US HARBORS www.USHarbors.com

Cold Spring Harbor, NY - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:18	7.2	6:15	-0.2	6:20	0.6	5:51	7:50	
2	Sat	12:18	7.9	12:49	7.1	6:50	-0.1	6:52	0.7	5:50	7:51	
3	Sun	12:47	7.8	1:19	7.0	7:23	0.1	7:23	0.9	5:49	7:52	
4	Mon	1:19	7.7	1:51	6.9	7:56	0.2	7:57	1.0	5:47	7:53	
5	Tue	1:56	7.6	2:28	6.8	8:32	0.4	8:35	1.2	5:46	7:54	
6	Wed	2:36	7.4	3:11	6.7	9:11	0.6	9:19	1.4	5:45	7:55	
7	Thu	3:22	7.2	3:58	6.6	9:57	0.8	10:10	1.5	5:44	7:56	
8	Fri	4:12	7.0	4:51	6.6	10:48	1.0	11:10	1.5	5:43	7:57	
9	Sat	5:07	6.8	5:48	6.7	11:45	1.1			5:42	7:58	
10	Sun	6:08	6.7	6:46	6.9	12:16	1.4	12:42	1.1	5:41	7:59	
11	Mon	7:10	6.7	7:41	7.3	1:18	1.2	1:36	1.0	5:39	8:00	
12	Tue	8:10	6.9	8:34	7.7	2:16	0.7	2:28	0.8	5:38	8:01	
13	Wed	9:07	7.1	9:23	8.2	3:10	0.3	3:17	0.5	5:37	8:02	
14	Thu	9:58	7.4	10:11	8.7	4:00	-0.2	4:05	0.3	5:36	8:03	
15	Fri	10:47	7.7	10:59	9.1	4:48	-0.6	4:53	0.0	5:35	8:04	
16	Sat	11:34	7.9	11:47	9.3	5:36	-1.0	5:41	-0.2	5:35	8:05	
17	Sun			12:23	8.0	6:23	-1.1	6:30	-0.3	5:34	8:06	
18	Mon	12:37	9.3	1:14	8.1	7:13	-1.1	7:22	-0.3	5:33	8:07	
19	Tue	1:29	9.2	2:08	8.0	8:05	-1.0	8:18	-0.2	5:32	8:08	
20	Wed	2:24	8.9	3:05	8.0	8:59	-0.8	9:18	0.1	5:31	8:09	
21	Thu	3:23	8.4	4:06	7.8	9:57	-0.5	10:24	0.3	5:30	8:10	
22	Fri	4:26	8.0	5:12	7.8	11:00	-0.2	11:34	0.4	5:30	8:11	
23	Sat	5:36	7.6	6:19	7.7			12:04	0.1	5:29	8:11	
24	Sun	6:48	7.3	7:23	7.8	12:44	0.4	1:07	0.3	5:28	8:12	
25	Mon	7:55	7.1	8:22	7.9	1:48	0.3	2:06	0.4	5:27	8:13	
26	Tue	8:55	7.1	9:15	7.9	2:47	0.2	3:01	0.6	5:27	8:14	
27	Wed	9:50	7.1	10:03	7.9	3:41	0.1	3:52	0.7	5:26	8:15	
28	Thu	10:37	7.0	10:44	7.9	4:30	0.0	4:37	0.8	5:26	8:16	
29	Fri	11:19	7.0	11:21	7.8	5:13	0.0	5:18	0.9	5:25	8:17	
30	Sat	11:56	6.9	11:53	7.7	5:53	0.1	5:54	1.0	5:25	8:17	
31	Sun			12:28	6.8	6:29	0.2	6:28	1.1	5:24	8:18	