

































Cape Lookout Bight, NC - Aug 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:56	3.9	10:11	3.9	3:54	0.5	4:06	0.6	6:16	8:08	
2	Wed	10:39	3.9	10:53	3.7	4:25	0.5	4:47	0.8	6:17	8:07	
3	Thu	11:24	4.0	11:36	3.5	4:59	0.6	5:32	0.9	6:18	8:06	
4	Fri			12:10	4.1	5:36	0.6	6:20	1.0	6:19	8:05	
5	Sat	12:20	3.4	12:57	4.1	6:18	0.7	7:17	1.1	6:19	8:04	
6	Sun	1:06	3.2	1:50	4.2	7:08	0.7	8:28	1.2	6:20	8:03	
7	Mon	2:00	3.1	2:53	4.3	8:13	0.7	9:37	1.0	6:21	8:02	
8	Tue	3:07	3.2	3:59	4.5	9:21	0.5	10:34	0.8	6:22	8:01	
9	Wed	4:16	3.3	5:01	4.7	10:22	0.3	11:27	0.6	6:22	8:00	
10	Thu	5:19	3.6	5:59	4.9	11:20	0.1			6:23	7:59	
11	Fri	6:19	4.0	6:53	5.1	12:21	0.4	12:20	-0.1	6:24	7:58	
12	Sat	7:13	4.4	7:42	5.2	1:15	0.1	1:22	-0.2	6:25	7:57	
13	Sun	8:04	4.7	8:28	5.1	2:04	-0.1	2:19	-0.3	6:25	7:56	
14	Mon	8:53	4.9	9:15	4.9	2:49	-0.3	3:12	-0.3	6:26	7:54	
15	Tue	9:44	5.0	10:05	4.5	3:33	-0.3	4:04	-0.1	6:27	7:53	
16	Wed	10:39	4.9	10:59	4.2	4:19	-0.2	4:58	0.1	6:28	7:52	
17	Thu	11:36	4.8	11:53	3.9	5:06	0.0	5:54	0.5	6:28	7:51	
18	Fri			12:31	4.6	5:56	0.3	6:53	0.8	6:29	7:50	
19	Sat	12:46	3.6	1:26	4.4	6:49	0.5	8:06	1.0	6:30	7:49	
20	Sun	1:40	3.3	2:27	4.2	7:53	0.8	9:24	1.1	6:31	7:47	
21	Mon	2:44	3.2	3:36	4.1	9:06	0.9	10:24	1.1	6:31	7:46	
22	Tue	3:55	3.1	4:39	4.1	10:06	0.9	11:12	1.1	6:32	7:45	
23	Wed	4:57	3.2	5:31	4.2	10:55	0.8	11:56	1.0	6:33	7:44	
24	Thu	5:48	3.4	6:16	4.3	11:41	0.8			6:33	7:42	
25	Fri	6:30	3.6	6:53	4.3	12:38	0.9	12:27	0.7	6:34	7:41	
26	Sat	7:08	3.8	7:27	4.4	1:15	0.8	1:12	0.7	6:35	7:40	
27	Sun	7:41	4.0	7:59	4.3	1:48	0.7	1:52	0.6	6:36	7:38	
28	Mon	8:14	4.2	8:30	4.3	2:18	0.6	2:30	0.6	6:36	7:37	
29	Tue	8:46	4.3	9:02	4.1	2:46	0.6	3:05	0.6	6:37	7:36	
30	Wed	9:21	4.4	9:36	3.9	3:15	0.6	3:42	0.6	6:38	7:34	
31	Thu	10:00	4.4	10:16	3.7	3:46	0.6	4:20	0.7	6:38	7:33	