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All times are UT (GMT)

**Add one hour for BST between
29th March to 25th October**

While every care has been taken to ensure the accuracy of the tables, no responsibility is accepted for any error or loss sustained thereby.

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LOSSIEMOUTH TIDE TABLES 2026

ELGIN & LOSSIEMOUTH HARBOUR COMPANY

LOSSIEMOUTH MARINA



SHORE STREET

LOSSIEMOUTH

IV31 6PB

Tel: 01343 813066

**www.lossiemouthmarina.com
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VHF: Channel 12

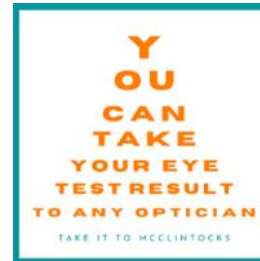


HARBOUR LIGHTS

5 Pitgaveny Quay, Lossiemouth, IV31 6TW

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Tel: 01343-200406

DECEMBER 2026

LOSSIEMOUTH

| Date | HEIGHTS ABOVE CHART DATUM | | | | | | | |
|---------|---------------------------|-----|-----------|-----|-----------|-----|-----------|-----|
| | High Water | | | | Low Water | | | |
| | Morning | | Afternoon | | Morning | | Afternoon | |
| | Time | m | Time | m | Time | m | Time | m |
| 1 TU ☾ | 04 53 | 3.6 | 17 00 | 3.7 | 10 59 | 1.8 | 23 50 | 1.2 |
| 2 W | 05 55 | 3.5 | 18 04 | 3.6 | | | 12 09 | 1.9 |
| 3 TH | 07 00 | 3.4 | 19 10 | 3.6 | 00 59 | 1.3 | 13 20 | 1.8 |
| 4 F | 08 08 | 3.5 | 20 20 | 3.7 | 02 04 | 1.3 | 14 26 | 1.7 |
| 5 SA | 09 05 | 3.6 | 21 20 | 3.7 | 03 00 | 1.3 | 15 20 | 1.6 |
| 6 SU | 09 53 | 3.7 | 22 12 | 3.8 | 03 45 | 1.3 | 16 06 | 1.4 |
| 7 M | 10 35 | 3.8 | 22 57 | 3.8 | 04 25 | 1.3 | 16 47 | 1.3 |
| 8 TU | 11 14 | 3.9 | 23 42 | 3.8 | 05 02 | 1.3 | 17 26 | 1.2 |
| 9 W ● | 11 51 | 3.9 | | | 05 37 | 1.3 | 18 02 | 1.2 |
| 10 TH | 00 24 | 3.8 | 12 28 | 3.9 | 06 10 | 1.3 | 18 37 | 1.1 |
| 11 F | 01 00 | 3.8 | 12 59 | 3.9 | 06 44 | 1.4 | 19 11 | 1.2 |
| 12 SA | 01 33 | 3.7 | 13 30 | 3.9 | 07 17 | 1.4 | 19 47 | 1.2 |
| 13 SU | 02 08 | 3.6 | 14 03 | 3.8 | 07 52 | 1.5 | 20 24 | 1.3 |
| 14 M | 02 45 | 3.5 | 14 38 | 3.7 | 08 29 | 1.6 | 21 05 | 1.3 |
| 15 TU | 03 25 | 3.4 | 15 19 | 3.6 | 09 10 | 1.7 | 21 50 | 1.4 |
| 16 W | 04 10 | 3.3 | 16 04 | 3.5 | 09 57 | 1.8 | 22 41 | 1.5 |
| 17 TH ☽ | 05 00 | 3.3 | 16 58 | 3.5 | 10 55 | 1.9 | 23 41 | 1.5 |
| 18 F | 05 54 | 3.3 | 17 55 | 3.5 | | | 12 04 | 1.9 |
| 19 SA | 06 50 | 3.3 | 18 54 | 3.5 | 00 43 | 1.5 | 13 12 | 1.8 |
| 20 SU | 07 58 | 3.5 | 20 07 | 3.6 | 01 46 | 1.4 | 14 17 | 1.7 |
| 21 M | 09 00 | 3.7 | 21 16 | 3.8 | 02 47 | 1.3 | 15 17 | 1.5 |
| 22 TU | 09 57 | 3.9 | 22 19 | 4.0 | 03 44 | 1.2 | 16 13 | 1.2 |
| 23 W | 10 50 | 4.0 | 23 19 | 4.2 | 04 37 | 1.1 | 17 05 | 0.9 |
| 24 TH ○ | 11 41 | 4.2 | | | 05 27 | 1.0 | 17 56 | 0.7 |
| 25 F | 00 17 | 4.2 | 12 32 | 4.3 | 06 16 | 1.0 | 18 47 | 0.5 |
| 26 SA | 01 08 | 4.3 | 13 15 | 4.3 | 07 03 | 1.0 | 19 37 | 0.5 |
| 27 SU | 01 55 | 4.2 | 14 00 | 4.3 | 07 50 | 1.1 | 20 28 | 0.5 |
| 28 M | 02 44 | 4.0 | 14 47 | 4.2 | 08 37 | 1.2 | 21 20 | 0.7 |
| 29 TU | 03 32 | 3.8 | 15 35 | 4.0 | 09 26 | 1.4 | 22 13 | 0.9 |
| 30 W ☾ | 04 22 | 3.6 | 16 27 | 3.8 | 10 19 | 1.6 | 23 08 | 1.1 |
| 31 TH | 05 14 | 3.4 | 17 24 | 3.6 | 11 17 | 1.7 | | |

Time Zone UT(GMT)

