

































Cape Lookout Bight, NC - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:49	4.9	5:08	3.4	11:18	0.0	11:04	-0.4	7:13	5:06	
2	Fri	5:46	5.0	6:05	3.6			12:18	-0.1	7:13	5:07	
3	Sat	6:38	5.1	6:57	3.8	12:05	-0.5	1:11	-0.2	7:13	5:08	
4	Sun	7:26	5.0	7:47	3.8	1:04	-0.5	1:59	-0.3	7:13	5:08	
5	Mon	8:13	4.8	8:39	3.8	1:57	-0.4	2:45	-0.3	7:13	5:09	
6	Tue	9:03	4.4	9:34	3.8	2:49	-0.2	3:30	-0.2	7:13	5:10	
7	Wed	9:55	4.1	10:30	3.8	3:41	0.0	4:14	-0.1	7:13	5:11	
8	Thu	10:46	3.7	11:21	3.8	4:34	0.3	4:58	0.1	7:13	5:12	
9	Fri	11:32	3.4			5:29	0.5	5:42	0.3	7:13	5:13	
10	Sat	12:09	3.7	12:18	3.1	6:30	0.7	6:31	0.4	7:13	5:14	
11	Sun	12:58	3.7	1:07	2.8	7:42	0.9	7:27	0.6	7:13	5:14	
12	Mon	1:54	3.6	2:05	2.7	8:46	0.9	8:23	0.6	7:13	5:15	
13	Tue	2:53	3.6	3:05	2.6	9:36	0.8	9:10	0.5	7:13	5:16	
14	Wed	3:46	3.7	3:59	2.7	10:21	0.7	9:53	0.5	7:12	5:17	
15	Thu	4:36	3.9	4:49	2.8	11:07	0.7	10:37	0.4	7:12	5:18	
16	Fri	5:21	4.0	5:35	2.9	11:54	0.5	11:23	0.3	7:12	5:19	
17	Sat	6:02	4.1	6:16	3.1			12:36	0.4	7:11	5:20	
18	Sun	6:39	4.2	6:54	3.2	12:11	0.2	1:12	0.3	7:11	5:21	
19	Mon	7:15	4.3	7:31	3.4	12:56	0.1	1:45	0.1	7:11	5:22	
20	Tue	7:50	4.2	8:10	3.5	1:37	0.0	2:18	0.0	7:10	5:23	
21	Wed	8:28	4.1	8:53	3.7	2:19	0.0	2:51	-0.1	7:10	5:24	
22	Thu	9:10	3.9	9:41	3.8	3:02	0.0	3:27	-0.1	7:10	5:25	
23	Fri	9:57	3.7	10:33	4.0	3:49	0.1	4:07	-0.1	7:09	5:26	
24	Sat	10:46	3.5	11:24	4.1	4:41	0.2	4:50	-0.1	7:09	5:27	
25	Sun	11:36	3.3			5:38	0.4	5:40	0.0	7:08	5:28	
26	Mon	12:18	4.2	12:29	3.1	6:45	0.5	6:39	0.0	7:07	5:29	
27	Tue	1:19	4.2	1:33	2.9	8:02	0.5	7:49	0.0	7:07	5:30	
28	Wed	2:28	4.3	2:45	2.9	9:10	0.4	8:56	-0.1	7:06	5:31	
29	Thu	3:36	4.4	3:55	3.1	10:09	0.2	9:56	-0.2	7:06	5:32	
30	Fri	4:38	4.5	4:59	3.3	11:07	0.1	10:57	-0.3	7:05	5:33	
31	Sat	5:36	4.6	5:56	3.6			12:04	-0.1	7:04	5:34	