



2026 Sun, Moon & Tides Table

New Providence, Bahamas



BAHAMAS
DEPARTMENT OF
METEOROLOGY
ISO 9001:2015 CERTIFIED

The Bahamas Department of Meteorology
Climatological Division



THE COMMONWEALTH OF THE BAHAMAS
MINISTRY OF ENERGY & TRANSPORT
DEPARTMENT OF METEOROLOGY
SUN, MOON & TIDE TABLES
&
SEASONS
for
2026

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Sun, Moon & Tide Tables

2026

All Times are in **Local Standard Time**. Daylight Saving Time is accounted for.

Daylight Saving Time will be in force from **Sunday 08th March, 2026** to **Sunday 01st November, 2026**.

ECLIPSES 2026:

There will be **four** eclipses: **two** Lunar Eclipses and **two** Solar Eclipses.

FEBRUARY *Wed. 17th*

Annular Solar Eclipse
Not Visible in The Bahamas

MARCH *Tue. 03rd*

Total Lunar Eclipse
Visible (03rd) in The Bahamas
Begins: 03:44 a.m.
Maximum: 06:29 a.m.
Ends: 06:31 a.m.
Durations: 2 hours, 48 minutes

AUGUST *Wed. 12th*

Total Solar Eclipse
Visible (12th) in The Bahamas
Begins: 01:55 p.m.
Maximum: 03:06 p.m.
Ends: 04:15 p.m.
Durations: 2 hours, 20 minutes

AUGUST *Thu. 27th – 28th*

Partial Solar Eclipse
Visible (28th) in The Bahamas
Begins: 09:23 p.m.
Maximum: Fri., 28th, 12:12 a.m. 0.930 Magnitude
Ends: Fri., 28th 03:01 a.m.
Durations: 2 hours, 20 minutes

EARTH SEASONS 2026

SPRING: The **Spring (Vernal) Equinox** occurs on 20th March at 10:46 a.m. **EDT**

SUMMER: The **Summer Solstice** occurs on 21st June at 04:24 a.m. **EDT**

AUTUMN: The **Autumn (Fall) Equinox** occurs on 22nd September 08:05 p.m. **EDT**

WINTER: The **Winter Solstice** occurs on 21st December 03:50 p.m. **EST**

TIDAL DIFFERENCES AND OTHER CONSTANTS

Data Source: SUN, MOON & TIDE TABLES
Reference Station: NASSAU, BAHAMAS
Time Meridian: 75°W

LOCATION	POSITION		DIFFERENCES			
	Lat.	Long.	High Water	Low Water	High Water	Low Water
	° N'	° W'	h. m.	h. m.	Ft.	Ft.
Guinchos Cay	22 45	78 07	+0 14	+0 20	-0.3	+0.2
Elbow Cay, Cay Sal Bank	23 57	80 28	+1 26	+1 32	-0.3	+0.2
Fresh Creek, Andros Island	24 44	77 48	+0 13	-0 05	-0.2	0.0
North Cat Cay	25 33	79 17	+0 30	+0 35	-0.2	+0.1
North Bimini Island	25 44	79 18	+0 13	+0 25	0.0	+0.2
Memory Rock	26 57	79 07	+0 24	+0 30	-0.2	+0.1
Pelican Harbour, Abaco	26 23	76 58	+0 26	+0 32	0.0	0.0
Eleuthera Island, West Coast	25 15	76 19	+2 17	+2 36	-0.1	+0.1
Eleuthera Island, East Coast	24 56	76 09	+0 19	+0 26	-0.2	+0.2
The Bight, Cat Island	24 19	75 26	-0 29	-0 23	0.0	0.0
San Salvador Island	24 03	74 33	0 00	-0 03	-0.2	+0.1
Clarence Harbour, Long Island	23 06	74 59	+0 49	+0 55	0.0	0.0
Nurse Channel	22 31	75 51	+0 08	+0 14	-0.3	+0.2
Datum Bay, Acklins Island	22 10	74 18	-0 13	-0 07	-0.3	+0.3
Matthew Town, Great Inagua Island	20 57	73 41	+0 16	+0 22	-0.5	0.0
Abraham's Bay, Mayaguana Island	22 22	73 00	+0 10	+0 13	-0.5	+0.1
Hawks Nest, Anchorage, Turks Island	21 26	71 07	-0 19	-0 13	-0.5	0.0

Time Difference

To determine the time of high water or low water at any station listed in this table, given in the columns headed "Differences", are times in hours and minutes to be added to or subtracted from the time of high or low water at some reference station. A plus (+) sign indicates that the tide at the subordinates station is later than at the reference station and the difference should be added; a minus (-) sign indicates that it is earlier and should be subtracted.

To obtain the tide at a subordinate station on any date, apply the difference to the tide at the reference station for that same date. In some cases, however, to obtain an a.m. tide, it may be necessary to use the preceding day's p.m. tide at the reference station; or to obtain a p.m. tide, it may be necessary to use the following day's a.m. tide.

Special Moon Events 2026

Super Full Moon: 3rd January

Micro Full Moon: 01st May

Super New Moon: 16th May

Blue Moon: 31st May

Super New Moon: 14th June

Micro Full Moon: 29th June

Super New Moon: 14th July

Super Full Moon: 24th November

Micro New Moon: 08th December

Super Full Moon: 23rd December

Super New Moon: *A New Moon that occurs when the moon is at or near its closest point to the Earth (its Perigee).*

Micro Full Moon: *A Full Moon that occurs when the moon is at its farthest point from the Earth (its Apogee).*

Micro New Moon: *A New Moon that occurs when the moon is at its farthest point from Earth (its Apogee).*

Blue Moon: *When we have two Full Moons in a single month.*



Sun, Moon and Tide Tables, 2026

Bahamas Department of Meteorology
Nassau, Bahamas

JANUARY

All times are Local Standard Time. Daylight Saving Time is accounted for.