JANUARY 2026

LOSSIEMOUTH

| Date | HEIGHTS ABOVE CHART DATUM | | | | | | | |
|---------|---------------------------|-----|-----------|-----|-----------|-----|-----------|-----|
| | High Water | | | | Low Water | | | |
| | Morning | | Afternoon | | Morning | | Afternoon | |
| | Time | m | Time | m | Time | m | Time | m |
| 1 TH | 09 36 | 3.8 | 22 03 | 4.0 | 03 27 | 1.2 | 15 57 | 1.2 |
| 2 F | 10 34 | 4.0 | 23 06 | 4.1 | 04 25 | 1.2 | 16 54 | 0.9 |
| 3 SA ○ | 11 28 | 4.1 | | | 05 17 | 1.1 | 17 46 | 0.7 |
| 4 SU | 00 05 | 4.2 | 12 19 | 4.2 | 06 05 | 1.1 | 18 36 | 0.6 |
| 5 M | 00 57 | 4.2 | 13 04 | 4.3 | 06 50 | 1.1 | 19 24 | 0.5 |
| 6 TU | 01 42 | 4.1 | 13 45 | 4.2 | 07 33 | 1.1 | 20 10 | 0.6 |
| 7 W | 02 25 | 3.9 | 14 26 | 4.1 | 08 14 | 1.2 | 20 55 | 0.7 |
| 8 TH | 03 08 | 3.8 | 15 09 | 4.0 | 08 55 | 1.4 | 21 39 | 0.9 |
| 9 F | 03 50 | 3.5 | 15 53 | 3.8 | 09 38 | 1.6 | 22 25 | 1.2 |
| 10 SA ☾ | 04 34 | 3.4 | 16 39 | 3.6 | 10 25 | 1.7 | 23 13 | 1.4 |
| 11 SU | 05 21 | 3.2 | 17 33 | 3.4 | 11 22 | 1.9 | | |
| 12 M | 06 16 | 3.1 | 18 35 | 3.2 | 00 09 | 1.7 | 12 31 | 2.0 |
| 13 TU | 07 21 | 3.2 | 19 54 | 3.2 | 01 15 | 1.8 | 13 56 | 2.0 |
| 14 W | 08 33 | 3.3 | 21 09 | 3.3 | 02 30 | 1.8 | 15 11 | 1.9 |
| 15 TH | 09 32 | 3.4 | 22 08 | 3.4 | 03 28 | 1.7 | 16 02 | 1.7 |
| 16 F | 10 22 | 3.6 | 22 56 | 3.5 | 04 13 | 1.6 | 16 43 | 1.5 |
| 17 SA | 11 04 | 3.7 | 23 40 | 3.6 | 04 52 | 1.5 | 17 20 | 1.3 |
| 18 SU ● | 11 42 | 3.8 | | | 05 28 | 1.4 | 17 55 | 1.1 |
| 19 M | 00 19 | 3.7 | 12 19 | 3.9 | 06 02 | 1.3 | 18 30 | 0.9 |
| 20 TU | 00 53 | 3.8 | 12 52 | 4.0 | 06 36 | 1.2 | 19 05 | 0.8 |
| 21 W | 01 25 | 3.8 | 13 22 | 4.1 | 07 11 | 1.1 | 19 40 | 0.8 |
| 22 TH | 01 57 | 3.8 | 13 54 | 4.1 | 07 45 | 1.1 | 20 16 | 0.8 |
| 23 F | 02 31 | 3.8 | 14 29 | 4.1 | 08 20 | 1.2 | 20 54 | 0.8 |
| 24 SA | 03 08 | 3.7 | 15 07 | 4.0 | 08 58 | 1.3 | 21 35 | 1.0 |
| 25 SU | 03 49 | 3.6 | 15 51 | 3.8 | 09 43 | 1.4 | 22 24 | 1.1 |
| 26 M ☽ | 04 38 | 3.4 | 16 46 | 3.7 | 10 38 | 1.5 | 23 24 | 1.3 |
| 27 TU | 05 38 | 3.3 | 17 53 | 3.5 | 11 50 | 1.7 | | |
| 28 W | 06 45 | 3.3 | 19 12 | 3.5 | 00 37 | 1.5 | 13 15 | 1.7 |
| 29 TH | 08 08 | 3.4 | 20 48 | 3.6 | 02 03 | 1.6 | 14 46 | 1.5 |
| 30 F | 09 25 | 3.6 | 22 06 | 3.7 | 03 24 | 1.5 | 15 57 | 1.2 |
| 31 SA | 10 27 | 3.8 | 23 09 | 3.9 | 04 23 | 1.3 | 16 53 | 0.9 |

Time Zone UT(GMT)

FEBRUARY 2026

LOSSIEMOUTH

| Date | HEIGHTS ABOVE CHART DATUM | | | | | | | |
|---------|---------------------------|-----|-----------|-----|-----------|-----|-----------|-----|
| | High Water | | | | Low Water | | | |
| | Morning | | Afternoon | | Morning | | Afternoon | |
| | Time | m | Time | m | Time | m | Time | m |
| 1 SU ○ | 11 21 | 4.0 | | | 05 13 | 1.2 | 17 42 | 0.6 |
| 2 M | 00 02 | 4.0 | 12 09 | 4.2 | 05 56 | 1.0 | 18 27 | 0.5 |
| 3 TU | 00 47 | 4.1 | 12 50 | 4.3 | 06 36 | 1.0 | 19 08 | 0.4 |
| 4 W | 01 24 | 4.0 | 13 27 | 4.3 | 07 12 | 0.9 | 19 47 | 0.5 |
| 5 TH | 01 59 | 3.9 | 14 02 | 4.2 | 07 47 | 1.0 | 20 23 | 0.6 |
| 6 F | 02 33 | 3.8 | 14 36 | 4.0 | 08 21 | 1.1 | 20 58 | 0.8 |
| 7 SA | 03 07 | 3.6 | 15 12 | 3.8 | 08 55 | 1.3 | 21 33 | 1.1 |
| 8 SU | 03 42 | 3.4 | 15 53 | 3.5 | 09 32 | 1.5 | 22 13 | 1.4 |
| 9 M ☾ | 04 23 | 3.2 | 16 40 | 3.3 | 10 17 | 1.7 | 23 01 | 1.7 |
| 10 TU | 05 13 | 3.1 | 17 42 | 3.0 | 11 21 | 1.9 | | |
| 11 W | 06 16 | 3.0 | 19 01 | 2.9 | 00 08 | 1.9 | 12 53 | 2.0 |
| 12 TH | 07 39 | 3.0 | 20 41 | 3.0 | 01 40 | 2.0 | 14 46 | 1.9 |
| 13 F | 09 00 | 3.2 | 21 49 | 3.2 | 03 06 | 1.9 | 15 44 | 1.6 |
| 14 SA | 09 58 | 3.3 | 22 38 | 3.4 | 03 56 | 1.7 | 16 25 | 1.4 |
| 15 SU | 10 42 | 3.5 | 23 19 | 3.6 | 04 35 | 1.5 | 17 01 | 1.1 |
| 16 M | 11 20 | 3.7 | 23 55 | 3.7 | 05 10 | 1.3 | 17 35 | 0.9 |
| 17 TU ● | 11 55 | 3.9 | | | 05 43 | 1.0 | 18 09 | 0.7 |
| 18 W | 00 32 | 3.8 | 12 31 | 4.1 | 06 16 | 0.9 | 18 43 | 0.5 |
| 19 TH | 01 03 | 3.9 | 13 02 | 4.1 | 06 49 | 0.8 | 19 17 | 0.4 |
| 20 F | 01 33 | 3.9 | 13 34 | 4.2 | 07 23 | 0.7 | 19 51 | 0.4 |
| 21 SA | 02 05 | 3.8 | 14 08 | 4.1 | 07 57 | 0.8 | 20 27 | 0.6 |
| 22 SU | 02 40 | 3.7 | 14 47 | 4.0 | 08 33 | 0.9 | 21 06 | 0.8 |
| 23 M | 03 20 | 3.6 | 15 31 | 3.8 | 09 16 | 1.1 | 21 52 | 1.1 |
| 24 TU ☽ | 04 07 | 3.4 | 16 27 | 3.5 | 10 12 | 1.3 | 22 54 | 1.4 |
| 25 W | 05 09 | 3.2 | 17 43 | 3.3 | 11 29 | 1.5 | | |
| 26 TH | 06 24 | 3.1 | 19 13 | 3.2 | 00 18 | 1.7 | 13 10 | 1.5 |
| 27 F | 07 56 | 3.2 | 20 57 | 3.3 | 02 05 | 1.7 | 14 50 | 1.3 |
| 28 SA | 09 19 | 3.4 | 22 08 | 3.5 | 03 24 | 1.5 | 15 55 | 1.0 |

