US HARBORS www.USHarbors.com

Hampstead, NC - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:02	4.1	6:20	2.8			12:51	-0.3	7:15	5:11	
2	Fri	6:58	4.2	7:15	2.9	12:39	-0.7	1:49	-0.4	7:15	5:11	
3	Sat	7:53	4.3	8:08	3.0	1:38	-0.8	2:43	-0.5	7:15	5:12	
4	Sun	8:45	4.2	9:00	3.1	2:33	-0.9	3:32	-0.5	7:16	5:13	
5	Mon	9:35	4.0	9:51	3.1	3:25	-0.9	4:17	-0.5	7:16	5:14	
6	Tue	10:24	3.8	10:43	3.1	4:14	-0.7	5:00	-0.4	7:16	5:15	
7	Wed	11:13	3.5	11:36	3.0	5:02	-0.5	5:44	-0.2	7:16	5:15	
8	Thu			12:00	3.2	5:52	-0.2	6:28	-0.1	7:16	5:16	
9	Fri	12:27	3.0	12:46	2.9	6:45	0.1	7:12	0.0	7:16	5:17	
10	Sat	1:16	3.0	1:31	2.7	7:41	0.3	7:57	0.0	7:16	5:18	
11	Sun	2:04	3.0	2:16	2.5	8:37	0.4	8:42	0.0	7:15	5:19	
12	Mon	2:54	3.0	3:05	2.3	9:32	0.5	9:30	0.0	7:15	5:20	
13	Tue	3:48	3.1	3:59	2.3	10:25	0.5	10:18	0.0	7:15	5:21	
14	Wed	4:44	3.1	4:54	2.3	11:14	0.4	11:06	-0.1	7:15	5:22	
15	Thu	5:37	3.2	5:46	2.3			12:03	0.4	7:15	5:23	
16	Fri	6:26	3.3	6:34	2.4			12:52	0.3	7:14	5:24	
17	Sat	7:11	3.4	7:19	2.5	12:45	-0.3	1:39	0.1	7:14	5:25	
18	Sun	7:53	3.4	8:02	2.6	1:35	-0.4	2:24	0.0	7:14	5:26	
19	Mon	8:33	3.4	8:43	2.7	2:22	-0.4	3:06	-0.1	7:13	5:27	
20	Tue	9:11	3.4	9:25	2.7	3:06	-0.4	3:45	-0.2	7:13	5:27	
21	Wed	9:50	3.4	10:09	2.8	3:48	-0.4	4:24	-0.3	7:13	5:28	
22	Thu	10:31	3.3	10:55	2.9	4:31	-0.3	5:03	-0.4	7:12	5:29	
23	Fri	11:16	3.1	11:46	3.0	5:18	-0.1	5:45	-0.4	7:12	5:30	
24	Sat			12:05	3.0	6:12	0.0	6:32	-0.3	7:11	5:31	
25	Sun	12:40	3.1	12:57	2.8	7:16	0.1	7:25	-0.3	7:11	5:32	
26	Mon	1:34	3.3	1:52	2.6	8:23	0.1	8:23	-0.4	7:10	5:33	
27	Tue	2:33	3.4	2:52	2.5	9:31	0.1	9:25	-0.4	7:10	5:34	
28	Wed	3:37	3.5	3:58	2.5	10:35	0.0	10:26	-0.5	7:09	5:35	
29	Thu	4:44	3.6	5:03	2.5	11:35	-0.1	11:26	-0.7	7:08	5:36	
30	Fri	5:47	3.8	6:03	2.7			12:33	-0.3	7:08	5:37	
31	Sat	6:44	3.9	6:59	2.9	12:25	-0.8	1:29	-0.4	7:07	5:38	