Jan		Sun		Moon				Tides			Tides			Tides			Tides		
Date	Day	Sunrise	Sunset	Moonrise	Moonset	Moon Phase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Thu	6:55 AM	5:30 PM	3:40 PM	5:04 AM			5:29 AM	4.3	H	12:02 PM	0.8	L	5:46 PM	3.4	H	11:53 PM	0.3	L
2	Fri	6:55 AM	5:31 PM	4:47 PM	6:13 AM			6:25 AM	4.5	H	12:58 PM	0.6	L	6:43 PM	3.5	H	—	—	—
3	Sat	6:55 AM	5:32 PM	5:57 PM	7:16 AM	Full Moon	5:02 AM	12:50 AM	0.2	L	7:19 AM	4.5	H	1:51 PM	0.5	L	7:39 PM	3.6	H
4	Sun	6:56 AM	5:32 PM	7:07 PM	8:09 AM			1:45 AM	0.2	L	8:11 AM	4.5	H	2:41 PM	0.5	L	8:33 PM	3.7	H
5	Mon	6:56 AM	5:33 PM	8:12 PM	8:55 AM			2:39 AM	0.3	L	9:01 AM	4.4	H	3:30 PM	0.5	L	9:26 PM	3.7	H
6	Tue	6:56 AM	5:34 PM	9:13 PM	9:34 AM			3:32 AM	0.5	L	9:50 AM	4.2	H	4:18 PM	0.6	L	10:18 PM	3.7	H
7	Wed	6:56 AM	5:34 PM	10:10 PM	10:07 AM			4:25 AM	0.8	L	10:38 AM	4.0	H	5:05 PM	0.7	L	11:10 PM	3.6	H
8	Thu	6:56 AM	5:35 PM	11:05 PM	10:38 AM			5:18 AM	1.1	L	11:25 AM	3.7	H	5:51 PM	0.8	L	—	—	—
9	Fri	6:57 AM	5:36 PM	11:57 PM	11:08 AM			12:03 AM	3.6	H	6:14 AM	1.3	L	12:14 PM	3.5	H	6:37 PM	1.0	L
10	Sat	6:57 AM	5:37 PM	-	11:39 AM	Third Quarter	10:48 AM	12:57 AM	3.5	H	7:12 AM	1.5	L	1:04 PM	3.2	H	7:25 PM	1.1	L
11	Sun	6:57 AM	5:37 PM	12:50 AM	12:10 PM			1:51 AM	3.4	H	8:12 AM	1.7	L	1:57 PM	3.0	H	8:14 PM	1.2	L
12	Mon	6:57 AM	5:38 PM	1:44 AM	12:44 PM			2:46 AM	3.4	H	9:12 AM	1.7	L	2:52 PM	2.9	H	9:04 PM	1.2	L
13	Tue	6:57 AM	5:39 PM	2:38 AM	1:22 PM			3:39 AM	3.5	H	10:10 AM	1.6	L	3:47 PM	2.8	H	9:54 PM	1.2	L
14	Wed	6:57 AM	5:39 PM	3:33 AM	2:05 PM			4:30 AM	3.5	H	11:30 AM	1.5	L	4:39 PM	2.9	H	10:43 PM	1.2	L
15	Thu	6:57 AM	5:40 PM	4:28 AM	2:53 PM			5:18 AM	3.6	H	11:50 AM	1.4	L	5:28 PM	2.9	H	11:30 PM	1.1	L
16	Fri	6:57 AM	5:41 PM	5:22 AM	3:47 PM			6:02 AM	3.7	H	12:34 PM	1.3	L	6:13 PM	3.0	H	—	—	—
17	Sat	6:57 AM	5:42 PM	6:11 AM	4:43 PM			12:14 AM	1.0	L	6:44 AM	3.8	H	1:14 PM	1.2	L	6:56 PM	3.1	H
18	Sun	6:56 AM	5:42 PM	6:57 AM	5:42 PM	New Moon	2:51 PM	12:57 AM	0.9	L	7:23 AM	3.9	H	1:52 PM	1.1	L	7:37 PM	3.2	H
19	Mon	6:56 AM	5:43 PM	7:39 AM	6:40 PM			1:38 AM	0.9	L	8:01 AM	4.0	H	2:29 PM	1.0	L	8:17 PM	3.3	H
20	Tue	6:56 AM	5:44 PM	8:15 AM	7:38 PM			2:19 AM	0.9	L	8:38 AM	4.0	H	3:05 PM	0.9	L	8:57 PM	3.4	H
21	Wed	6:56 AM	5:45 PM	8:50 AM	8:35 PM			3:00 AM	0.9	L	9:15 AM	4.0	H	3:41 PM	0.8	L	9:38 PM	3.5	H
22	Thu	6:56 AM	5:45 PM	9:22 AM	9:33 PM			3:44 AM	0.9	L	9:54 AM	4.0	H	4:18 PM	0.8	L	10:22 PM	3.6	H
23	Fri	6:55 AM	5:46 PM	9:45 AM	10:30 PM			4:31 AM	1.0	L	10:36 AM	3.7	H	4:58 PM	0.8	L	11:10 PM	3.7	H
24	Sat	6:55 AM	5:47 PM	10:27 AM	11:30 PM			5:23 AM	1.1	L	11:21 AM	3.6	H	5:42 PM	0.8	L	—	—	—
25	Sun	6:55 AM	5:48 PM	11:03 AM	-	First Quarter	11:47 PM	12:02 AM	3.7	H	6:20 AM	1.2	L	12:12 PM	3.4	H	6:32 PM	0.8	L
26	Mon	6:55 AM	5:48 PM	11:44 AM	12:32 AM			1:00 AM	3.8	H	7:25 AM	1.3	L	1:11 PM	3.2	H	7:29 PM	0.8	L
27	Tue	6:54 AM	5:49 PM	12:30 PM	1:39 AM			2:04 AM	3.8	H	8:34 AM	1.3	L	2:17 PM	3.1	H	8:32 PM	0.7	L
28	Wed	6:54 AM	5:50 PM	1:25 PM	2:47 AM			3:11 AM	3.9	H	9:45 AM	1.2	L	3:26 PM	3.1	H	9:38 PM	0.7	L
29	Thu	6:54 AM	5:51 PM	2:26 PM	3:55 AM			4:16 AM	4.0	H	10:51 AM	1.1	L	4:34 PM	3.2	H	10:43 PM	0.6	L
30	Fri	6:53 AM	5:51 PM	3:35 PM	4:59 AM			5:18 AM	4.2	H	11:51 AM	0.9	L	5:36 PM	3.4	H	11:44 PM	0.4	L
31	Sat	6:53 AM	5:52 PM	4:43 PM	5:55 AM			6:14 AM	4.3	H	12:45 PM	0.7	L	6:43 PM	3.5	H	—	—	—

Sun, Moon and Tide Tables, 2026

Bahamas Department of Meteorology
Nassau, Bahamas

FEBRUARY

All times are Local Standard Time. Daylight Saving Time is accounted for.

