


































## Plum Gut Harbor, Plum Island, NY - Jan 2026

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Thu | 7:26  | 3.3 | 8:01  | 2.1 | 1:04  | -0.1 | 2:11  | -0.5 | 7:14  | 4:30 |    |
| 2    | Fri | 8:21  | 3.3 | 8:53  | 2.3 | 2:00  | -0.2 | 3:03  | -0.6 | 7:14  | 4:31 |    |
| 3    | Sat | 9:14  | 3.3 | 9:44  | 2.4 | 2:56  | -0.3 | 3:54  | -0.6 | 7:14  | 4:32 |    |
| 4    | Sun | 10:06 | 3.2 | 10:35 | 2.5 | 3:52  | -0.4 | 4:44  | -0.6 | 7:14  | 4:33 |    |
| 5    | Mon | 10:57 | 3.0 | 11:28 | 2.5 | 4:48  | -0.3 | 5:33  | -0.5 | 7:14  | 4:34 |    |
| 6    | Tue | 11:48 | 2.8 |       |     | 5:44  | -0.2 | 6:23  | -0.4 | 7:14  | 4:35 |    |
| 7    | Wed | 12:22 | 2.6 | 12:39 | 2.5 | 6:43  | -0.1 | 7:13  | -0.3 | 7:14  | 4:36 |    |
| 8    | Thu | 1:17  | 2.5 | 1:33  | 2.2 | 7:43  | 0.1  | 8:05  | -0.1 | 7:13  | 4:37 |    |
| 9    | Fri | 2:14  | 2.5 | 2:31  | 2.0 | 8:47  | 0.2  | 8:58  | 0.0  | 7:13  | 4:38 |    |
| 10   | Sat | 3:11  | 2.5 | 3:34  | 1.8 | 9:52  | 0.3  | 9:53  | 0.2  | 7:13  | 4:39 |    |
| 11   | Sun | 4:08  | 2.4 | 4:42  | 1.7 | 10:56 | 0.3  | 10:49 | 0.4  | 7:13  | 4:40 |    |
| 12   | Mon | 5:03  | 2.4 | 5:47  | 1.7 | 11:55 | 0.2  | 11:44 | 0.4  | 7:12  | 4:41 |   |
| 13   | Tue | 5:55  | 2.4 | 6:43  | 1.7 |       |      | 12:47 | 0.1  | 7:12  | 4:42 |  |
| 14   | Wed | 6:44  | 2.5 | 7:30  | 1.8 | 12:34 | 0.4  | 1:31  | 0.0  | 7:12  | 4:43 |  |
| 15   | Thu | 7:30  | 2.5 | 8:10  | 1.9 | 1:19  | 0.4  | 2:11  | 0.0  | 7:11  | 4:44 |  |
| 16   | Fri | 8:13  | 2.6 | 8:47  | 2.0 | 2:00  | 0.3  | 2:48  | -0.1 | 7:11  | 4:45 |  |
| 17   | Sat | 8:53  | 2.7 | 9:24  | 2.1 | 2:39  | 0.2  | 3:23  | -0.2 | 7:10  | 4:47 |  |
| 18   | Sun | 9:32  | 2.7 | 10:02 | 2.2 | 3:17  | 0.1  | 3:58  | -0.2 | 7:10  | 4:48 |  |
| 19   | Mon | 10:10 | 2.7 | 10:40 | 2.3 | 3:55  | 0.0  | 4:34  | -0.3 | 7:09  | 4:49 |  |
| 20   | Tue | 10:47 | 2.7 | 11:19 | 2.4 | 4:36  | 0.0  | 5:11  | -0.3 | 7:09  | 4:50 |  |
| 21   | Wed | 11:25 | 2.6 | 11:59 | 2.5 | 5:19  | -0.1 | 5:49  | -0.3 | 7:08  | 4:51 |  |
| 22   | Thu |       |     | 12:05 | 2.5 | 6:05  | -0.1 | 6:29  | -0.3 | 7:07  | 4:53 |  |
| 23   | Fri | 12:41 | 2.5 | 12:49 | 2.3 | 6:56  | 0.0  | 7:11  | -0.2 | 7:07  | 4:54 |  |
| 24   | Sat | 1:26  | 2.6 | 1:39  | 2.1 | 7:52  | 0.0  | 7:57  | 0.0  | 7:06  | 4:55 |  |
| 25   | Sun | 2:15  | 2.7 | 2:36  | 1.9 | 8:54  | 0.0  | 8:49  | 0.1  | 7:05  | 4:56 |  |
| 26   | Mon | 3:11  | 2.7 | 3:42  | 1.8 | 9:59  | -0.1 | 9:47  | 0.1  | 7:04  | 4:57 |  |
| 27   | Tue | 4:13  | 2.8 | 4:51  | 1.8 | 11:04 | -0.1 | 10:51 | 0.1  | 7:03  | 4:59 |  |
| 28   | Wed | 5:18  | 2.9 | 5:57  | 1.8 |       |      | 12:07 | -0.2 | 7:03  | 5:00 |  |
| 29   | Thu | 6:21  | 3.0 | 6:56  | 1.9 |       |      | 1:05  | -0.3 | 7:02  | 5:01 |  |
| 30   | Fri | 7:21  | 3.0 | 7:51  | 2.1 | 12:57 | -0.1 | 1:59  | -0.4 | 7:01  | 5:02 |  |
| 31   | Sat | 8:16  | 3.1 | 8:42  | 2.3 | 1:55  | -0.2 | 2:49  | -0.5 | 7:00  | 5:04 |  |