Time Zone UT(GMT)

NOVEMBER 2026

LOSSIEMOUTH

| Date | HEIGHTS ABOVE CHART DATUM | | | | | | | |
|---------|---------------------------|-----|-----------|-----|-----------|-----|-----------|-----|
| | High Water | | | | Low Water | | | |
| | Morning | | Afternoon | | Morning | | Afternoon | |
| | Time | m | Time | m | Time | m | Time | m |
| 1 SU ☾ | 04 00 | 3.6 | 16 13 | 3.6 | 10 04 | 1.8 | 22 58 | 1.3 |
| 2 M | 05 11 | 3.5 | 17 25 | 3.5 | 11 28 | 2.0 | | |
| 3 TU | 06 27 | 3.4 | 18 38 | 3.5 | 00 22 | 1.3 | 12 54 | 1.9 |
| 4 W | 07 46 | 3.5 | 19 53 | 3.7 | 01 41 | 1.2 | 14 07 | 1.8 |
| 5 TH | 08 50 | 3.7 | 20 56 | 3.8 | 02 43 | 1.1 | 15 02 | 1.6 |
| 6 F | 09 40 | 3.8 | 21 47 | 4.0 | 03 32 | 1.0 | 15 47 | 1.4 |
| 7 SA | 10 23 | 3.9 | 22 32 | 4.0 | 04 13 | 0.9 | 16 27 | 1.2 |
| 8 SU | 11 00 | 4.0 | 23 14 | 4.1 | 04 50 | 0.9 | 17 05 | 1.1 |
| 9 M ● | 11 36 | 4.0 | 23 55 | 4.0 | 05 24 | 0.9 | 17 40 | 1.1 |
| 10 TU | | | 12 12 | 4.0 | 05 57 | 1.0 | 18 15 | 1.1 |
| 11 W | 00 36 | 4.0 | 12 45 | 4.0 | 06 29 | 1.1 | 18 49 | 1.1 |
| 12 TH | 01 10 | 3.8 | 13 15 | 3.9 | 07 00 | 1.3 | 19 23 | 1.2 |
| 13 F | 01 45 | 3.7 | 13 45 | 3.8 | 07 33 | 1.5 | 19 59 | 1.3 |
| 14 SA | 02 23 | 3.5 | 14 19 | 3.7 | 08 08 | 1.6 | 20 39 | 1.4 |
| 15 SU | 03 05 | 3.4 | 14 59 | 3.5 | 08 48 | 1.8 | 21 27 | 1.6 |
| 16 M | 03 55 | 3.2 | 15 50 | 3.4 | 09 38 | 2.0 | 22 26 | 1.7 |
| 17 TU ☽ | 04 51 | 3.2 | 16 50 | 3.3 | 10 43 | 2.1 | 23 37 | 1.7 |
| 18 W | 05 51 | 3.1 | 17 52 | 3.3 | | | 12 02 | 2.1 |
| 19 TH | 06 51 | 3.2 | 18 50 | 3.4 | 00 48 | 1.7 | 13 15 | 2.0 |
| 20 F | 07 56 | 3.4 | 19 55 | 3.6 | 01 49 | 1.5 | 14 14 | 1.8 |
| 21 SA | 08 52 | 3.6 | 20 53 | 3.8 | 02 41 | 1.3 | 15 03 | 1.6 |
| 22 SU | 09 40 | 3.8 | 21 46 | 4.0 | 03 26 | 1.1 | 15 48 | 1.3 |
| 23 M | 10 26 | 4.0 | 22 36 | 4.1 | 04 10 | 0.9 | 16 31 | 1.1 |
| 24 TU ○ | 11 10 | 4.1 | 23 29 | 4.3 | 04 54 | 0.8 | 17 16 | 0.9 |
| 25 W | 11 55 | 4.2 | | | 05 37 | 0.8 | 18 02 | 0.8 |
| 26 TH | 00 22 | 4.3 | 12 42 | 4.2 | 06 23 | 0.9 | 18 50 | 0.7 |
| 27 F | 01 10 | 4.3 | 13 23 | 4.2 | 07 09 | 1.0 | 19 41 | 0.7 |
| 28 SA | 02 01 | 4.1 | 14 09 | 4.1 | 07 59 | 1.2 | 20 37 | 0.8 |
| 29 SU | 02 55 | 3.9 | 15 00 | 4.0 | 08 52 | 1.5 | 21 37 | 0.9 |
| 30 M | 03 53 | 3.7 | 15 59 | 3.8 | 09 52 | 1.7 | 22 42 | 1.1 |

Time Zone UT(GMT)

