
































Poughkeepsie, NY - Nov 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:29	3.0	5:44	3.5	12:37	0.3	11:39 AM	0.5	6:28	4:50	
2	Mon	6:31	3.1	6:47	3.4	12:44	0.3	12:55	0.6	6:29	4:49	
3	Tue	7:32	3.2	7:50	3.3	1:47	0.2	2:04	0.5	6:30	4:48	
4	Wed	8:33	3.3	8:52	3.3	2:43	0.1	3:05	0.4	6:31	4:46	
5	Thu	9:30	3.5	9:48	3.3	3:33	0.0	3:58	0.3	6:32	4:45	
6	Fri	10:19	3.7	10:36	3.3	4:19	0.0	4:48	0.1	6:34	4:44	
7	Sat	11:01	3.8	11:20	3.3	5:03	0.0	5:35	0.1	6:35	4:43	
8	Sun	11:41	3.8			5:45	0.0	6:20	0.0	6:36	4:42	
9	Mon	12:01	3.2	12:18	3.8	6:26	0.1	7:04	0.0	6:37	4:41	
10	Tue	12:41	3.1	12:55	3.7	7:05	0.2	7:46	0.1	6:39	4:40	
11	Wed	1:21	3.0	1:32	3.6	7:43	0.3	8:26	0.2	6:40	4:39	
12	Thu	2:04	2.8	2:12	3.4	8:19	0.5	9:05	0.3	6:41	4:38	
13	Fri	2:51	2.7	2:54	3.2	8:54	0.6	9:44	0.4	6:42	4:37	
14	Sat	3:43	2.6	3:42	3.1	9:27	0.8	10:27	0.6	6:43	4:36	
15	Sun	4:36	2.5	4:33	3.0	10:05	0.9	11:17	0.6	6:45	4:35	
16	Mon	5:26	2.5	5:22	2.9	10:58	1.0			6:46	4:34	
17	Tue	6:12	2.6	6:09	2.9	12:14	0.7	12:18	1.1	6:47	4:33	
18	Wed	6:57	2.7	6:59	2.9	1:10	0.6	1:30	1.0	6:48	4:33	
19	Thu	7:44	2.8	7:54	2.9	2:00	0.5	2:30	0.8	6:49	4:32	
20	Fri	8:34	3.1	8:53	2.9	2:47	0.4	3:24	0.5	6:51	4:31	
21	Sat	9:24	3.4	9:48	3.0	3:31	0.2	4:15	0.3	6:52	4:31	
22	Sun	10:10	3.6	10:38	3.1	4:16	0.0	5:05	0.0	6:53	4:30	
23	Mon	10:54	3.9	11:25	3.2	5:02	-0.1	5:56	-0.2	6:54	4:29	
24	Tue	11:40	4.1			5:51	-0.2	6:48	-0.3	6:55	4:29	
25	Wed	12:14	3.2	12:27	4.1	6:42	-0.3	7:39	-0.4	6:56	4:28	
26	Thu	1:06	3.2	1:19	4.1	7:34	-0.3	8:30	-0.4	6:58	4:28	
27	Fri	2:03	3.2	2:17	3.9	8:26	-0.2	9:21	-0.3	6:59	4:27	
28	Sat	3:06	3.1	3:21	3.7	9:19	-0.1	10:15	-0.2	7:00	4:27	
29	Sun	4:12	3.1	4:26	3.5	10:18	0.1	11:14	-0.1	7:01	4:26	
30	Mon	5:15	3.1	5:28	3.3	11:25	0.3			7:02	4:26	