

































Ponquoque Point, NY - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:27	3.4	5:53	2.4			12:10	-0.3	7:14	4:32	
2	Fri	6:22	3.5	6:48	2.5			1:06	-0.5	7:14	4:33	
3	Sat	7:15	3.5	7:41	2.5	12:55	-0.5	1:58	-0.6	7:14	4:34	
4	Sun	8:06	3.5	8:33	2.6	1:50	-0.5	2:46	-0.6	7:14	4:35	
5	Mon	8:55	3.4	9:24	2.6	2:42	-0.5	3:31	-0.6	7:14	4:36	
6	Tue	9:44	3.2	10:14	2.6	3:32	-0.4	4:16	-0.5	7:14	4:37	
7	Wed	10:31	2.9	11:03	2.6	4:23	-0.2	5:00	-0.3	7:14	4:38	
8	Thu	11:17	2.7	11:51	2.5	5:15	0.0	5:45	-0.2	7:14	4:39	
9	Fri			12:03	2.4	6:11	0.1	6:30	-0.1	7:13	4:40	
10	Sat	12:39	2.5	12:50	2.2	7:10	0.3	7:18	0.1	7:13	4:41	
11	Sun	1:29	2.5	1:41	2.0	8:11	0.4	8:07	0.2	7:13	4:42	
12	Mon	2:23	2.4	2:37	1.8	9:11	0.4	8:57	0.2	7:13	4:43	
13	Tue	3:18	2.5	3:35	1.8	10:09	0.4	9:47	0.2	7:12	4:44	
14	Wed	4:13	2.5	4:32	1.8	11:03	0.3	10:37	0.2	7:12	4:45	
15	Thu	5:03	2.6	5:22	1.9	11:52	0.2	11:26	0.1	7:12	4:46	
16	Fri	5:49	2.8	6:08	2.0			12:37	0.1	7:11	4:48	
17	Sat	6:31	2.9	6:51	2.1	12:13	0.0	1:17	0.0	7:11	4:49	
18	Sun	7:12	3.0	7:33	2.2	12:56	-0.1	1:54	-0.1	7:10	4:50	
19	Mon	7:52	3.0	8:15	2.3	1:38	-0.1	2:29	-0.2	7:10	4:51	
20	Tue	8:33	3.0	8:57	2.5	2:19	-0.2	3:03	-0.3	7:09	4:52	
21	Wed	9:15	3.0	9:41	2.6	3:00	-0.2	3:38	-0.4	7:08	4:53	
22	Thu	9:57	2.9	10:26	2.7	3:43	-0.2	4:14	-0.4	7:08	4:55	
23	Fri	10:42	2.8	11:14	2.8	4:30	-0.2	4:54	-0.3	7:07	4:56	
24	Sat	11:29	2.6			5:22	-0.1	5:38	-0.3	7:06	4:57	
25	Sun	12:04	2.9	12:21	2.4	6:22	0.0	6:30	-0.2	7:05	4:58	
26	Mon	12:59	2.9	1:18	2.2	7:30	0.1	7:29	-0.1	7:05	4:59	
27	Tue	2:00	2.9	2:23	2.1	8:41	0.1	8:33	-0.1	7:04	5:01	
28	Wed	3:06	3.0	3:32	2.1	9:52	0.0	9:40	-0.1	7:03	5:02	
29	Thu	4:13	3.0	4:40	2.1	10:59	-0.1	10:46	-0.2	7:02	5:03	
30	Fri	5:15	3.2	5:41	2.3			12:00	-0.2	7:01	5:04	
31	Sat	6:11	3.3	6:36	2.4			12:54	-0.4	7:00	5:06	