

































## Gilgo Heading, NY - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:48	1.3	8:22	1.0	2:04	-0.1	3:06	-0.1	7:17	4:37	
2	Fri	8:44	1.4	9:17	1.1	3:01	-0.2	4:01	-0.2	7:17	4:38	
3	Sat	9:37	1.4	10:10	1.1	3:58	-0.2	4:54	-0.2	7:17	4:38	
4	Sun	10:28	1.4	11:02	1.1	4:53	-0.2	5:44	-0.3	7:17	4:39	
5	Mon	11:18	1.3	11:55	1.1	5:45	-0.2	6:31	-0.2	7:17	4:40	
6	Tue			12:08	1.3	6:34	-0.1	7:15	-0.2	7:17	4:41	
7	Wed	12:47	1.1	12:59	1.2	7:21	-0.1	7:59	-0.1	7:17	4:42	
8	Thu	1:40	1.1	1:49	1.1	8:10	0.0	8:43	-0.1	7:17	4:43	
9	Fri	2:30	1.1	2:38	1.0	9:03	0.1	9:30	0.0	7:16	4:44	
10	Sat	3:17	1.0	3:26	0.9	10:01	0.2	10:21	0.1	7:16	4:45	
11	Sun	4:04	1.0	4:15	0.9	11:04	0.2	11:13	0.1	7:16	4:46	
12	Mon	4:51	1.0	5:07	0.8			12:04	0.2	7:16	4:47	
13	Tue	5:44	1.0	6:06	0.8	12:06	0.1	12:58	0.1	7:15	4:48	
14	Wed	6:39	1.0	7:05	0.8	12:56	0.1	1:48	0.1	7:15	4:50	
15	Thu	7:31	1.1	7:57	0.8	1:44	0.1	2:35	0.1	7:14	4:51	
16	Fri	8:17	1.1	8:43	0.9	2:30	0.1	3:20	0.0	7:14	4:52	
17	Sat	8:58	1.1	9:24	0.9	3:15	0.1	4:04	0.0	7:14	4:53	
18	Sun	9:36	1.2	10:02	0.9	4:00	0.0	4:47	-0.1	7:13	4:54	
19	Mon	10:13	1.2	10:39	1.0	4:44	0.0	5:26	-0.1	7:13	4:55	
20	Tue	10:49	1.2	11:16	1.0	5:25	0.0	6:03	-0.1	7:12	4:56	
21	Wed	11:26	1.2	11:55	1.0	6:05	0.0	6:38	-0.1	7:11	4:58	
22	Thu			12:07	1.1	6:44	0.0	7:12	-0.1	7:11	4:59	
23	Fri	12:38	1.0	12:53	1.1	7:26	0.0	7:49	-0.1	7:10	5:00	
24	Sat	1:26	1.1	1:44	1.0	8:14	0.0	8:31	-0.1	7:09	5:01	
25	Sun	2:19	1.1	2:41	1.0	9:15	0.1	9:24	0.0	7:09	5:02	
26	Mon	3:14	1.1	3:41	0.9	10:31	0.1	10:30	0.0	7:08	5:04	
27	Tue	4:14	1.1	4:46	0.9	11:47	0.1	11:43	0.0	7:07	5:05	
28	Wed	5:20	1.1	5:58	0.9			12:55	0.0	7:06	5:06	
29	Thu	6:31	1.2	7:09	0.9	12:51	0.0	1:56	-0.1	7:05	5:07	
30	Fri	7:37	1.2	8:11	1.0	1:53	-0.1	2:53	-0.1	7:04	5:08	
31	Sat	8:34	1.3	9:05	1.1	2:51	-0.1	3:46	-0.2	7:03	5:10	