OCTOBER 2026

LOSSIEMOUTH

| Date | HEIGHTS ABOVE CHART DATUM | | | | | | | |
|---------|---------------------------|-----|-----------|-----|-----------|-----|-----------|-----|
| | High Water | | | | Low Water | | | |
| | Morning | | Afternoon | | Morning | | Afternoon | |
| | Time | m | Time | m | Time | m | Time | m |
| 1 TH | 02 09 | 4.1 | 14 33 | 3.8 | 08 15 | 1.0 | 20 37 | 1.1 |
| 2 F | 02 57 | 3.9 | 15 20 | 3.6 | 09 03 | 1.3 | 21 36 | 1.3 |
| 3 SA (| 03 57 | 3.6 | 16 22 | 3.4 | 10 07 | 1.7 | 22 57 | 1.5 |
| 4 SU | 05 14 | 3.4 | 17 39 | 3.3 | 11 36 | 1.9 | | |
| 5 M | 06 38 | 3.3 | 19 00 | 3.4 | 00 36 | 1.5 | 13 20 | 1.9 |
| 6 TU | 08 13 | 3.5 | 20 23 | 3.6 | 02 07 | 1.3 | 14 37 | 1.7 |
| 7 W | 09 20 | 3.7 | 21 25 | 3.9 | 03 10 | 1.0 | 15 30 | 1.5 |
| 8 TH | 10 10 | 3.9 | 22 14 | 4.1 | 03 59 | 0.8 | 16 13 | 1.3 |
| 9 F | 10 53 | 4.0 | 22 56 | 4.2 | 04 40 | 0.6 | 16 51 | 1.1 |
| 10 SA ● | 11 30 | 4.1 | 23 36 | 4.3 | 05 18 | 0.6 | 17 27 | 0.9 |
| 11 SU | | | 12 07 | 4.1 | 05 52 | 0.6 | 18 01 | 0.9 |
| 12 M | 00 17 | 4.2 | 12 40 | 4.0 | 06 25 | 0.7 | 18 35 | 0.9 |
| 13 TU | 00 54 | 4.1 | 13 09 | 4.0 | 06 56 | 0.9 | 19 07 | 1.0 |
| 14 W | 01 27 | 4.0 | 13 39 | 3.9 | 07 26 | 1.1 | 19 40 | 1.2 |
| 15 TH | 02 02 | 3.8 | 14 10 | 3.7 | 07 57 | 1.3 | 20 16 | 1.4 |
| 16 F | 02 40 | 3.5 | 14 44 | 3.6 | 08 31 | 1.6 | 20 57 | 1.6 |
| 17 SA | 03 26 | 3.3 | 15 27 | 3.4 | 09 12 | 1.9 | 21 50 | 1.7 |
| 18 SU) | 04 24 | 3.1 | 16 26 | 3.2 | 10 10 | 2.1 | 23 05 | 1.9 |
| 19 M | 05 32 | 3.0 | 17 37 | 3.1 | 11 37 | 2.2 | | |
| 20 TU | 06 45 | 3.1 | 18 49 | 3.2 | 00 42 | 1.9 | 13 15 | 2.2 |
| 21 W | 08 04 | 3.2 | 20 02 | 3.4 | 02 05 | 1.7 | 14 25 | 1.9 |
| 22 TH | 09 00 | 3.4 | 20 58 | 3.6 | 02 55 | 1.4 | 15 10 | 1.7 |
| 23 F | 09 44 | 3.7 | 21 43 | 3.8 | 03 34 | 1.2 | 15 47 | 1.4 |
| 24 SA | 10 23 | 3.9 | 22 23 | 4.0 | 04 09 | 1.0 | 16 23 | 1.2 |
| 25 SU | 11 01 | 4.0 | 23 05 | 4.2 | 04 44 | 0.8 | 16 59 | 1.0 |
| 26 M ○ | 11 39 | 4.2 | 23 49 | 4.3 | 05 20 | 0.6 | 17 36 | 0.8 |
| 27 TU | | | 12 20 | 4.2 | 05 58 | 0.6 | 18 15 | 0.8 |
| 28 W | 00 35 | 4.4 | 12 57 | 4.2 | 06 37 | 0.7 | 18 57 | 0.8 |
| 29 TH | 01 16 | 4.3 | 13 35 | 4.1 | 07 18 | 0.9 | 19 43 | 0.9 |
| 30 F | 02 02 | 4.1 | 14 17 | 3.9 | 08 04 | 1.2 | 20 36 | 1.0 |
| 31 SA | 02 56 | 3.9 | 15 09 | 3.8 | 08 57 | 1.5 | 21 40 | 1.2 |

Time Zone UT(GMT)

MARCH 2026

LOSSIEMOUTH

| Date | HEIGHTS ABOVE CHART DATUM | | | | | | | |
|---------|---------------------------|-----|-----------|-----|-----------|-----|-----------|-----|
| | High Water | | | | Low Water | | | |
| | Morning | | Afternoon | | Morning | | Afternoon | |
| | Time | m | Time | m | Time | m | Time | m |
| 1 SU | 10 19 | 3.7 | 23 02 | 3.7 | 04 18 | 1.3 | 16 45 | 0.7 |
| 2 M | 11 07 | 3.9 | 23 46 | 3.8 | 05 01 | 1.1 | 17 29 | 0.4 |
| 3 TU ○ | 11 50 | 4.1 | | | 05 39 | 0.9 | 18 08 | 0.3 |
| 4 W | 00 27 | 3.9 | 12 30 | 4.1 | 06 14 | 0.8 | 18 43 | 0.3 |
| 5 TH | 00 58 | 3.9 | 13 03 | 4.1 | 06 47 | 0.7 | 19 16 | 0.4 |
| 6 F | 01 29 | 3.8 | 13 35 | 4.0 | 07 18 | 0.8 | 19 47 | 0.6 |
| 7 SA | 01 57 | 3.7 | 14 06 | 3.9 | 07 49 | 0.9 | 20 17 | 0.8 |
| 8 SU | 02 26 | 3.6 | 14 39 | 3.7 | 08 20 | 1.0 | 20 48 | 1.1 |
| 9 M | 02 58 | 3.4 | 15 16 | 3.4 | 08 53 | 1.2 | 21 21 | 1.4 |
| 10 TU | 03 32 | 3.2 | 16 01 | 3.2 | 09 32 | 1.5 | 22 04 | 1.7 |
| 11 W (| 04 18 | 3.0 | 17 01 | 2.9 | 10 27 | 1.7 | 23 07 | 1.9 |
| 12 TH | 05 22 | 2.9 | 18 18 | 2.8 | 11 56 | 1.9 | | |
| 13 F | 06 39 | 2.9 | 20 01 | 2.9 | 00 48 | 2.1 | 14 04 | 1.8 |
| 14 SA | 08 14 | 3.0 | 21 17 | 3.1 | 02 36 | 1.9 | 15 14 | 1.6 |
| 15 SU | 09 21 | 3.2 | 22 07 | 3.3 | 03 30 | 1.7 | 15 56 | 1.3 |
| 16 M | 10 07 | 3.5 | 22 46 | 3.5 | 04 08 | 1.4 | 16 31 | 1.0 |
| 17 TU | 10 46 | 3.7 | 23 23 | 3.7 | 04 43 | 1.2 | 17 05 | 0.7 |
| 18 W | 11 23 | 3.9 | 23 59 | 3.9 | 05 16 | 0.9 | 17 39 | 0.5 |
| 19 TH ● | | | 12 01 | 4.1 | 05 50 | 0.7 | 18 14 | 0.3 |
| 20 F | 00 36 | 4.0 | 12 39 | 4.3 | 06 24 | 0.6 | 18 49 | 0.3 |
| 21 SA | 01 08 | 4.0 | 13 14 | 4.3 | 06 59 | 0.6 | 19 25 | 0.4 |
| 22 SU | 01 41 | 4.0 | 13 51 | 4.2 | 07 35 | 0.6 | 20 02 | 0.6 |
| 23 M | 02 17 | 3.8 | 14 33 | 4.0 | 08 16 | 0.8 | 20 44 | 0.9 |
| 24 TU | 02 58 | 3.7 | 15 22 | 3.7 | 09 03 | 1.0 | 21 34 | 1.3 |
| 25 W) | 03 47 | 3.4 | 16 26 | 3.4 | 10 06 | 1.2 | 22 42 | 1.6 |
| 26 TH | 04 54 | 3.2 | 17 46 | 3.2 | 11 30 | 1.4 | | |
| 27 F | 06 13 | 3.1 | 19 22 | 3.2 | 00 18 | 1.9 | 13 16 | 1.4 |
| 28 SA | 07 45 | 3.2 | 20 53 | 3.4 | 02 04 | 1.8 | 14 43 | 1.2 |
| 29 SU | 09 03 | 3.5 | 21 55 | 3.6 | 03 12 | 1.6 | 15 41 | 0.9 |
| 30 M | 09 59 | 3.7 | 22 41 | 3.7 | 04 00 | 1.3 | 16 27 | 0.7 |
| 31 TU | 10 44 | 3.9 | 23 20 | 3.8 | 04 40 | 1.1 | 17 06 | 0.6 |

