



## Cape Lookout Bight, NC - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:40	3.3	8:59	4.4	3:01	0.5	2:43	0.5	5:57	8:23	☉
2	Thu	9:18	3.4	9:37	4.2	3:34	0.5	3:22	0.5	5:57	8:23	☉
3	Fri	10:02	3.5	10:19	4.1	4:08	0.5	4:03	0.6	5:57	8:23	☉
4	Sat	10:50	3.6	11:05	3.9	4:43	0.5	4:49	0.7	5:58	8:22	☾
5	Sun	11:39	3.8	11:51	3.8	5:19	0.5	5:38	0.7	5:58	8:22	☾
6	Mon			12:26	4.0	5:59	0.4	6:32	0.8	5:59	8:22	☾
7	Tue	12:37	3.6	1:15	4.2	6:43	0.4	7:34	0.8	5:59	8:22	☾
8	Wed	1:25	3.5	2:09	4.3	7:35	0.4	8:45	0.8	6:00	8:22	☾
9	Thu	2:21	3.3	3:12	4.5	8:36	0.3	9:50	0.7	6:01	8:21	☾
10	Fri	3:26	3.3	4:15	4.7	9:38	0.1	10:48	0.5	6:01	8:21	☾
11	Sat	4:32	3.4	5:16	5.0	10:34	0.0	11:45	0.4	6:02	8:21	☾
12	Sun	5:34	3.5	6:15	5.1	11:31	-0.2			6:02	8:20	☾
13	Mon	6:34	3.7	7:11	5.2	12:45	0.2	12:33	-0.2	6:03	8:20	☾
14	Tue	7:30	4.0	8:01	5.2	1:42	0.0	1:35	-0.3	6:04	8:20	☾
15	Wed	8:22	4.1	8:49	5.1	2:33	-0.1	2:32	-0.3	6:04	8:19	☾
16	Thu	9:13	4.2	9:38	4.8	3:20	-0.2	3:26	-0.2	6:05	8:19	☾
17	Fri	10:08	4.3	10:30	4.5	4:05	-0.1	4:19	0.0	6:05	8:18	☾
18	Sat	11:05	4.3	11:24	4.1	4:50	0.0	5:14	0.3	6:06	8:18	☾
19	Sun			12:00	4.2	5:36	0.1	6:09	0.6	6:07	8:17	☾
20	Mon	12:13	3.8	12:49	4.2	6:21	0.4	7:07	0.8	6:08	8:17	☾
21	Tue	1:00	3.5	1:39	4.1	7:09	0.6	8:16	1.0	6:08	8:16	☾
22	Wed	1:49	3.2	2:34	4.0	8:05	0.7	9:27	1.1	6:09	8:15	☾
23	Thu	2:45	3.0	3:34	3.9	9:04	0.8	10:21	1.1	6:10	8:15	☾
24	Fri	3:46	2.9	4:30	4.0	9:56	0.8	11:08	1.0	6:10	8:14	☾
25	Sat	4:43	2.9	5:22	4.1	10:41	0.8	11:53	1.0	6:11	8:13	☉
26	Sun	5:35	3.0	6:08	4.2	11:24	0.7			6:12	8:13	☉
27	Mon	6:22	3.2	6:50	4.3	12:40	0.9	12:10	0.7	6:12	8:12	☉
28	Tue	7:04	3.3	7:27	4.4	1:22	0.8	12:58	0.6	6:13	8:11	☉
29	Wed	7:42	3.5	8:02	4.5	1:59	0.6	1:43	0.5	6:14	8:10	☉
30	Thu	8:18	3.7	8:36	4.4	2:32	0.5	2:24	0.4	6:15	8:10	☉
31	Fri	8:54	3.9	9:11	4.3	3:03	0.4	3:04	0.4	6:15	8:09	☉