

































## Cape Lookout Bight, NC - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:24	4.3	5:46	3.8	11:44	0.0	11:53	-0.2	6:34	6:02	
2	Mon	6:11	4.3	6:32	4.1			12:31	-0.1	6:33	6:02	
3	Tue	6:53	4.3	7:12	4.2	12:46	-0.3	1:12	-0.2	6:32	6:03	
4	Wed	7:31	4.2	7:50	4.3	1:32	-0.3	1:48	-0.2	6:30	6:04	
5	Thu	8:08	3.9	8:29	4.2	2:13	-0.2	2:22	-0.1	6:29	6:05	
6	Fri	8:46	3.7	9:11	4.1	2:53	0.0	2:56	0.0	6:28	6:06	
7	Sat	9:27	3.4	9:56	4.0	3:33	0.2	3:31	0.2	6:26	6:07	
8	Sun	11:12	3.2	11:43	3.8	5:14	0.5	5:09	0.4	7:25	7:08	
9	Mon	11:57	3.0			5:59	0.7	5:50	0.6	7:24	7:08	
10	Tue	12:29	3.7	12:41	2.8	6:49	1.0	6:37	0.7	7:22	7:09	
11	Wed	1:18	3.5	1:31	2.7	7:55	1.1	7:38	0.9	7:21	7:10	
12	Thu	2:15	3.5	2:32	2.6	9:14	1.1	8:52	0.9	7:20	7:11	
13	Fri	3:21	3.5	3:42	2.7	10:10	1.0	9:55	0.7	7:18	7:12	
14	Sat	4:22	3.6	4:42	3.0	10:52	0.8	10:45	0.5	7:17	7:12	
15	Sun	5:14	3.8	5:33	3.3	11:31	0.6	11:34	0.3	7:16	7:13	
16	Mon	6:00	3.9	6:19	3.7			12:11	0.4	7:14	7:14	
17	Tue	6:42	4.0	7:01	4.1	12:24	0.1	12:52	0.1	7:13	7:15	
18	Wed	7:23	4.1	7:42	4.5	1:14	-0.1	1:31	-0.1	7:12	7:16	
19	Thu	8:01	4.1	8:22	4.7	2:01	-0.2	2:10	-0.2	7:10	7:17	
20	Fri	8:41	4.1	9:04	4.9	2:46	-0.3	2:50	-0.4	7:09	7:17	
21	Sat	9:23	3.9	9:52	4.9	3:31	-0.3	3:31	-0.4	7:07	7:18	
22	Sun	10:11	3.7	10:47	4.7	4:19	-0.1	4:16	-0.3	7:06	7:19	
23	Mon	11:07	3.5	11:46	4.6	5:11	0.1	5:06	-0.1	7:05	7:20	
24	Tue			12:06	3.3	6:08	0.4	6:03	0.1	7:03	7:20	
25	Wed	12:45	4.4	1:06	3.2	7:14	0.6	7:10	0.3	7:02	7:21	
26	Thu	1:48	4.2	2:14	3.2	8:34	0.7	8:33	0.4	7:00	7:22	
27	Fri	3:00	4.0	3:32	3.3	9:47	0.6	9:51	0.4	6:59	7:23	
28	Sat	4:11	4.0	4:42	3.5	10:41	0.4	10:52	0.2	6:58	7:24	
29	Sun	5:13	4.0	5:40	3.8	11:29	0.2	11:48	0.2	6:56	7:24	
30	Mon	6:05	4.0	6:29	4.1			12:15	0.1	6:55	7:25	
31	Tue	6:51	4.0	7:11	4.3	12:42	0.1	12:58	0.1	6:54	7:26	