

































## Cape Lookout Bight, NC - Aug 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:33	4.0	9:50	4.2	3:34	0.4	3:45	0.4	6:16	8:08	
2	Sun	10:18	4.1	10:33	4.0	4:07	0.3	4:28	0.5	6:17	8:07	
3	Mon	11:07	4.3	11:21	3.8	4:44	0.3	5:16	0.6	6:18	8:06	
4	Tue	11:57	4.4			5:24	0.3	6:09	0.7	6:18	8:05	
5	Wed	12:09	3.6	12:48	4.5	6:10	0.4	7:08	0.9	6:19	8:04	
6	Thu	12:59	3.5	1:44	4.5	7:04	0.4	8:20	0.9	6:20	8:03	
7	Fri	1:57	3.3	2:50	4.6	8:10	0.4	9:34	0.9	6:21	8:02	
8	Sat	3:06	3.3	3:59	4.7	9:21	0.3	10:35	0.7	6:21	8:01	
9	Sun	4:17	3.4	5:04	4.8	10:24	0.2	11:31	0.5	6:22	8:00	
10	Mon	5:23	3.7	6:04	5.0	11:24	0.0			6:23	7:59	
11	Tue	6:24	4.0	6:58	5.1	12:28	0.3	12:26	0.0	6:24	7:58	
12	Wed	7:19	4.3	7:46	5.0	1:23	0.1	1:27	-0.1	6:24	7:57	
13	Thu	8:07	4.5	8:30	4.9	2:11	0.0	2:22	-0.1	6:25	7:56	
14	Fri	8:53	4.6	9:14	4.7	2:54	-0.1	3:11	0.0	6:26	7:55	
15	Sat	9:40	4.6	9:59	4.3	3:34	0.0	3:59	0.1	6:27	7:54	
16	Sun	10:30	4.5	10:48	4.0	4:14	0.1	4:47	0.4	6:27	7:53	
17	Mon	11:21	4.4	11:37	3.7	4:55	0.3	5:36	0.7	6:28	7:51	
18	Tue			12:10	4.3	5:37	0.6	6:26	1.0	6:29	7:50	
19	Wed	12:23	3.4	12:57	4.1	6:21	0.8	7:25	1.2	6:29	7:49	
20	Thu	1:09	3.2	1:48	4.0	7:12	1.0	8:41	1.4	6:30	7:48	
21	Fri	2:00	3.0	2:49	3.9	8:16	1.1	9:49	1.4	6:31	7:47	
22	Sat	3:03	3.0	3:53	3.9	9:23	1.1	10:38	1.3	6:32	7:45	
23	Sun	4:09	3.0	4:50	4.0	10:16	1.0	11:20	1.2	6:32	7:44	
24	Mon	5:05	3.2	5:38	4.2	11:02	0.9			6:33	7:43	
25	Tue	5:53	3.4	6:21	4.3	12:01	1.0	11:47 AM	0.8	6:34	7:42	
26	Wed	6:36	3.7	6:59	4.4	12:41	0.9	12:34	0.6	6:35	7:40	
27	Thu	7:15	4.0	7:35	4.5	1:19	0.7	1:21	0.5	6:35	7:39	
28	Fri	7:51	4.3	8:09	4.5	1:53	0.5	2:04	0.4	6:36	7:38	
29	Sat	8:27	4.5	8:44	4.4	2:26	0.4	2:45	0.3	6:37	7:36	
30	Sun	9:05	4.6	9:22	4.2	2:59	0.3	3:26	0.3	6:37	7:35	
31	Mon	9:48	4.7	10:05	4.0	3:33	0.3	4:09	0.4	6:38	7:34	