

































Cape Lookout Bight, NC - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:10	3.8	12:44	3.8	6:24	0.5	6:52	0.9	5:57	8:23	
2	Wed	12:54	3.5	1:31	3.8	7:08	0.7	7:56	1.1	5:57	8:23	
3	Thu	1:39	3.3	2:21	3.8	7:58	0.8	9:05	1.1	5:58	8:22	
4	Fri	2:30	3.1	3:15	3.8	8:51	0.8	10:01	1.0	5:58	8:22	
5	Sat	3:26	3.0	4:09	3.9	9:40	0.8	10:47	1.0	5:59	8:22	
6	Sun	4:22	2.9	4:59	4.1	10:22	0.7	11:30	0.9	5:59	8:22	
7	Mon	5:12	3.0	5:46	4.2	11:03	0.7			6:00	8:22	
8	Tue	6:01	3.0	6:31	4.4	12:17	0.8	11:47 AM	0.6	6:00	8:22	
9	Wed	6:46	3.2	7:13	4.5	1:05	0.7	12:34	0.5	6:01	8:21	
10	Thu	7:28	3.3	7:52	4.6	1:49	0.6	1:23	0.4	6:01	8:21	
11	Fri	8:07	3.5	8:30	4.6	2:27	0.5	2:09	0.3	6:02	8:21	
12	Sat	8:47	3.6	9:09	4.6	3:03	0.4	2:53	0.3	6:02	8:20	
13	Sun	9:31	3.8	9:52	4.4	3:39	0.3	3:38	0.3	6:03	8:20	
14	Mon	10:21	3.9	10:40	4.2	4:16	0.2	4:26	0.3	6:04	8:20	
15	Tue	11:15	4.1	11:31	4.0	4:57	0.2	5:19	0.4	6:04	8:19	
16	Wed			12:08	4.3	5:40	0.2	6:15	0.6	6:05	8:19	
17	Thu	12:21	3.8	1:00	4.5	6:27	0.2	7:18	0.7	6:06	8:18	
18	Fri	1:12	3.6	1:56	4.5	7:21	0.2	8:31	0.7	6:06	8:18	
19	Sat	2:09	3.4	2:59	4.6	8:24	0.2	9:42	0.7	6:07	8:17	
20	Sun	3:15	3.3	4:06	4.7	9:29	0.2	10:42	0.6	6:08	8:16	
21	Mon	4:23	3.3	5:08	4.8	10:27	0.1	11:39	0.5	6:08	8:16	
22	Tue	5:27	3.4	6:08	4.9	11:24	0.0			6:09	8:15	
23	Wed	6:27	3.6	7:01	5.0	12:38	0.4	12:23	0.0	6:10	8:15	
24	Thu	7:20	3.8	7:49	4.9	1:34	0.3	1:23	0.0	6:10	8:14	
25	Fri	8:08	3.9	8:32	4.8	2:22	0.2	2:17	0.0	6:11	8:13	
26	Sat	8:52	4.0	9:14	4.6	3:04	0.1	3:05	0.1	6:12	8:13	
27	Sun	9:38	4.0	9:58	4.3	3:43	0.2	3:50	0.3	6:13	8:12	
28	Mon	10:26	4.0	10:43	4.0	4:20	0.3	4:36	0.5	6:13	8:11	
29	Tue	11:15	4.0	11:29	3.7	4:58	0.4	5:22	0.7	6:14	8:10	
30	Wed			12:01	4.0	5:35	0.6	6:10	0.9	6:15	8:09	
31	Thu	12:13	3.5	12:45	3.9	6:14	0.7	7:02	1.1	6:16	8:09	