Time Zone UT(GMT)

APRIL 2026

LOSSIEMOUTH

| Date | HEIGHTS ABOVE CHART DATUM | | | | | | | |
|--------|---------------------------|-----|-----------|-----|-----------|-----|-----------|-----|
| | High Water | | | | Low Water | | | |
| | Morning | | Afternoon | | Morning | | Afternoon | |
| | Time | m | Time | m | Time | m | Time | m |
| 1 W | 11 25 | 4.0 | 23 55 | 3.9 | 05 16 | 0.9 | 17 41 | 0.5 |
| 2 TH ○ | | | 12 03 | 4.1 | 05 49 | 0.8 | 18 13 | 0.5 |
| 3 F | 00 30 | 3.9 | 12 39 | 4.0 | 06 21 | 0.8 | 18 44 | 0.6 |
| 4 SA | 00 58 | 3.8 | 13 10 | 4.0 | 06 52 | 0.8 | 19 13 | 0.8 |
| 5 SU | 01 26 | 3.8 | 13 41 | 3.8 | 07 22 | 0.9 | 19 42 | 1.0 |
| 6 M | 01 53 | 3.7 | 14 14 | 3.6 | 07 53 | 1.0 | 20 12 | 1.2 |
| 7 TU | 02 23 | 3.5 | 14 51 | 3.4 | 08 26 | 1.2 | 20 45 | 1.5 |
| 8 W | 02 57 | 3.4 | 15 36 | 3.2 | 09 06 | 1.4 | 21 26 | 1.7 |
| 9 TH | 03 40 | 3.2 | 16 34 | 3.0 | 09 59 | 1.6 | 22 26 | 2.0 |
| 10 F ☾ | 04 39 | 3.0 | 17 43 | 2.9 | 11 16 | 1.8 | 23 58 | 2.1 |
| 11 SA | 05 53 | 2.9 | 19 02 | 2.9 | | | 12 56 | 1.7 |
| 12 SU | 07 08 | 3.0 | 20 24 | 3.1 | 01 39 | 2.0 | 14 20 | 1.5 |
| 13 M | 08 25 | 3.2 | 21 20 | 3.3 | 02 45 | 1.7 | 15 11 | 1.3 |
| 14 TU | 09 19 | 3.5 | 22 04 | 3.6 | 03 29 | 1.5 | 15 51 | 1.0 |
| 15 W | 10 04 | 3.7 | 22 44 | 3.8 | 04 06 | 1.2 | 16 28 | 0.7 |
| 16 TH | 10 45 | 4.0 | 23 23 | 4.0 | 04 43 | 0.9 | 17 06 | 0.5 |
| 17 F ● | 11 29 | 4.2 | | | 05 20 | 0.7 | 17 44 | 0.4 |
| 18 SA | 00 03 | 4.1 | 12 13 | 4.3 | 05 59 | 0.6 | 18 22 | 0.4 |
| 19 SU | 00 44 | 4.1 | 12 57 | 4.3 | 06 38 | 0.5 | 19 02 | 0.5 |
| 20 M | 01 19 | 4.0 | 13 40 | 4.2 | 07 21 | 0.6 | 19 45 | 0.8 |
| 21 TU | 01 59 | 3.9 | 14 27 | 3.9 | 08 08 | 0.7 | 20 32 | 1.1 |
| 22 W | 02 44 | 3.7 | 15 24 | 3.7 | 09 04 | 0.9 | 21 29 | 1.4 |
| 23 TH | 03 38 | 3.5 | 16 31 | 3.4 | 10 11 | 1.1 | 22 41 | 1.7 |
| 24 F ☽ | 04 46 | 3.3 | 17 45 | 3.2 | 11 33 | 1.2 | | |
| 25 SA | 05 59 | 3.3 | 19 06 | 3.2 | 00 09 | 1.8 | 13 02 | 1.2 |
| 26 SU | 07 17 | 3.3 | 20 27 | 3.4 | 01 38 | 1.8 | 14 18 | 1.1 |
| 27 M | 08 32 | 3.5 | 21 25 | 3.5 | 02 43 | 1.6 | 15 14 | 0.9 |
| 28 TU | 09 29 | 3.6 | 22 09 | 3.6 | 03 31 | 1.4 | 15 59 | 0.8 |
| 29 W | 10 16 | 3.7 | 22 47 | 3.7 | 04 12 | 1.2 | 16 37 | 0.8 |
| 30 TH | 10 56 | 3.8 | 23 23 | 3.8 | 04 49 | 1.0 | 17 11 | 0.8 |

Time Zone UT(GMT)