Feb		Sun		Moon				Tides			Tides			Tides			Tides		
Date	Day	Sunrise	Sunset	Moonrise	Moonset	Moon Phase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Sun	6:52 AM	5:53 PM	5:51 PM	6:44 AM	Full Moon	5:09 PM	12:41 AM	0.4	L	7:06 AM	4.3	H	1:34 PM	0.6	L	7:27 PM	3.7	H
2	Mon	6:52 AM	5:54 PM	6:54 PM	7:26 AM			1:35 AM	0.3	L	7:54 AM	4.2	H	2:20 PM	0.5	L	8:17 PM	3.8	H
3	Tue	6:51 AM	5:54 PM	7:54 PM	8:02 AM			2:25 AM	0.4	L	8:40 AM	4.2	H	3:04 PM	0.5	L	9:04 PM	3.8	H
4	Wed	6:51 AM	5:55 PM	8:51 PM	8:35 AM			3:14 AM	0.6	L	9:24 AM	4.1	H	3:46 PM	0.5	L	9:50 PM	3.8	H
5	Thu	6:50 AM	5:56 PM	9:46 PM	9:06 AM			4:01 AM	0.8	L	10:06 AM	3.8	H	4:26 PM	0.7	L	10:36 PM	3.7	H
6	Fri	6:50 AM	5:56 PM	10:39 PM	9:37 AM			4:49 AM	1.0	L	10:48 AM	3.6	H	5:07 PM	0.8	L	11:21 PM	3.6	H
7	Sat	6:49 AM	5:57 PM	11:34 PM	10:08 AM			5:37 AM	1.3	L	11:31 AM	3.3	H	5:48 PM	1.0	L	—	—	—
8	Sun	6:49 AM	5:58 PM	—	10:41 AM			12:09 AM	3.5	H	6:28 AM	1.5	L	12:17 PM	3.1	H	6:32 PM	1.2	L
9	Mon	6:48 AM	5:58 PM	12:28 AM	11:18 AM	Third Quarter	7:43 AM	1:00 AM	3.4	H	7:24 AM	1.7	L	1:07 PM	2.9	H	7:20 PM	1.3	L
10	Tue	6:47 AM	5:59 PM	1:24 AM	11:59 AM			1:55 AM	3.4	H	8:25 AM	1.8	L	2:03 PM	2.8	H	8:14 PM	1.4	L
11	Wed	6:47 AM	6:00 PM	2:19 AM	12:45 PM			2:54 AM	3.4	H	9:27 AM	1.8	L	3:04 PM	2.8	H	9:12 PM	1.4	L
12	Thu	6:46 AM	6:00 PM	3:13 AM	1:37 PM			3:51 AM	3.4	H	10:26 AM	1.7	L	4:03 PM	2.8	H	10:08 PM	1.3	L
13	Fri	6:45 AM	6:01 PM	4:04 AM	2:31 PM			4:44 AM	3.5	H	11:17 AM	1.6	L	4:57 PM	2.9	H	11:01 PM	1.2	L
14	Sat	6:45 AM	6:02 PM	4:52 AM	3:30 PM			5:32 AM	3.7	H	12:02 PM	1.4	L	5:45 PM	3.1	H	11:49 PM	1.1	L
15	Sun	6:44 AM	6:02 PM	5:35 AM	4:28 PM			6:14 AM	3.8	H	12:42 PM	1.2	L	6:29 PM	3.3	H	—	—	—
16	Mon	6:43 AM	6:03 PM	6:13 AM	5:28 PM			12:34 AM	0.9	L	6:55 AM	3.9	H	1:19 PM	1.0	L	7:11 PM	3.5	H
17	Tue	6:43 AM	6:03 PM	6:49 AM	6:26 PM	New Moon	7:01 AM	1:17 AM	0.8	L	7:33 AM	4.0	H	1:55 PM	0.8	L	7:52 PM	3.7	H
18	Wed	6:42 AM	6:04 PM	7:23 AM	7:25 PM			2:00 AM	0.7	L	8:11 AM	4.0	H	2:32 PM	0.7	L	8:33 PM	3.8	H
19	Thu	6:41 AM	6:05 PM	7:56 AM	8:23 PM			2:44 AM	0.7	L	8:50 AM	4.0	H	3:08 PM	0.6	L	9:15 PM	3.9	H
20	Fri	6:40 AM	6:05 PM	8:29 AM	9:24 P M			3:29 AM	0.7	L	9:31 AM	3.9	H	3:47 PM	0.6	L	9:59 PM	4.0	H
21	Sat	6:39 AM	6:06 PM	9:04 AM	10:26 PM			4:17 AM	0.8	L	10:14 AM	3.7	H	4:29 PM	0.6	L	10:48 PM	4.0	H
22	Sun	6:39 AM	6:06 PM	9:43 AM	11:32 PM			5:09 AM	1.0	L	11:01 AM	3.5	H	5:16 PM	0.6	L	11:41 PM	4.0	H
23	Mon	6:38 AM	6:07 PM	10:27 AM	—			6:06 AM	1.1	L	11:55 AM	3.3	H	6:09 PM	0.9	L	—	—	—
24	Tue	6:37 AM	6:07 PM	11:19 AM	12:38 AM	First Quarter	7:27 AM	12:41 AM	3.9	H	7:11 AM	1.3	L	12:56 PM	3.2	H	7:10 PM	0.9	L
25	Wed	6:36 AM	6:08 PM	12:17 PM	1:46 AM			1:48 AM	3.9	H	8:22 AM	1.4	L	2:06 PM	3.1	H	8:19 PM	1.0	L
26	Thu	6:35 AM	6:09 PM	1:21 PM	2:49 AM			2:58 AM	3.9	H	9:34 AM	1.4	L	3:19 PM	3.2	H	9:30 PM	0.9	L
27	Fri	6:34 AM	6:09 PM	2:28 PM	3:47 AM			4:05 AM	3.9	H	10:40 AM	1.2	L	4:28 PM	3.3	H	10:37 PM	0.9	L
28	Sat	6:33 AM	6:10 PM	3:35 PM	4:37 AM			5:06 AM	4.0	H	11:37 AM	1.0	L	5:29 PM	3.5	H	11:38 PM	0.7	L

Sun, Moon and Tide Tables, 2026

Bahamas Department of Meteorology
Nassau, Bahamas

MARCH

All times are Local Standard Time. Daylight Saving Time is accounted for.

