
















Cape Lookout Bight, NC - Jul 2025

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 3:39 | 3.6 | 4:21 | 4.7 | 9:52 | 0.0 | 10:46 | 0.3 | 5:56 | 8:23 |  |
| 2 | Mon | 4:40 | 3.7 | 5:19 | 5.0 | 10:45 | -0.2 | 11:42 | 0.1 | 5:57 | 8:23 |  |
| 3 | Tue | 5:39 | 3.9 | 6:15 | 5.2 | 11:39 | -0.3 | | | 5:57 | 8:23 |  |
| 4 | Wed | 6:37 | 4.1 | 7:09 | 5.4 | 12:40 | -0.1 | 12:37 | -0.4 | 5:58 | 8:22 |  |
| 5 | Thu | 7:31 | 4.2 | 8:00 | 5.4 | 1:37 | -0.2 | 1:36 | -0.5 | 5:58 | 8:22 |  |
| 6 | Fri | 8:22 | 4.3 | 8:49 | 5.3 | 2:30 | -0.4 | 2:32 | -0.5 | 5:59 | 8:22 |  |
| 7 | Sat | 9:14 | 4.3 | 9:41 | 5.1 | 3:20 | -0.4 | 3:26 | -0.4 | 5:59 | 8:22 |  |
| 8 | Sun | 10:11 | 4.3 | 10:36 | 4.7 | 4:09 | -0.3 | 4:20 | -0.2 | 6:00 | 8:22 |  |
| 9 | Mon | 11:11 | 4.2 | 11:32 | 4.4 | 4:59 | -0.2 | 5:16 | 0.1 | 6:01 | 8:21 |  |
| 10 | Tue | | | 12:09 | 4.2 | 5:50 | 0.0 | 6:14 | 0.4 | 6:01 | 8:21 |  |
| 11 | Wed | 12:25 | 4.1 | 1:02 | 4.1 | 6:41 | 0.2 | 7:17 | 0.7 | 6:02 | 8:21 |  |
| 12 | Thu | 1:16 | 3.8 | 1:56 | 4.0 | 7:36 | 0.4 | 8:28 | 0.8 | 6:02 | 8:20 |  |
| 13 | Fri | 2:09 | 3.5 | 2:54 | 4.0 | 8:36 | 0.5 | 9:36 | 0.9 | 6:03 | 8:20 |  |
| 14 | Sat | 3:07 | 3.3 | 3:52 | 4.0 | 9:32 | 0.6 | 10:28 | 0.8 | 6:03 | 8:20 |  |
| 15 | Sun | 4:06 | 3.2 | 4:45 | 4.1 | 10:18 | 0.6 | 11:13 | 0.8 | 6:04 | 8:19 |  |
| 16 | Mon | 4:59 | 3.2 | 5:32 | 4.2 | 10:59 | 0.6 | 11:58 | 0.8 | 6:05 | 8:19 |  |
| 17 | Tue | 5:47 | 3.3 | 6:15 | 4.3 | 11:40 | 0.6 | | | 6:05 | 8:18 |  |
| 18 | Wed | 6:31 | 3.4 | 6:55 | 4.4 | 12:43 | 0.7 | 12:24 | 0.5 | 6:06 | 8:18 |  |
| 19 | Thu | 7:11 | 3.5 | 7:32 | 4.5 | 1:26 | 0.6 | 1:09 | 0.5 | 6:07 | 8:17 |  |
| 20 | Fri | 7:48 | 3.6 | 8:07 | 4.5 | 2:03 | 0.5 | 1:51 | 0.4 | 6:07 | 8:17 |  |
| 21 | Sat | 8:24 | 3.7 | 8:42 | 4.5 | 2:38 | 0.4 | 2:31 | 0.4 | 6:08 | 8:16 |  |
| 22 | Sun | 9:01 | 3.7 | 9:19 | 4.4 | 3:11 | 0.4 | 3:09 | 0.4 | 6:09 | 8:16 |  |
| 23 | Mon | 9:42 | 3.8 | 10:00 | 4.2 | 3:45 | 0.4 | 3:49 | 0.5 | 6:09 | 8:15 |  |
| 24 | Tue | 10:28 | 3.9 | 10:45 | 4.1 | 4:21 | 0.3 | 4:32 | 0.5 | 6:10 | 8:14 |  |
| 25 | Wed | 11:18 | 4.0 | 11:33 | 4.0 | 5:00 | 0.3 | 5:20 | 0.6 | 6:11 | 8:14 |  |
| 26 | Thu | | | 12:07 | 4.1 | 5:42 | 0.4 | 6:12 | 0.7 | 6:12 | 8:13 |  |
| 27 | Fri | 12:21 | 3.8 | 12:58 | 4.2 | 6:29 | 0.4 | 7:11 | 0.8 | 6:12 | 8:12 |  |
| 28 | Sat | 1:11 | 3.7 | 1:52 | 4.4 | 7:23 | 0.4 | 8:20 | 0.8 | 6:13 | 8:11 |  |
| 29 | Sun | 2:08 | 3.6 | 2:55 | 4.5 | 8:26 | 0.3 | 9:29 | 0.6 | 6:14 | 8:11 |  |
| 30 | Mon | 3:13 | 3.6 | 4:00 | 4.7 | 9:30 | 0.1 | 10:29 | 0.4 | 6:15 | 8:10 |  |
| 31 | Tue | 4:20 | 3.7 | 5:01 | 4.9 | 10:28 | 0.0 | 11:25 | 0.2 | 6:15 | 8:09 |  |