

































## Sand Shoal Inlet, VA - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:42	5.1	5:59	3.4			12:03	-0.3	7:17	4:56	
2	Fri	6:38	5.3	6:55	3.5			12:58	-0.4	7:17	4:57	
3	Sat	7:33	5.4	7:49	3.6	12:47	-0.9	1:50	-0.5	7:17	4:58	
4	Sun	8:26	5.3	8:42	3.6	1:40	-0.9	2:40	-0.5	7:17	4:58	
5	Mon	9:16	5.1	9:33	3.7	2:32	-0.9	3:28	-0.5	7:17	4:59	
6	Tue	10:04	4.8	10:24	3.6	3:24	-0.7	4:16	-0.4	7:17	5:00	
7	Wed	10:51	4.4	11:14	3.6	4:17	-0.5	5:03	-0.3	7:17	5:01	
8	Thu	11:36	4.0			5:11	-0.2	5:48	-0.1	7:17	5:02	
9	Fri	12:04	3.5	12:23	3.6	6:07	0.1	6:34	0.0	7:17	5:03	
10	Sat	12:57	3.5	1:12	3.2	7:04	0.3	7:19	0.2	7:17	5:04	
11	Sun	1:52	3.5	2:05	2.9	8:03	0.5	8:05	0.3	7:16	5:05	
12	Mon	2:50	3.5	3:01	2.7	9:03	0.6	8:54	0.3	7:16	5:06	
13	Tue	3:46	3.6	3:56	2.7	10:03	0.6	9:44	0.3	7:16	5:07	
14	Wed	4:39	3.8	4:47	2.7	10:59	0.6	10:34	0.2	7:16	5:08	
15	Thu	5:27	4.0	5:35	2.8	11:47	0.5	11:23	0.1	7:15	5:09	
16	Fri	6:13	4.2	6:20	3.0			12:29	0.4	7:15	5:10	
17	Sat	6:56	4.4	7:03	3.1	12:08	-0.1	1:08	0.2	7:15	5:11	
18	Sun	7:37	4.5	7:46	3.3	12:51	-0.2	1:46	0.1	7:14	5:12	
19	Mon	8:18	4.6	8:28	3.4	1:33	-0.3	2:23	0.0	7:14	5:13	
20	Tue	8:57	4.7	9:10	3.6	2:14	-0.3	3:01	-0.1	7:13	5:14	
21	Wed	9:36	4.6	9:53	3.7	2:57	-0.3	3:39	-0.1	7:13	5:15	
22	Thu	10:16	4.4	10:36	3.8	3:42	-0.3	4:19	-0.1	7:12	5:16	
23	Fri	10:57	4.2	11:23	4.0	4:31	-0.1	5:02	-0.1	7:12	5:17	
24	Sat	11:42	3.9			5:25	0.0	5:48	-0.1	7:11	5:18	
25	Sun	12:15	4.1	12:32	3.5	6:24	0.1	6:38	-0.1	7:11	5:19	
26	Mon	1:12	4.1	1:30	3.2	7:27	0.2	7:33	-0.1	7:10	5:20	
27	Tue	2:17	4.2	2:35	3.0	8:34	0.2	8:33	-0.2	7:09	5:22	
28	Wed	3:25	4.4	3:42	3.0	9:43	0.2	9:36	-0.3	7:08	5:23	
29	Thu	4:31	4.6	4:47	3.0	10:51	0.0	10:40	-0.5	7:08	5:24	
30	Fri	5:32	4.8	5:47	3.2	11:53	-0.1	11:41	-0.7	7:07	5:25	
31	Sat	6:29	4.9	6:42	3.4			12:46	-0.3	7:06	5:26	