Mar		Sun		Moon				Tides			Tides			Tides			Tides		
Date	Day	Sunrise	Sunset	Moonrise	Moonset	Moon Phase	Time of Phas	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Sun	6:32AM	6:10 PM	4:38 PM	5:20 AM			6:01 AM	4.1	H	12:27 PM	0.8	L	6:23 PM	3.7	H	—	—	—
2	Mon	6:32 AM	6:11 PM	5:39 PM	5:58 AM			12:33 AM	0.6	L	6:49 AM	4.1	H	1:12 PM	0.7	L	7:12 PM	3.8	H
3	Tue	6:31 AM	6:11 PM	6:37 PM	6:32 AM	Full Moon	6:37 AM	1:23 AM	0.6	L	7:34 AM	4.1	H	1:53 PM	0.6	L	7:56 PM	3.9	H
4	Wed	6:30 AM	6:12 PM	7:33 PM	7:04 AM			2:09 AM	0.6	L	8:15 AM	4.0	H	2:33 PM	0.6	L	8:39 PM	4.1	H
5	Thu	6:29 AM	6:12 PM	8:27 PM	7:35 AM			2:53 AM	0.7	L	8:55 AM	3.8	H	3:10 PM	0.7	L	9:19 PM	3.9	H
6	Fri	6:28 AM	6:13 PM	9:22 PM	8:06 AM			3:36 AM	0.9	L	9:34 AM	3.7	H	3:47 PM	0.8	L	10:00 PM	3.8	H
7	Sat	6:27 AM	6:13 PM	10:17 PM	8:38 AM			4:19 AM	1.1	L	10:13 AM	3.4	H	4:23 PM	0.9	L	10:40 PM	3.7	H
8	Sun	7:26 AM	7:14 PM	—	10:14 AM			6:02 AM	1.3	L	11:52 AM	3.2	H	6:02 PM	1.1	L	—	—	—
9	Mon	7:25 AM	7:14 PM	12:12 AM	10:54 AM			12:24 AM	3.6	H	6:49 AM	1.5	L	12:35 PM	3.1	H	6:43 PM	1.3	L
10	Tue	7:24 AM	7:15 PM	1:08 AM	11:38 AM			1:12 AM	3.5	H	7:40 AM	1.7	L	1:23 PM	2.9	H	7:31 PM	1.5	L
11	Wed	7:23 AM	7:15 PM	2:03 AM	12:26 PM	Third Quarter	5:38 AM	2:06 AM	3.4	H	8:39 AM	1.9	L	2:19 PM	2.8	H	8:27 PM	1.6	L
12	Thu	7:22 AM	7:16 PM	2:55 AM	1:20 PM			3:06 AM	3.4	H	9:42 AM	1.9	L	3:22 PM	2.8	H	9:29 PM	1.6	L
13	Fri	7:21 AM	7:16 PM	3:44 AM	2:16 PM			4:07 AM	3.4	H	10:42 AM	1.8	L	4:25 PM	2.9	H	10:31 PM	1.6	L
14	Sat	7:20 AM	7:16 PM	4:28 AM	3:14 PM			5:03 AM	3.5	H	11:34 AM	1.7	L	5:22 PM	3.1	H	11:28 PM	1.4	L
15	Sun	7:19 AM	7:17 PM	5:08 AM	4:13 PM			5:53 AM	3.7	H	12:20 PM	1.5	L	6:12 PM	3.3	H	—	—	—
16	Mon	7:18 AM	7:17 PM	5:46 AM	5:12 PM			12:20 AM	1.2	L	6:38 AM	3.8	H	1:01 PM	1.2	L	6:57 PM	3.6	H
17	Tue	7:17 AM	7:18 PM	6:20 AM	6:11 PM			1:08 AM	1.0	L	7:20 AM	3.9	H	1:39 PM	1.0	L	7:41 PM	3.8	H
18	Wed	7:16 AM	7:18 PM	6:53 AM	7:10 PM	New Moon	9:23 PM	1:54 AM	0.8	L	8:01 AM	4.0	H	2:17 PM	0.7	L	8:23 PM	4.0	H
19	Thu	7:15 AM	7:19 PM	7:27 AM	8:11 PM			2:40 AM	0.7	L	8:43 AM	4.0	H	2:56 PM	0.5	L	9:07 PM	4.2	H
20	Fri	7:14 AM	7:19 PM	8:02 AM	9:15 PM			3:26 AM	0.6	L	9:25 AM	3.9	H	3:37 PM	0.4	L	9:51 PM	4.3	H
21	Sat	7:13 AM	7:20 PM	8:41 AM	10:21 PM			4:14 AM	0.6	L	10:09 AM	3.8	H	4:19 PM	0.4	L	10:38 PM	4.3	H
22	Sun	7:12 AM	7:20 PM	9:25 AM	11:30 PM			5:03 AM	0.7	L	10:56 AM	3.7	H	5:05 PM	0.5	L	11:29 PM	4.3	H
23	Mon	7:11 AM	7:20 PM	10:15 AM	—			5:57 AM	0.9	L	11:47 AM	3.5	H	5:56 PM	0.6	L	—	—	—
24	Tue	7:10 AM	7:21 PM	11:12 AM	12:38 AM			12:25 AM	4.1	H	6:56 AM	1.1	L	12:44 PM	3.3	H	6:54 PM	0.9	L
25	Wed	7:09 AM	7:21 PM	12:14 PM	1:44 AM	First Quarter	3:17 PM	1:27 AM	4.0	H	8:02 AM	1.3	L	1:50 PM	3.2	H	8:00 PM	1.1	L
26	Thu	7:08 AM	7:22 PM	1:20 PM	2:42 AM			2:35 AM	3.9	H	9:12 AM	1.4	L	3:03 PM	3.2	H	9:13 PM	1.2	L
27	Sat	7:07 AM	7:22 PM	2:26 PM	3:35 AM			3:45 AM	3.9	H	10:21 AM	1.4	L	4:15 PM	3.3	H	10:25 PM	1.2	L
28	Sun	7:05 AM	7:23 PM	3:29 PM	4:19 AM			4:51 AM	3.9	H	11:22 AM	1.2	L	5:21 PM	3.5	H	11:32 PM	1.1	L
29	Mon	7:04 AM	7:23 PM	4:29 PM	4:57 AM			5:49 AM	3.9	H	12:15 PM	1.1	L	6:18 PM	3.7	H	—	—	—
30	Tue	7:03 AM	7:23 PM	5:27 PM	5:32 AM			12:30 AM	1.0	L	6:41 AM	3.9	H	1:02 PM	0.9	L	7:07 PM	3.8	H
31	Wed	7:02 AM	7:24 PM	6:22 PM	6:03 AM			1:21 AM	0.9	L	7:27 AM	3.9	H	1:43 PM	0.8	L	7:51 PM	4.0	H

Sun, Moon and Tide Tables, 2026

Bahamas Department of Meteorology
Nassau, Bahamas

APRIL

All times are Local Standard Time. Daylight Saving Time is accounted for.

