

































Poughkeepsie, NY - Oct 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:18	3.2	4:36	3.8	10:35	0.3	11:42	0.4	6:52	6:37	
2	Fri	5:25	3.0	5:43	3.7	11:31	0.5			6:53	6:36	
3	Sat	6:33	3.0	6:52	3.6	12:52	0.5	12:45	0.6	6:54	6:34	
4	Sun	7:39	3.0	7:59	3.5	2:05	0.5	2:06	0.7	6:56	6:32	
5	Mon	8:46	3.1	9:08	3.5	3:10	0.4	3:17	0.6	6:57	6:31	
6	Tue	9:53	3.3	10:14	3.6	4:08	0.3	4:19	0.4	6:58	6:29	
7	Wed	10:52	3.5	11:10	3.6	4:59	0.1	5:15	0.3	6:59	6:27	
8	Thu	11:42	3.7	11:58	3.7	5:47	0.0	6:06	0.1	7:00	6:26	
9	Fri			12:26	3.9	6:32	-0.1	6:55	0.1	7:01	6:24	
10	Sat	12:41	3.7	1:06	4.0	7:15	-0.1	7:41	0.0	7:02	6:22	
11	Sun	1:23	3.6	1:45	3.9	7:57	0.0	8:26	0.1	7:03	6:21	
12	Mon	2:04	3.4	2:24	3.9	8:36	0.1	9:08	0.1	7:04	6:19	
13	Tue	2:46	3.2	3:04	3.7	9:13	0.3	9:49	0.3	7:05	6:17	
14	Wed	3:30	3.0	3:46	3.5	9:47	0.5	10:29	0.5	7:07	6:16	
15	Thu	4:19	2.8	4:32	3.3	10:21	0.7	11:12	0.7	7:08	6:14	
16	Fri	5:14	2.7	5:24	3.2	10:55	0.9			7:09	6:13	
17	Sat	6:09	2.6	6:17	3.1	12:04	0.8	11:39 AM	1.1	7:10	6:11	
18	Sun	7:02	2.6	7:09	3.0	1:06	0.9	12:52	1.2	7:11	6:10	
19	Mon	7:54	2.6	8:01	3.0	2:09	0.9	2:12	1.2	7:12	6:08	
20	Tue	8:48	2.7	8:56	3.0	3:04	0.8	3:15	1.1	7:13	6:07	
21	Wed	9:41	2.8	9:51	3.1	3:52	0.7	4:08	0.9	7:15	6:05	
22	Thu	10:29	3.1	10:41	3.2	4:35	0.5	4:56	0.6	7:16	6:04	
23	Fri	11:10	3.4	11:25	3.4	5:15	0.3	5:42	0.4	7:17	6:02	
24	Sat	11:47	3.6			5:55	0.1	6:29	0.2	7:18	6:01	
25	Sun	12:06	3.5	12:23	3.9	6:36	0.0	7:17	0.0	7:19	5:59	
26	Mon	12:47	3.5	1:01	4.1	7:19	-0.1	8:05	-0.1	7:20	5:58	
27	Tue	1:30	3.5	1:43	4.1	8:03	-0.1	8:53	-0.2	7:22	5:57	
28	Wed	2:17	3.4	2:29	4.1	8:49	-0.1	9:42	-0.1	7:23	5:55	
29	Thu	3:10	3.2	3:24	4.0	9:36	0.0	10:33	0.0	7:24	5:54	
30	Fri	4:13	3.1	4:28	3.8	10:27	0.2	11:31	0.2	7:25	5:53	
31	Sat	5:22	3.0	5:38	3.6	11:26	0.4			7:26	5:51	