

March 2026

Date	1 st High Tide		2 nd High Tide		1 st Low Tide		2 nd Low Tide	
	Time (Local)	Height (cm)	Time (Local)	Height (cm)	Time (Local)	Height (cm)	Time (Local)	Height (cm)
1	00:10	244	12:04	259	05:58	156	18:24	136
2	00:37	256	12:35	268	06:31	145	18:52	128
3	01:04	264	13:05	273	07:02	137	19:19	125
4	01:29	268	13:33	273	07:31	133	19:44	126
5	01:52	269	13:59	270	07:58	132	20:07	131
6	02:14	266	14:24	262	08:23	134	20:28	137
7	02:34	261	14:47	253	08:47	139	20:47	144
8	02:54	254	15:09	241	09:10	146	21:04	153
9	03:13	245	15:31	229	09:33	156	21:20	162
10	03:35	235	15:54	216	09:57	167	21:34	172
11	04:00	223	16:20	202	10:27	179	21:34	183
12	04:32	210	-	-	-	-	15:12	188
13	00:16	198	10:26	207	03:43	194	16:50	175
14	11:00	221	23:34	223	-	-	17:16	162
15	11:26	235	23:52	236	05:18	169	17:40	150
16	11:51	247	-	-	05:44	156	18:04	139
17	00:13	248	12:17	258	06:11	144	18:28	130
18	00:37	259	12:45	266	06:38	133	18:54	123
19	01:02	268	13:14	270	07:07	125	19:21	120
20	01:29	273	13:44	270	07:37	121	19:49	121
21	01:58	274	14:15	265	08:08	121	20:18	127
22	02:27	270	14:48	255	08:41	126	20:48	137
23	02:58	261	15:21	241	09:16	137	21:18	151
24	03:30	249	15:58	225	09:55	151	21:49	167
25	04:08	234	16:50	207	10:51	168	22:29	183
26	05:11	218	21:58	201	-	-	13:17	180
27	09:02	214	22:49	217	02:16	193	16:10	171
28	10:31	229	23:17	232	04:18	179	16:57	157
29	11:11	243	23:43	245	05:03	163	17:28	146
30	11:43	254	-	-	05:37	150	17:56	137
31	00:08	256	12:12	261	06:08	139	18:22	131
