

































Poughkeepsie, NY - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:24	3.7	10:59	2.9	4:23	-0.3	5:23	-0.4	7:22	4:36	
2	Fri	11:19	3.8	11:53	3.1	5:20	-0.4	6:17	-0.6	7:22	4:36	
3	Sat			12:12	3.8	6:16	-0.5	7:10	-0.7	7:22	4:37	
4	Sun	12:47	3.1	1:03	3.8	7:10	-0.5	7:59	-0.7	7:22	4:38	
5	Mon	1:40	3.2	1:55	3.7	8:01	-0.5	8:46	-0.7	7:22	4:39	
6	Tue	2:35	3.1	2:48	3.5	8:50	-0.3	9:31	-0.6	7:22	4:40	
7	Wed	3:29	3.1	3:40	3.3	9:38	-0.1	10:17	-0.4	7:22	4:41	
8	Thu	4:22	3.0	4:32	3.0	10:29	0.1	11:05	-0.1	7:22	4:42	
9	Fri	5:12	3.0	5:22	2.8	11:25	0.3	11:55	0.1	7:22	4:43	
10	Sat	5:59	2.9	6:10	2.6			12:27	0.4	7:21	4:44	
11	Sun	6:46	2.8	7:00	2.4	12:47	0.3	1:29	0.5	7:21	4:45	
12	Mon	7:35	2.8	7:55	2.2	1:40	0.4	2:27	0.5	7:21	4:46	
13	Tue	8:30	2.8	8:57	2.2	2:31	0.4	3:21	0.4	7:20	4:48	
14	Wed	9:25	2.9	9:54	2.3	3:20	0.4	4:10	0.3	7:20	4:49	
15	Thu	10:15	3.0	10:44	2.4	4:07	0.3	4:56	0.2	7:20	4:50	
16	Fri	10:59	3.1	11:27	2.5	4:52	0.3	5:41	0.0	7:19	4:51	
17	Sat	11:39	3.2			5:37	0.2	6:24	-0.1	7:19	4:52	
18	Sun	12:06	2.6	12:15	3.3	6:20	0.1	7:05	-0.2	7:18	4:53	
19	Mon	12:42	2.6	12:49	3.3	7:02	0.0	7:43	-0.3	7:18	4:55	
20	Tue	1:17	2.7	1:23	3.3	7:42	-0.1	8:19	-0.3	7:17	4:56	
21	Wed	1:52	2.7	1:59	3.2	8:21	-0.1	8:54	-0.4	7:16	4:57	
22	Thu	2:29	2.8	2:39	3.1	8:59	-0.1	9:28	-0.3	7:16	4:58	
23	Fri	3:11	2.9	3:25	3.0	9:40	0.0	10:04	-0.2	7:15	4:59	
24	Sat	3:58	3.0	4:17	2.9	10:30	0.1	10:46	-0.1	7:14	5:01	
25	Sun	4:50	3.1	5:13	2.7	11:35	0.2	11:41	0.0	7:13	5:02	
26	Mon	5:45	3.1	6:13	2.6			12:53	0.3	7:12	5:03	
27	Tue	6:45	3.1	7:20	2.5	12:51	0.0	2:08	0.2	7:12	5:04	
28	Wed	7:54	3.2	8:37	2.5	2:03	0.0	3:14	0.0	7:11	5:06	
29	Thu	9:10	3.3	9:50	2.6	3:11	-0.1	4:13	-0.2	7:10	5:07	
30	Fri	10:16	3.4	10:50	2.8	4:12	-0.2	5:09	-0.4	7:09	5:08	
31	Sat	11:12	3.6	11:44	3.0	5:10	-0.3	6:02	-0.5	7:08	5:09	