

































Glen Cove, Hempstead Harbor, NY - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:04	8.5	9:50	7.3	2:53	-0.1	3:50	-1.0	7:19	4:37	
2	Fri	10:02	8.7	10:45	7.5	3:54	-0.3	4:44	-1.3	7:19	4:38	
3	Sat	10:56	8.7	11:37	7.8	4:51	-0.5	5:35	-1.4	7:19	4:39	
4	Sun	11:48	8.6			5:46	-0.6	6:23	-1.4	7:19	4:40	
5	Mon	12:27	7.9	12:38	8.4	6:38	-0.7	7:09	-1.3	7:19	4:41	
6	Tue	1:16	7.9	1:27	8.1	7:29	-0.6	7:55	-1.0	7:19	4:42	
7	Wed	2:03	7.9	2:16	7.6	8:21	-0.4	8:42	-0.6	7:18	4:43	
8	Thu	2:51	7.7	3:08	7.2	9:15	-0.1	9:31	-0.2	7:18	4:44	
9	Fri	3:40	7.5	4:03	6.7	10:13	0.1	10:24	0.2	7:18	4:45	
10	Sat	4:33	7.3	5:03	6.3	11:13	0.3	11:21	0.6	7:18	4:46	
11	Sun	5:29	7.1	6:08	6.0			12:14	0.4	7:18	4:47	
12	Mon	6:29	6.9	7:14	5.9	12:21	0.8	1:13	0.4	7:17	4:48	
13	Tue	7:29	6.9	8:14	5.9	1:21	1.0	2:10	0.4	7:17	4:49	
14	Wed	8:24	6.9	9:06	6.0	2:17	1.0	3:02	0.3	7:17	4:50	
15	Thu	9:11	7.0	9:52	6.1	3:08	1.0	3:49	0.1	7:16	4:51	
16	Fri	9:52	7.1	10:31	6.3	3:53	0.9	4:32	0.0	7:16	4:52	
17	Sat	10:26	7.2	11:04	6.5	4:32	0.8	5:08	-0.1	7:15	4:53	
18	Sun	10:55	7.4	11:31	6.7	5:05	0.6	5:38	-0.2	7:15	4:54	
19	Mon	11:26	7.5	11:57	7.0	5:35	0.4	6:03	-0.3	7:14	4:56	
20	Tue			12:01	7.6	6:06	0.2	6:29	-0.5	7:14	4:57	
21	Wed	12:29	7.4	12:40	7.6	6:42	0.0	7:01	-0.5	7:13	4:58	
22	Thu	1:07	7.7	1:22	7.6	7:22	-0.2	7:39	-0.5	7:12	4:59	
23	Fri	1:49	7.9	2:08	7.4	8:07	-0.3	8:22	-0.4	7:12	5:00	
24	Sat	2:35	8.0	2:58	7.2	8:58	-0.3	9:10	-0.2	7:11	5:02	
25	Sun	3:25	8.0	3:54	6.9	9:55	-0.2	10:05	0.0	7:10	5:03	
26	Mon	4:21	7.9	4:55	6.6	11:01	-0.1	11:07	0.2	7:09	5:04	
27	Tue	5:24	7.8	6:07	6.4			12:16	-0.1	7:09	5:05	
28	Wed	6:36	7.8	7:32	6.5	12:18	0.4	1:36	-0.2	7:08	5:06	
29	Thu	7:54	7.9	8:47	6.8	1:39	0.3	2:45	-0.5	7:07	5:08	
30	Fri	9:03	8.1	9:47	7.2	2:53	0.0	3:43	-0.9	7:06	5:09	
31	Sat	10:02	8.3	10:40	7.6	3:55	-0.3	4:36	-1.1	7:05	5:10	