

































Wilmington Beach, NC - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:25	4.6	2:37	3.4	8:44	0.2	8:34	-0.3	7:17	5:13	
2	Tue	3:28	4.7	3:41	3.2	9:52	0.2	9:32	-0.2	7:17	5:14	
3	Wed	4:26	4.9	4:41	3.2	10:53	0.1	10:27	-0.2	7:17	5:15	
4	Thu	5:19	4.9	5:36	3.2	11:46	0.0	11:19	-0.3	7:17	5:15	
5	Fri	6:08	5.0	6:24	3.3			12:33	-0.1	7:17	5:16	
6	Sat	6:53	4.9	7:09	3.3	12:07	-0.3	1:16	-0.1	7:17	5:17	
7	Sun	7:34	4.9	7:51	3.4	12:52	-0.3	1:56	-0.1	7:17	5:18	
8	Mon	8:14	4.8	8:30	3.4	1:34	-0.2	2:33	-0.1	7:17	5:19	
9	Tue	8:51	4.6	9:09	3.5	2:15	-0.2	3:09	-0.1	7:17	5:20	
10	Wed	9:27	4.3	9:48	3.5	2:55	0.0	3:42	0.0	7:17	5:20	
11	Thu	10:02	4.1	10:28	3.5	3:36	0.1	4:15	0.1	7:17	5:21	
12	Fri	10:38	3.7	11:10	3.5	4:19	0.3	4:49	0.1	7:17	5:22	
13	Sat	11:16	3.4	11:55	3.6	5:05	0.5	5:24	0.2	7:17	5:23	
14	Sun	11:58	3.1			5:57	0.6	6:03	0.2	7:16	5:24	
15	Mon	12:45	3.7	12:47	2.9	6:56	0.7	6:48	0.2	7:16	5:25	
16	Tue	1:40	3.8	1:43	2.8	8:01	0.7	7:39	0.2	7:16	5:26	
17	Wed	2:38	4.0	2:45	2.7	9:06	0.6	8:36	0.0	7:16	5:27	
18	Thu	3:37	4.3	3:47	2.8	10:07	0.4	9:35	-0.2	7:15	5:28	
19	Fri	4:33	4.7	4:45	3.0	11:02	0.1	10:32	-0.4	7:15	5:29	
20	Sat	5:26	5.0	5:40	3.3	11:52	-0.2	11:28	-0.7	7:14	5:30	
21	Sun	6:17	5.3	6:32	3.7			12:39	-0.4	7:14	5:31	
22	Mon	7:06	5.5	7:24	4.0	12:23	-0.9	1:25	-0.7	7:14	5:32	
23	Tue	7:54	5.5	8:15	4.3	1:16	-1.1	2:10	-0.8	7:13	5:33	
24	Wed	8:42	5.3	9:06	4.5	2:10	-1.1	2:54	-0.9	7:13	5:34	
25	Thu	9:30	5.0	9:59	4.7	3:05	-1.0	3:40	-0.9	7:12	5:35	
26	Fri	10:20	4.6	10:55	4.7	4:01	-0.7	4:26	-0.9	7:12	5:36	
27	Sat	11:11	4.1	11:53	4.6	5:01	-0.5	5:16	-0.7	7:11	5:37	
28	Sun			12:07	3.6	6:05	-0.2	6:08	-0.5	7:10	5:38	
29	Mon	12:56	4.5	1:09	3.2	7:15	0.1	7:06	-0.3	7:10	5:39	
30	Tue	2:02	4.5	2:17	2.9	8:28	0.2	8:09	-0.1	7:09	5:40	
31	Wed	3:08	4.4	3:26	2.8	9:38	0.3	9:14	-0.1	7:08	5:41	