SEPTEMBER 2026

LOSSIEMOUTH

| Date | HEIGHTS ABOVE CHART DATUM | | | | | | | |
|---------|---------------------------|-----|-----------|-----|-----------|-----|-----------|-----|
| | High Water | | | | Low Water | | | |
| | Morning | | Afternoon | | Morning | | Afternoon | |
| | Time | m | Time | m | Time | m | Time | m |
| 1 TU | 01 49 | 4.2 | 14 19 | 3.9 | 08 03 | 0.7 | 20 11 | 1.0 |
| 2 W | 02 25 | 4.1 | 14 56 | 3.7 | 08 39 | 0.9 | 20 52 | 1.2 |
| 3 TH | 03 07 | 3.9 | 15 40 | 3.6 | 09 22 | 1.1 | 21 43 | 1.4 |
| 4 F ☾ | 04 00 | 3.6 | 16 37 | 3.4 | 10 19 | 1.5 | 22 55 | 1.6 |
| 5 SA | 05 10 | 3.4 | 17 50 | 3.3 | 11 38 | 1.7 | | |
| 6 SU | 06 35 | 3.3 | 19 12 | 3.3 | 00 31 | 1.6 | 13 21 | 1.8 |
| 7 M | 08 15 | 3.4 | 20 40 | 3.5 | 02 13 | 1.4 | 14 50 | 1.7 |
| 8 TU | 09 34 | 3.7 | 21 45 | 3.8 | 03 25 | 1.1 | 15 48 | 1.4 |
| 9 W | 10 32 | 3.9 | 22 36 | 4.1 | 04 17 | 0.8 | 16 34 | 1.2 |
| 10 TH | 11 17 | 4.0 | 23 21 | 4.3 | 05 03 | 0.5 | 17 15 | 1.0 |
| 11 F ● | | | 12 00 | 4.1 | 05 44 | 0.4 | 17 52 | 0.9 |
| 12 SA | 00 03 | 4.4 | 12 39 | 4.1 | 06 21 | 0.3 | 18 27 | 0.8 |
| 13 SU | 00 43 | 4.4 | 13 10 | 4.0 | 06 56 | 0.4 | 19 01 | 0.8 |
| 14 M | 01 17 | 4.3 | 13 41 | 3.9 | 07 30 | 0.6 | 19 34 | 0.9 |
| 15 TU | 01 52 | 4.1 | 14 13 | 3.8 | 08 01 | 0.9 | 20 07 | 1.1 |
| 16 W | 02 26 | 3.9 | 14 45 | 3.6 | 08 33 | 1.2 | 20 43 | 1.3 |
| 17 TH | 03 05 | 3.6 | 15 20 | 3.4 | 09 08 | 1.5 | 21 25 | 1.6 |
| 18 F ☽ | 03 53 | 3.3 | 16 07 | 3.3 | 09 51 | 1.8 | 22 22 | 1.8 |
| 19 SA | 04 54 | 3.1 | 17 10 | 3.1 | 10 54 | 2.1 | 23 51 | 2.0 |
| 20 SU | 06 09 | 3.0 | 18 25 | 3.1 | | | 12 30 | 2.2 |
| 21 M | 07 44 | 3.0 | 19 52 | 3.2 | 01 55 | 1.9 | 14 18 | 2.1 |
| 22 TU | 09 00 | 3.2 | 21 00 | 3.4 | 03 01 | 1.7 | 15 13 | 1.9 |
| 23 W | 09 49 | 3.5 | 21 48 | 3.6 | 03 42 | 1.4 | 15 52 | 1.6 |
| 24 TH | 10 28 | 3.7 | 22 26 | 3.8 | 04 16 | 1.1 | 16 25 | 1.4 |
| 25 F | 11 04 | 3.8 | 23 02 | 4.0 | 04 48 | 0.9 | 16 57 | 1.1 |
| 26 SA ○ | 11 39 | 4.0 | 23 39 | 4.2 | 05 20 | 0.7 | 17 30 | 0.9 |
| 27 SU | | | 12 13 | 4.1 | 05 53 | 0.6 | 18 03 | 0.8 |
| 28 M | 00 17 | 4.3 | 12 47 | 4.1 | 06 26 | 0.5 | 18 37 | 0.8 |
| 29 TU | 00 53 | 4.3 | 13 19 | 4.1 | 07 00 | 0.6 | 19 12 | 0.8 |
| 30 W | 01 29 | 4.3 | 13 54 | 4.0 | 07 36 | 0.7 | 19 51 | 0.9 |

Time Zone UT(GMT)

AUGUST 2026

LOSSIEMOUTH

| Date | HEIGHTS ABOVE CHART DATUM | | | | | | | |
|---------|---------------------------|-----|-----------|-----|-----------|-----|-----------|-----|
| | High Water | | | | Low Water | | | |
| | Morning | | Afternoon | | Morning | | Afternoon | |
| | Time | m | Time | m | Time | m | Time | m |
| 1 SA | 01 10 | 4.0 | 13 43 | 3.8 | 07 25 | 0.7 | 19 30 | 1.0 |
| 2 SU | 01 41 | 4.0 | 14 14 | 3.7 | 07 59 | 0.7 | 20 03 | 1.1 |
| 3 M | 02 13 | 4.0 | 14 48 | 3.7 | 08 33 | 0.8 | 20 38 | 1.1 |
| 4 TU | 02 47 | 3.9 | 15 25 | 3.6 | 09 10 | 0.9 | 21 18 | 1.3 |
| 5 W | 03 28 | 3.8 | 16 10 | 3.5 | 09 53 | 1.0 | 22 08 | 1.4 |
| 6 TH ☾ | 04 17 | 3.6 | 17 04 | 3.4 | 10 47 | 1.3 | 23 13 | 1.6 |
| 7 F | 05 21 | 3.5 | 18 08 | 3.3 | 11 56 | 1.5 | | |
| 8 SA | 06 35 | 3.4 | 19 24 | 3.3 | 00 36 | 1.6 | 13 20 | 1.6 |
| 9 SU | 08 08 | 3.5 | 20 48 | 3.5 | 02 08 | 1.5 | 14 49 | 1.5 |
| 10 M | 09 34 | 3.6 | 21 56 | 3.8 | 03 27 | 1.2 | 15 55 | 1.4 |
| 11 TU | 10 39 | 3.9 | 22 52 | 4.0 | 04 26 | 0.9 | 16 47 | 1.2 |
| 12 W ● | 11 35 | 4.0 | 23 42 | 4.2 | 05 17 | 0.6 | 17 33 | 1.0 |
| 13 TH | | | 12 24 | 4.1 | 06 03 | 0.3 | 18 15 | 0.9 |
| 14 F | 00 29 | 4.3 | 13 04 | 4.1 | 06 46 | 0.2 | 18 53 | 0.8 |
| 15 SA | 01 07 | 4.4 | 13 41 | 4.0 | 07 27 | 0.3 | 19 30 | 0.8 |
| 16 SU | 01 44 | 4.3 | 14 16 | 3.9 | 08 05 | 0.4 | 20 06 | 1.0 |
| 17 M | 02 21 | 4.1 | 14 52 | 3.7 | 08 42 | 0.7 | 20 43 | 1.1 |
| 18 TU | 02 59 | 3.9 | 15 29 | 3.5 | 09 18 | 1.0 | 21 21 | 1.4 |
| 19 W | 03 41 | 3.6 | 16 09 | 3.3 | 09 57 | 1.3 | 22 07 | 1.6 |
| 20 TH ☽ | 04 29 | 3.3 | 16 58 | 3.2 | 10 45 | 1.7 | 23 10 | 1.8 |
| 21 F | 05 31 | 3.1 | 17 58 | 3.1 | 11 48 | 1.9 | | |
| 22 SA | 06 47 | 3.0 | 19 15 | 3.1 | 00 38 | 2.0 | 13 18 | 2.0 |
| 23 SU | 08 23 | 3.1 | 20 39 | 3.2 | 02 32 | 1.9 | 14 49 | 1.9 |
| 24 M | 09 34 | 3.2 | 21 39 | 3.4 | 03 31 | 1.6 | 15 41 | 1.8 |
| 25 TU | 10 24 | 3.4 | 22 24 | 3.6 | 04 13 | 1.4 | 16 21 | 1.6 |
| 26 W | 11 04 | 3.6 | 23 03 | 3.8 | 04 49 | 1.1 | 16 55 | 1.3 |
| 27 TH | 11 40 | 3.7 | 23 39 | 4.0 | 05 21 | 0.9 | 17 27 | 1.1 |
| 28 F ○ | | | 12 14 | 3.9 | 05 53 | 0.7 | 17 59 | 1.0 |
| 29 SA | 00 12 | 4.1 | 12 46 | 3.9 | 06 24 | 0.6 | 18 31 | 0.9 |
| 30 SU | 00 46 | 4.2 | 13 16 | 4.0 | 06 57 | 0.5 | 19 03 | 0.9 |
| 31 M | 01 16 | 4.2 | 13 46 | 3.9 | 07 29 | 0.6 | 19 36 | 0.9 |