Apr		Sun		Moon				Tides			Tides			Tides			Tides		
Date	Day	Sunrise	Sunset	Moonrise	Moonset	Moon Phase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Wed	7:01 AM	7:24 PM	7:17 PM	6:34 AM	Full Moon	10:11 PM	2:08 AM	0.9	L	8:09 AM	3.8	H	2:22 PM	0.8	L	8:32 PM	4.0	H
2	Thu	7:00 AM	7:25 PM	8:11 PM	7:05 AM			2:51 AM	0.9	L	8:48 AM	3.7	H	2:58 PM	0.8	L	9:11 PM	4.0	H
3	Fri	6:59 AM	7:25 PM	9:06 PM	7:37 AM			3:32 AM	0.9	L	9:26 AM	3.6	H	3:33 PM	0.8	L	9:48 PM	4.0	H
4	Sat	6:58 AM	7:26 PM	10:02 PM	8:11 AM			4:12 AM	1.0	L	10:03 AM	3.5	H	4:09 PM	0.9	L	11:05 PM	3.9	H
5	Sun	6:57 AM	7:26 PM	10:58 PM	8:49 AM			4:51 AM	1.1	L	10:41 AM	3.3	H	4:44 PM	1.1	L	11:05 PM	3.7	H
6	Mon	6:56 AM	7:27 PM	11:53 PM	9:32 AM			5:32 AM	1.1	L	11:19 AM	3.2	H	5:22 PM	1.2	L	11:46 PM	3.7	H
7	Tue	6:55 AM	7:27 PM	—	10:19 AM			6:16 AM	1.5	L	12:01 PM	3.0	H	6:03 PM	1.4	L	—	—	—
8	Wed	6:54 AM	7:27 PM	12:46 AM	11:10 AM			12:32 AM	3.6	H	7:05 AM	1.7	L	12:48 PM	2.9	H	6:51 PM	1.6	L
9	Thu	6:53 AM	7:28 PM	1:36 AM	12:05 PM			1:23 AM	3.5	H	7:59 AM	1.8	L	1:43 PM	2.9	H	7:46 PM	1.7	L
10	Fri	6:52 AM	7:28 PM	2:21 AM	1:01 PM	Third Quarter	12:51 AM	2:20 AM	3.5	H	8:56 AM	1.9	L	2:44 PM	2.9	H	8:48 PM	1.8	L
11	Sat	6:51 AM	7:29 PM	3:03 AM	1:59 PM			3:18 AM	3.5	H	9:53 AM	1.8	L	3:46 PM	3.1	H	9:52 PM	1.7	L
12	Sun	6:50 AM	7:29 PM	3:41 AM	2:56 PM			4:14 AM	3.5	H	10:44 AM	1.6	L	4:43 PM	3.3	H	10:52 PM	1.6	L
13	Mon	6:49 AM	7:30 PM	4:15 AM	3:54 PM			5:07 AM	3.6	H	11:31 AM	1.4	L	5:35 PM	3.5	H	11:48 PM	1.3	L
14	Tue	6:49 AM	7:30 PM	4:49 AM	4:53 PM			5:55 AM	3.7	H	12:14 PM	1.1	L	6:23 PM	3.8	H	—	—	—
15	Wed	6:48 AM	7:31 PM	5:22 AM	5:53 PM			12:40 AM	1.0	L	6:42 AM	3.8	H	12:57 PM	0.8	L	7:09 PM	4.1	H
16	Thu	6:47 AM	7:31 PM	5:57 AM	6:56 PM			1:30 AM	0.8	L	7:28 AM	3.8	H	1:39 PM	0.6	L	7:55 PM	4.3	H
17	Fri	6:46 AM	7:31 PM	6:34 AM	8:02 PM	New Moon	7:51 AM	2:19 AM	0.6	L	8:14 AM	3.8	H	2:23 PM	0.4	L	8:42 PM	4.5	H
18	Sat	6:45 AM	7:32 PM	7:17 AM	9:12 PM			3:08 AM	0.5	L	9:01 AM	3.8	H	3:08 PM	0.3	L	9:30 PM	4.6	H
19	Sun	6:44 AM	7:32 PM	8:06 AM	10:23 AM			3:59 AM	0.5	L	9:50 AM	3.7	H	3:56 PM	0.3	L	10:21 PM	4.5	H
20	Mon	6:43 AM	7:33 PM	9:02 AM	11:33 PM			4:51 AM	0.6	L	10:41 AM	3.6	H	4:47 PM	0.5	L	11:15 PM	4.4	H
21	Tue	6:42 AM	7:33 PM	10:05 AM	—			5:47 AM	0.8	L	11:37 AM	3.5	H	5:43 PM	0.7	L	—	—	—
22	Wed	6:41 AM	7:34 PM	11:12 AM	12:36 AM			12:12 AM	4.3	H	6:47 AM	1.0	L	12:38 PM	3.4	H	6:45 PM	0.9	L
23	Thu	6:40 AM	7:34 PM	12:19 PM	1:31 AM	First Quarter	10:31 PM	1:14 AM	4.1	H	7:51 AM	1.2	L	1:45 PM	3.4	H	7:53 PM	1.2	L
24	Fri	6:40 AM	7:35 PM	1:24 PM	2:18 AM			2:20 AM	3.9	H	8:56 AM	1.3	L	2:56 PM	3.4	H	9:05 PM	1.3	L
25	Sat	6:39 AM	7:35 PM	2:24 PM	2:58 AM			3:26 AM	3.8	H	9:59 AM	1.2	L	4:04 PM	3.5	H	10:15 PM	1.4	L
26	Sun	6:38 AM	7:36 PM	3:22 PM	3:34 AM			4:28 AM	3.8	H	10:55 AM	1.2	L	5:05 PM	3.6	H	11:19 PM	1.3	L
27	Mon	6:37 AM	7:36 PM	4:17 PM	4:06 AM			5:24 AM	3.7	H	11:45 AM	1.1	L	5:59 PM	3.8	H	—	—	—
28	Tue	6:36 AM	7:37 PM	5:11 PM	4:36 AM			12:15 AM	1.3	L	6:14 AM	3.6	H	12:30 PM	1.0	L	6:45 PM	3.9	H
29	Wed	6:36 AM	7:37 PM	6:04 PM	5:07 AM			1:05 AM	1.2	L	6:59 AM	3.6	H	1:10 PM	0.9	L	7:27 PM	4.0	H
30	Thu	6:35 AM	7:38 PM	6:59 PM	5:38 AM			1:50 AM	1.1	L	7:41 AM	3.5	H	1:48 PM	0.9	L	8:06 PM	4.0	H

Sun, Moon and Tide Tables, 2026

Bahamas Department of Meteorology
Nassau, Bahamas

MAY

All times are Local Standard Time. Daylight Saving Time is accounted for.

