0	12:12	0.4	7:17	4:56	
24	Fri	6:26	4.6	5:48	5.1	1:06	0.1	12:50	0.4	7:16	4:57	
25	Sat	6:59	4.6	6:24	5.1	1:41	0.2	1:31	0.5	7:15	4:58	
26	Sun	7:26	4.7	7:09	5.0	2:15	0.2	2:16	0.6	7:14	5:00	
27	Mon	7:58	4.9	7:59	4.9	2:50	0.3	3:10	0.7	7:13	5:01	
28	Tue	8:42	5.0	8:56	4.6	3:30	0.4	4:15	0.8	7:12	5:02	
29	Wed	9:35	5.1	10:07	4.4	4:19	0.4	5:27	0.8	7:11	5:04	
30	Thu	10:39	5.1	11:34	4.3	5:21	0.5	6:36	0.8	7:10	5:05	
31	Fri	11:50	5.2			6:29	0.5	7:41	0.6	7:09	5:06	