Time Zone UT(GMT)

MAY 2026

LOSSIEMOUTH

| Date | HEIGHTS ABOVE CHART DATUM | | | | | | | |
|---------|---------------------------|-----|-----------|-----|-----------|-----|-----------|-----|
| | High Water | | | | Low Water | | | |
| | Morning | | Afternoon | | Morning | | Afternoon | |
| | Time | m | Time | m | Time | m | Time | m |
| 1 F ○ | 11 36 | 3.8 | 23 57 | 3.8 | 05 24 | 0.9 | 17 43 | 0.8 |
| 2 SA | | | 12 16 | 3.8 | 05 57 | 0.9 | 18 14 | 0.9 |
| 3 SU | 00 31 | 3.8 | 12 51 | 3.8 | 06 30 | 0.9 | 18 44 | 1.0 |
| 4 M | 00 59 | 3.8 | 13 24 | 3.7 | 07 02 | 1.0 | 19 15 | 1.1 |
| 5 TU | 01 29 | 3.7 | 13 58 | 3.5 | 07 35 | 1.0 | 19 47 | 1.3 |
| 6 W | 01 59 | 3.6 | 14 36 | 3.4 | 08 11 | 1.2 | 20 23 | 1.5 |
| 7 TH | 02 34 | 3.4 | 15 20 | 3.2 | 08 52 | 1.3 | 21 05 | 1.7 |
| 8 F | 03 15 | 3.3 | 16 12 | 3.1 | 09 42 | 1.4 | 22 00 | 1.8 |
| 9 SA ☾ | 04 08 | 3.2 | 17 10 | 3.0 | 10 46 | 1.5 | 23 12 | 1.9 |
| 10 SU | 05 12 | 3.1 | 18 12 | 3.0 | | | 12 00 | 1.5 |
| 11 M | 06 15 | 3.1 | 19 17 | 3.1 | 00 34 | 1.9 | 13 12 | 1.4 |
| 12 TU | 07 16 | 3.3 | 20 22 | 3.3 | 01 43 | 1.7 | 14 13 | 1.2 |
| 13 W | 08 21 | 3.5 | 21 16 | 3.6 | 02 38 | 1.5 | 15 03 | 1.0 |
| 14 TH | 09 18 | 3.7 | 22 04 | 3.8 | 03 25 | 1.2 | 15 49 | 0.8 |
| 15 F | 10 10 | 3.9 | 22 48 | 3.9 | 04 10 | 1.0 | 16 33 | 0.6 |
| 16 SA ● | 11 02 | 4.1 | 23 34 | 4.0 | 04 54 | 0.8 | 17 17 | 0.5 |
| 17 SU | 11 54 | 4.2 | | | 05 39 | 0.6 | 18 02 | 0.6 |
| 18 M | 00 22 | 4.1 | 12 46 | 4.2 | 06 26 | 0.5 | 18 48 | 0.7 |
| 19 TU | 01 05 | 4.1 | 13 35 | 4.1 | 07 15 | 0.5 | 19 36 | 0.9 |
| 20 W | 01 48 | 4.0 | 14 27 | 3.9 | 08 08 | 0.6 | 20 27 | 1.2 |
| 21 TH | 02 36 | 3.8 | 15 25 | 3.7 | 09 06 | 0.7 | 21 24 | 1.4 |
| 22 F | 03 31 | 3.7 | 16 25 | 3.5 | 10 10 | 0.8 | 22 29 | 1.6 |
| 23 SA ☽ | 04 31 | 3.5 | 17 26 | 3.3 | 11 18 | 1.0 | 23 39 | 1.7 |
| 24 SU | 05 34 | 3.4 | 18 31 | 3.3 | | | 12 28 | 1.1 |
| 25 M | 06 39 | 3.4 | 19 40 | 3.3 | 00 51 | 1.7 | 13 37 | 1.1 |
| 26 TU | 07 50 | 3.4 | 20 41 | 3.3 | 01 59 | 1.6 | 14 36 | 1.1 |
| 27 W | 08 52 | 3.5 | 21 31 | 3.4 | 02 56 | 1.5 | 15 24 | 1.1 |
| 28 TH | 09 45 | 3.5 | 22 14 | 3.5 | 03 43 | 1.4 | 16 05 | 1.1 |
| 29 F | 10 32 | 3.6 | 22 53 | 3.6 | 04 24 | 1.2 | 16 41 | 1.1 |
| 30 SA | 11 15 | 3.6 | 23 30 | 3.7 | 05 03 | 1.1 | 17 17 | 1.1 |
| 31 SU ○ | 11 58 | 3.6 | | | 05 39 | 1.0 | 17 51 | 1.1 |

Time Zone UT(GMT)