May		Sun		Moon				Tides			Tides			Tides			Tides		
Date	Day	Sunrise	Sunset	Moonrise	Moonset	Moon Phase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Fri	6:34 AM	7:38 PM	7:54 PM	6:11 AM	Full Moon	1:23 PM	2:31 AM	1.0	L	8:20 AM	3.4	H	2:24 PM	0.9	L	8:43 PM	4.0	H
2	Sat	6:33 AM	7:39 PM	8:49 PM	6:48 AM			3:10 AM	1.0	L	8:58 AM	3.4	H	3:00 PM	1.0	L	9:20 PM	4.0	H
3	Sun	6:33 AM	7:39 PM	9:45 PM	7:29 AM			3:49 AM	1.1	L	9:35 AM	3.3	H	3:36 PM	1.0	L	9:58 PM	3.9	H
4	Mon	6:32 AM	7:40 PM	10:39 PM	8:14 AM			4:28 AM	1.2	L	10:13 AM	3.2	H	4:12 PM	1.2	L	10:37 PM	3.9	H
5	Tue	6:31 AM	7:41 PM	11:30 PM	9:04 AM			5:08 AM	1.3	L	10:53 AM	3.1	H	4:51 PM	1.3	L	11:17 PM	3.8	H
6	Wed	6:31 AM	7:41 PM	—	9:57 AM			5:50 AM	1.5	L	11:35 AM	3.1	H	5:35 PM	1.5	L	—	—	—
7	Thu	6:30 AM	7:41 PM	12:16 AM	10:52 AM			12:00 AM	3.7	H	6:35 AM	1.6	L	12:21 PM	3.0	H	6:18 PM	1.6	L
8	Fri	6:29 AM	7:42 PM	12:59 AM	11:49 AM			12:47 AM	3.6	H	7:23 AM	1.7	L	1:13 PM	3.0	H	7:11 PM	1.8	L
9	Sat	6:29 AM	7:42 PM	1:37 AM	12:45 PM	Third Quarter	5:10 PM	1:37 AM	3.6	H	8:13 AM	1.7	L	2:09 PM	3.1	H	8:11 PM	1.8	L
10	Sun	6:28 AM	7:43 PM	2:12 AM	1:41 PM			2:30 AM	3.6	H	9:03 AM	1.6	L	3:07 PM	3.3	H	9:14 PM	1.7	L
11	Mon	6:28 AM	7:43 PM	2:45 AM	2:37 PM			3:25 AM	3.5	H	9:52 AM	1.4	L	4:03 PM	3.5	H	10:16 PM	1.6	L
12	Tue	6:27 AM	7:44 PM	3:18 AM	3:36 PM			4:19 AM	3.6	H	10:41 AM	1.2	L	4:57 PM	3.8	H	11:16 PM	1.4	L
13	Wed	6:27 AM	7:44 PM	3:51 AM	4:35 PM			5:13 AM	3.6	H	11:29 AM	0.9	L	5:49 PM	4.0	H	—	—	—
14	Thu	6:26 AM	7:45 PM	4:26 AM	5:40 PM			12:12 AM	1.1	L	6:05 AM	3.6	H	12:16 PM	0.7	L	6:39 PM	4.3	H
15	Fri	6:25 AM	7:45 PM	5:06 AM	6:48 PM			1:06 AM	0.8	L	6:56 AM	3.7	H	1:05 PM	0.4	L	7:30 PM	4.5	H
16	Sat	6:25 AM	7:46 PM	5:52 AM	8:00 PM	New Moon	4:01 PM	1:59 AM	0.6	L	7:48 AM	3.7	H	1:55 PM	0.3	L	8:21 PM	4.6	H
17	Sun	6:25 AM	7:46 PM	6:46 AM	9:12 PM			2:52 AM	0.5	L	8:40 AM	3.7	H	2:46 PM	0.2	L	9:13 PM	4.7	H
18	Mon	6:24 AM	7:47 PM	7:48 AM	10:20 PM			3:45 AM	0.5	L	9:33 AM	3.7	H	3:38 PM	0.3	L	10:06 PM	4.6	H
19	Tue	6:24 AM	7:47 PM	8:56 AM	11:22 PM			4:39 AM	0.6	L	10:28 AM	3.6	H	4:34 PM	0.4	L	11:01 PM	4.5	H
20	Wed	6:23 AM	7:48 PM	10:06 AM	—			5:35 AM	0.7	L	11:27 AM	3.6	H	5:32 PM	0.7	L	11:58 PM	4.3	H
21	Thu	6:23 AM	7:48 PM	11:14 AM	12:13 AM			6:33 AM	0.9	L	12:29 PM	3.6	H	6:34 PM	1.0	L	—	—	—
22	Fri	6:23 AM	7:49 PM	12:17 PM	12:57 AM			12:57 AM	4.1	H	7:32 AM	1.0	L	1:33 PM	3.5	H	7:40 PM	1.3	L
23	Sat	6:22 AM	7:49 PM	1:17 PM	1:35 AM	First Quarter	7:10 AM	1:58 AM	3.9	H	8:30 AM	1.1	L	2:39 PM	3.6	H	8:49 PM	1.5	L
24	Sun	6:22 AM	7:50 PM	2:13 PM	2:08 AM			2:58 AM	3.8	H	9:27 AM	1.1	L	3:42 PM	3.6	H	9:56 PM	1.5	L
25	Mon	6:22 AM	7:50 PM	3:07 PM	2:39 AM			3:57 AM	3.6	H	10:20 AM	1.1	L	4:40 PM	3.7	H	10:58 PM	1.5	L
26	Tue	6:21 AM	7:51 PM	4:01 PM	3:09 AM			4:52 AM	3.5	H	11:09 AM	1.1	L	5:32 PM	3.8	H	11:54 PM	1.5	L
27	Wed	6:21 AM	7:51 PM	4:54 PM	3:40 AM			5:42 AM	3.4	H	11:54 AM	1.1	L	6:18 PM	3.9	H	—	—	—
28	Thu	6:21 AM	7:52 PM	5:48 PM	4:12 AM			12:44 AM	1.4	L	6:29 AM	3.3	H	12:35 PM	1.1	L	7:00 PM	3.9	H
29	Fri	6:21 AM	7:52 PM	6:43 PM	4:48 AM			1:28 AM	1.3	L	7:12 AM	3.3	H	1:15 PM	1.1	L	7:40 PM	4.0	H
30	Mon	6:20 AM	7:53 PM	7:39 PM	5:27 AM			2:09 AM	1.3	L	7:52 AM	3.2	H	1:53 PM	1.1	L	8:18 PM	4.0	H
31	Tue	6:20 AM	7:53 PM	8:33 PM	6:11 AM	Full Moon	4:45 PM	2:49 AM	1.2	L	8:32 AM	3.2	H	2:31 PM	1.1	L	8:56 PM	4.0	H

