US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:20	4.2	5:43	2.9	11:58	-0.3	11:43	-0.7	7:16	4:58	
2	Fri	6:19	4.4	6:42	3.1			12:54	-0.5	7:16	4:59	
3	Sat	7:13	4.4	7:36	3.2	12:41	-0.8	1:44	-0.6	7:16	5:00	
4	Sun	8:04	4.4	8:28	3.3	1:34	-0.8	2:32	-0.6	7:17	5:00	
5	Mon	8:53	4.2	9:21	3.3	2:26	-0.7	3:21	-0.6	7:17	5:01	
6	Tue	9:42	3.9	10:14	3.3	3:19	-0.5	4:10	-0.5	7:17	5:02	
7	Wed	10:29	3.6	11:05	3.2	4:16	-0.2	4:58	-0.4	7:17	5:03	
8	Thu	11:13	3.2	11:54	3.2	5:13	0.0	5:43	-0.2	7:16	5:04	
9	Fri	11:57	2.9			6:09	0.3	6:26	-0.1	7:16	5:05	
10	Sat	12:46	3.1	12:44	2.6	7:09	0.4	7:12	0.1	7:16	5:06	
11	Sun	1:45	3.0	1:43	2.3	8:13	0.5	8:00	0.2	7:16	5:07	
12	Mon	2:45	3.0	2:49	2.2	9:12	0.6	8:49	0.3	7:16	5:08	
13	Tue	3:38	3.1	3:46	2.2	10:07	0.5	9:37	0.3	7:16	5:09	
14	Wed	4:26	3.2	4:38	2.2	10:59	0.4	10:25	0.2	7:15	5:10	
15	Thu	5:12	3.3	5:27	2.3	11:48	0.3	11:15	0.1	7:15	5:11	
16	Fri	5:57	3.4	6:12	2.4			12:29	0.1	7:15	5:12	
17	Sat	6:37	3.5	6:52	2.5	12:01	0.0	1:04	0.0	7:14	5:13	
18	Sun	7:14	3.6	7:29	2.7	12:43	-0.1	1:36	-0.1	7:14	5:14	
19	Mon	7:49	3.7	8:07	2.8	1:22	-0.2	2:09	-0.2	7:14	5:15	
20	Tue	8:25	3.7	8:46	2.9	2:01	-0.3	2:43	-0.3	7:13	5:16	
21	Wed	9:02	3.6	9:27	3.0	2:42	-0.2	3:21	-0.4	7:13	5:17	
22	Thu	9:42	3.4	10:11	3.2	3:28	-0.2	4:01	-0.4	7:12	5:18	
23	Fri	10:25	3.3	10:57	3.3	4:19	-0.1	4:44	-0.4	7:12	5:19	
24	Sat	11:09	3.1	11:46	3.4	5:14	0.0	5:30	-0.4	7:11	5:20	
25	Sun	11:58	2.8			6:12	0.1	6:20	-0.3	7:10	5:21	
26	Mon	12:42	3.4	12:56	2.6	7:17	0.1	7:17	-0.3	7:10	5:22	
27	Tue	1:49	3.5	2:08	2.5	8:27	0.1	8:21	-0.3	7:09	5:23	
28	Wed	3:01	3.6	3:22	2.5	9:37	0.0	9:26	-0.4	7:08	5:24	
29	Thu	4:09	3.7	4:31	2.6	10:45	-0.1	10:31	-0.5	7:08	5:25	
30	Fri	5:13	3.9	5:36	2.8	11:49	-0.3	11:36	-0.6	7:07	5:27	
31	Sat	6:12	4.0	6:34	3.0			12:44	-0.5	7:06	5:28	