JUNE 2026

LOSSIEMOUTH

| Date | HEIGHTS ABOVE CHART DATUM | | | | | | | |
|-------|---------------------------|-----|-----------|-----|-----------|-----|-----------|-----|
| | High Water | | | | Low Water | | | |
| | Morning | | Afternoon | | Morning | | Afternoon | |
| | Time | m | Time | m | Time | m | Time | m |
| 1 M | 00 07 | 3.7 | 12 38 | 3.6 | 06 14 | 1.0 | 18 24 | 1.2 |
| 2 TU | 00 41 | 3.7 | 13 12 | 3.6 | 06 49 | 1.0 | 18 57 | 1.2 |
| 3 W | 01 11 | 3.7 | 13 47 | 3.5 | 07 23 | 1.0 | 19 32 | 1.3 |
| 4 TH | 01 43 | 3.7 | 14 24 | 3.4 | 08 00 | 1.1 | 20 08 | 1.4 |
| 5 F | 02 18 | 3.6 | 15 03 | 3.3 | 08 40 | 1.1 | 20 49 | 1.5 |
| 6 SA | 02 57 | 3.5 | 15 47 | 3.2 | 09 25 | 1.2 | 21 35 | 1.6 |
| 7 SU | 03 42 | 3.4 | 16 36 | 3.2 | 10 16 | 1.3 | 22 30 | 1.7 |
| 8 M | 04 33 | 3.3 | 17 29 | 3.2 | 11 13 | 1.3 | 23 35 | 1.7 |
| 9 TU | 05 28 | 3.3 | 18 23 | 3.2 | | | 12 15 | 1.3 |
| 10 W | 06 25 | 3.4 | 19 24 | 3.3 | 00 42 | 1.7 | 13 17 | 1.2 |
| 11 TH | 07 29 | 3.5 | 20 29 | 3.5 | 01 46 | 1.5 | 14 17 | 1.1 |
| 12 F | 08 38 | 3.6 | 21 28 | 3.7 | 02 46 | 1.3 | 15 14 | 1.0 |
| 13 SA | 09 44 | 3.8 | 22 22 | 3.8 | 03 42 | 1.1 | 16 09 | 0.9 |
| 14 SU | 10 44 | 4.0 | 23 14 | 4.0 | 04 36 | 0.9 | 17 01 | 0.8 |
| 15 M | 11 44 | 4.1 | | | 05 28 | 0.6 | 17 51 | 0.8 |
| 16 TU | 00 05 | 4.1 | 12 43 | 4.1 | 06 20 | 0.5 | 18 40 | 0.9 |
| 17 W | 00 55 | 4.1 | 13 32 | 4.1 | 07 12 | 0.4 | 19 29 | 1.0 |
| 18 TH | 01 40 | 4.1 | 14 23 | 3.9 | 08 04 | 0.4 | 20 18 | 1.1 |
| 19 F | 02 26 | 4.0 | 15 13 | 3.8 | 08 57 | 0.5 | 21 08 | 1.3 |
| 20 SA | 03 16 | 3.9 | 16 03 | 3.6 | 09 51 | 0.7 | 22 00 | 1.4 |
| 21 SU | 04 07 | 3.7 | 16 54 | 3.4 | 10 46 | 0.9 | 22 56 | 1.6 |
| 22 M | 05 00 | 3.6 | 17 47 | 3.3 | 11 42 | 1.1 | 23 56 | 1.7 |
| 23 TU | 05 57 | 3.4 | 18 43 | 3.2 | | | 12 41 | 1.3 |
| 24 W | 06 58 | 3.3 | 19 49 | 3.2 | 01 03 | 1.7 | 13 45 | 1.4 |
| 25 TH | 08 11 | 3.3 | 20 49 | 3.3 | 02 14 | 1.7 | 14 45 | 1.4 |
| 26 F | 09 16 | 3.3 | 21 41 | 3.4 | 03 15 | 1.6 | 15 35 | 1.4 |
| 27 SA | 10 12 | 3.4 | 22 27 | 3.5 | 04 04 | 1.4 | 16 18 | 1.4 |
| 28 SU | 11 00 | 3.5 | 23 10 | 3.6 | 04 47 | 1.3 | 16 57 | 1.3 |
| 29 M | 11 44 | 3.5 | 23 49 | 3.7 | 05 25 | 1.2 | 17 33 | 1.3 |
| 30 TU | | | 12 27 | 3.6 | 06 01 | 1.0 | 18 08 | 1.2 |

Time Zone UT(GMT)

JULY 2026

LOSSIEMOUTH

| Date | HEIGHTS ABOVE CHART DATUM | | | | | | | |
|-------|---------------------------|-----|-----------|-----|-----------|-----|-----------|-----|
| | High Water | | | | Low Water | | | |
| | Morning | | Afternoon | | Morning | | Afternoon | |
| | Time | m | Time | m | Time | m | Time | m |
| 1 W | 00 26 | 3.8 | 13 01 | 3.6 | 06 36 | 1.0 | 18 42 | 1.2 |
| 2 TH | 00 58 | 3.8 | 13 33 | 3.6 | 07 11 | 0.9 | 19 17 | 1.2 |
| 3 F | 01 30 | 3.8 | 14 06 | 3.6 | 07 47 | 0.9 | 19 52 | 1.2 |
| 4 SA | 02 02 | 3.8 | 14 41 | 3.5 | 08 23 | 0.9 | 20 28 | 1.3 |
| 5 SU | 02 36 | 3.7 | 15 19 | 3.5 | 09 02 | 1.0 | 21 07 | 1.4 |
| 6 M | 03 14 | 3.7 | 16 00 | 3.4 | 09 43 | 1.0 | 21 52 | 1.4 |
| 7 TU | 03 57 | 3.6 | 16 47 | 3.3 | 10 31 | 1.1 | 22 46 | 1.5 |
| 8 W | 04 48 | 3.5 | 17 41 | 3.3 | 11 27 | 1.2 | 23 51 | 1.6 |
| 9 TH | 05 46 | 3.5 | 18 39 | 3.3 | | | 12 31 | 1.3 |
| 10 F | 06 51 | 3.5 | 19 50 | 3.4 | 01 02 | 1.6 | 13 40 | 1.3 |
| 11 SA | 08 12 | 3.6 | 21 01 | 3.6 | 02 17 | 1.4 | 14 52 | 1.3 |
| 12 SU | 09 31 | 3.7 | 22 05 | 3.8 | 03 28 | 1.2 | 15 58 | 1.2 |
| 13 M | 10 41 | 3.9 | 23 02 | 4.0 | 04 29 | 0.9 | 16 53 | 1.0 |
| 14 TU | 11 42 | 4.0 | 23 55 | 4.1 | 05 24 | 0.6 | 17 44 | 1.0 |
| 15 W | | | 12 38 | 4.1 | 06 15 | 0.4 | 18 31 | 0.9 |
| 16 TH | 00 45 | 4.2 | 13 23 | 4.1 | 07 04 | 0.3 | 19 15 | 0.9 |
| 17 F | 01 27 | 4.3 | 14 06 | 4.0 | 07 51 | 0.3 | 19 58 | 1.0 |
| 18 SA | 02 09 | 4.2 | 14 48 | 3.8 | 08 36 | 0.4 | 20 40 | 1.1 |
| 19 SU | 02 51 | 4.1 | 15 31 | 3.6 | 09 20 | 0.6 | 21 22 | 1.2 |
| 20 M | 03 34 | 3.9 | 16 14 | 3.4 | 10 05 | 0.9 | 22 08 | 1.4 |
| 21 TU | 04 21 | 3.6 | 16 59 | 3.3 | 10 51 | 1.2 | 23 00 | 1.6 |
| 22 W | 05 13 | 3.4 | 17 51 | 3.2 | 11 43 | 1.5 | | |
| 23 TH | 06 13 | 3.2 | 18 49 | 3.1 | 00 05 | 1.8 | 12 45 | 1.7 |
| 24 F | 07 29 | 3.1 | 20 04 | 3.2 | 01 27 | 1.9 | 14 03 | 1.8 |
| 25 SA | 08 50 | 3.2 | 21 11 | 3.3 | 02 53 | 1.7 | 15 11 | 1.7 |
| 26 SU | 09 55 | 3.3 | 22 06 | 3.5 | 03 49 | 1.6 | 16 00 | 1.6 |
| 27 M | 10 46 | 3.4 | 22 51 | 3.6 | 04 32 | 1.4 | 16 40 | 1.5 |
| 28 TU | 11 29 | 3.5 | 23 30 | 3.7 | 05 11 | 1.2 | 17 17 | 1.4 |
| 29 W | | | 12 08 | 3.6 | 05 45 | 1.0 | 17 51 | 1.2 |
| 30 TH | 00 07 | 3.9 | 12 43 | 3.7 | 06 18 | 0.9 | 18 24 | 1.1 |
| 31 F | 00 41 | 4.0 | 13 13 | 3.8 | 06 52 | 0.7 | 18 57 | 1.0 |

Time Zone UT(GMT)