Sun, Moon and Tide Tables, 2026

Bahamas Department of Meteorology
Nassau, Bahamas

JUNE

All times are Local Standard Time. Daylight Saving Time is accounted for.

Jun		Sun		Moon				Tides			Tides			Tides			Tides		
Date	Day	Sunrise	Sunset	Moonrise	Moonset	Moon Phase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Mon	6:20 AM	7:54 PM	9:26 PM	6:56 AM			3:28 AM	1.3	L	9:11 AM	3.2	H	3:09 PM	1.1	L	9:35 PM	4.0	H
2	Tue	6:20 AM	7:54 PM	10:13 PM	7:52 AM			4:07 AM	1.3	L	9:50 AM	3.2	H	3:47 PM	1.2	L	10:13 PM	4.0	H
3	Wed	6:20 AM	7:55 PM	10:57 PM	8:46 AM			4:46 AM	1.4	L	10:30 AM	3.2	H	4:26 PM	1.4	L	10:52 PM	3.9	H
4	Thu	6:20 AM	7:55 PM	11:36 PM	9:43 AM			5:26 AM	1.5	L	11:12 AM	3.2	H	5:08 PM	1.5	L	11:32 PM	3.8	H
5	Fri	6:20 AM	7:55 PM	—	10:38 AM			6:06 AM	1.5	L	11:56 AM	3.2	H	5:52 PM	1.6	L	—	—	—
6	Sat	6:20 AM	7:56 PM	12:11 AM	11:33 AM			12:14 AM	3.8	H	6:47 AM	1.6	L	12:43 PM	3.3	H	6:43 PM	1.7	L
7	Sun	6:20 AM	7:56 PM	12:44 AM	12:28 PM			12:58 AM	3.7	H	7:31 AM	1.5	L	1:35 PM	3.4	H	7:39 PM	1.8	L
8	Mon	6:20 AM	7:57 PM	1:16 AM	1:24 PM	Third Quarter	6:00 AM	1:47 AM	3.6	H	8:16 AM	1.4	L	2:30 PM	3.5	H	8:40 PM	1.7	L
9	Tue	6:20 AM	7:57 PM	1:48 AM	2:21 PM			2:40 AM	3.5	H	9:05 AM	1.3	L	3:26 PM	3.7	H	9:43 PM	1.6	L
10	Wed	6:20 AM	7:57 PM	2:21 AM	3:21 PM			3:36 AM	3.5	H	9:56 AM	1.3	L	4:23 PM	3.9	H	10:47 PM	1.4	L
11	Thu	6:20 AM	7:58 PM	2:58 AM	4:25 PM			4:35 AM	3.5	H	10:49 AM	0.9	L	5:19 PM	4.2	H	11:47 PM	1.2	L
12	Fri	6:20 AM	7:58 PM	3:40 AM	5:35 PM			5:33 AM	3.5	H	11:43 AM	0.6	L	6:15 PM	4.4	H	—	—	—
13	Sat	6:20 AM	7:58 PM	4:28 AM	6:46 PM			12:46 AM	1.0	L	6:30 AM	3.6	H	12:38 PM	0.5	L	7:10 PM	4.6	H
14	Sun	6:20 AM	7:59 PM	5:27 AM	7:58 PM	New Moon	10:54 PM	1:42 AM	0.8	L	7:27 AM	3.6	H	1:33 PM	0.3	L	8:04 PM	4.7	H
15	Mon	6:20 AM	7:59 PM	6:32 AM	9:04 PM			2:37 AM	0.7	L	8:23 AM	3.7	H	2:29 PM	0.3	L	8:58 PM	4.8	H
16	Tue	6:20 AM	8:00 PM	7:44 AM	10:01 PM			3:31 AM	0.6	L	9:19 AM	3.8	H	3:25 PM	0.4	L	9:52 PM	4.7	H
17	Wed	6:20 AM	8:00 PM	8:55 AM	10:50 PM			4:24 AM	0.7	L	10:16 AM	3.8	H	4:21 PM	0.6	L	10:46 PM	4.6	H
18	Thu	6:20 AM	8:00 PM	10:03 AM	11:32 PM			5:17 AM	0.7	L	11:13 AM	3.8	H	5:19 PM	0.8	L	11:39 PM	4.4	H
19	Fri	6:21 AM	8:00 PM	11:06 AM	—			6:11 AM	0.8	L	12:12 PM	3.8	H	6:19 PM	1.1	L	—	—	—
20	Sat	6:21 AM	8:00 PM	12:05 PM	12:07 AM			12:33 AM	4.2	H	7:03 AM	1.0	L	2:11 PM	3.8	H	8:24 PM	1.6	L
21	Sun	6:21 AM	8:01 PM	1:01 PM	12:40 AM	First Quarter	5:55 PM	1:28 AM	3.9	H	7:56 AM	1.1	L	2:11 PM	3.8	H	8:24 PM	1.6	L
22	Mon	6:21 AM	8:01 PM	1:56 PM	1:11 AM			2:24 AM	3.7	H	8:48 AM	1.2	L	3:10 PM	3.8	H	9:28 PM	1.6	L
23	Tue	6:21 AM	8:01 PM	2:49 PM	1:42 AM			3:19 AM	3.5	H	9:39 AM	1.3	L	4:06 PM	3.8	H	10:29 PM	1.8	L
24	Wed	6:22 AM	8:01 PM	3:44 PM	2:14 AM			4:14 AM	3.3	H	10:29 AM	1.3	L	4:59 PM	3.8	H	11:26 PM	1.8	L
25	Thu	6:22 AM	8:01 PM	4:38 PM	2:48 AM			5:07 AM	3.2	H	11:26 AM	1.3	L	5:47 PM	3.9	H	—	—	—
26	Fri	6:22 AM	8:01 PM	6:28 PM	4:08 AM			12:17 AM	1.7	L	5:57 AM	3.2	H	12:01 PM	1.3	L	6:32 PM	3.9	H
27	Sat	6:23 AM	8:01 PM	7:22 PM	4:56 AM			1:04 AM	1.6	L	7:26 AM	3.2	H	2:07 PM	1.3	L	8:35 PM	4.1	H
28	Sun	6:23 AM	8:02 PM	8:11 PM	5:47 AM	Full Moon	7:56 PM	1:46 AM	1.6	L	7:26 AM	3.2	H	1:26 PM	1.3	L	7:55 PM	4.0	H
29	Mon	6:23 AM	8:02 PM	8:56 PM	6:41 AM			2:27 AM	1.5	L	8:08 AM	3.3	H	2:07 PM	1.3	L	8:35 PM	4.1	H
30	Tue	6:23 AM	8:02 PM	8:33 PM	6:11 AM			3:06 AM	1.5	L	8:48 AM	3.3	H	2:47 PM	1.3	L	9:13 PM	4.1	H

Sun, Moon and Tide Tables, 2026

Bahamas Department of Meteorology
Nassau, Bahamas

JULY

All times are Local Standard Time. Daylight Saving Time is accounted for.

Jul		Sun		Moon				Tides			Tides			Tides			Tides		
Date	Day	Sunrise	Sunset	Moonrise	Moonset	Moonphase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Wed	6:24 AM	8:02 PM	9:37 PM	7:38 AM			3:44 AM	1.5	L	9:28 AM	3.4	H	3:26 PM	1.4	L	9:50 PM	4	H
2	Thu	6:24 AM	8:02 PM	10:13 PM	8:33 AM			4:21 AM	1.5	L	10:08 AM	3.4	H	4:06 PM	1.5	L	10:27 PM	4	H
3	Fri	6:25 AM	8:02 PM	10:46 PM	9:29 AM			4:57 AM	1.5	L	10:48 AM	3.5	H	4:46 PM	1.6	L	11:04 PM	4.0	H
4	Sat	6:25 AM	8:02 PM	11:18 PM	10:23 AM			5:33 AM	1.5	L	11:29 AM	3.5	H	5:30 PM	1.7	L	11:43 PM	4	H
5	Sun	6:25 AM	8:02 PM	11:49 PM	11:18 AM			6:11 AM	1.5	L	12:14 PM	3.6	H	6:18 PM	1.7	L	—	—	—
6	Mon	6:26 AM	8:02 PM	—	12:13 PM			12:24 AM	3.8	H	6:51 AM	1.4	L	1:02 PM	3.7	H	7:12 PM	1.8	L
7	Tue	6:26 AM	8:02 PM	12:20 AM	1:10 PM	Third Quarter	3:29 PM	1:11 AM	3.7	H	7:35 AM	1.4	L	1:56 PM	3.8	H	8:12 PM	2	L
8	Wed	6:27am	8:01 PM	12:54 AM	2:11 PM			2:04 AM	3.6	H	8:25 AM	1.3	L	2:53 PM	4.0	H	9:16 PM	2	L
9	Thu	6:27 AM	8:01 PM	1:33 AM	3:16 PM			3:03 AM	3.5	H	9:20 AM	1.2	L	3:54 PM	4.1	L	10:23 PM	2	L
10	Fri	6:27 AM	8:01 PM	2:17 AM	4:24 PM			4:05 AM	3.5	H	10:19 AM	1.0	L	4:56 PM	4.3	H	11:28 PM	2	L
11	Sat	6:28 AM	8:01 PM	3:09 AM	5:35 PM			5:09 AM	3.5	H	11:20 AM	0.9	L	5:56 PM	4.5	H	—	—	—
12	Sun	6:28 AM	8:01 PM	4:10 AM	6:42 PM			12:29 AM	1.3	L	6:12 AM	3.6	H	12:21 PM	0.7	L	6:55 PM	5	H
13	Mon	6:29 AM	8:01 PM	5:19 AM	7:44 PM			1:27 AM	1.1	L	7:12 AM	3.8	H	1:20 PM	0.6	L	7:50 PM	5	H
14	Tue	6:29 AM	8:00 PM	6:30 AM	8:38 PM	New Moon	5:43 AM	2:22 AM	1.0	L	8:10 AM	3.9	H	2:17 PM	0.6	L	8:44 PM	5	H
15	Wed	6:30 AM	8:00 PM	7:41 AM	9:23 PM			3:14 AM	0.9	L	9:05 AM	4.0	H	3:13 PM	0.7	L	9:35 PM	5	H
16	Thu	6:30 AM	8:00 PM	8:48 AM	10:02 PM			4:04 AM	0.9	L	10:00 AM	4.1	H	4:07 PM	1.0	L	10:25 PM	4	H
17	Fri	6:30 AM	8:00 PM	9:51 AM	10:37 PM			4:53 AM	0.9	L	10:53 AM	4.1	H	5:02 PM	1.0	L	11:15 PM	4	H
18	Sat	6:31 AM	7:59 PM	10:50 AM	11:10 PM			5:40 AM	1.0	L	11:46 AM	4.1	H	5:57 PM	1.3	L	—	—	—
19	Sun	6:31 AM	7:59 PM	11:47 AM	11:42 PM			12:04 AM	4.2	H	6:28 AM	1.1	L	12:40 PM	4.0	H	6:53 PM	2	L
20	Mon	6:32 AM	7:58 PM	12:42 PM	—			12:53 AM	3.9	H	7:15 AM	1.3	L	1:34 PM	4.0	H	7:51 PM	2	L
21	Tue	6:32 AM	7:58 PM	1:37 PM	12:13 AM	First Quarter	7:05 AM	1:44 AM	3.6	H	8:04 AM	1.5	L	2:30 PM	3.9	H	8:52 PM	2.0	L
22	Wed	6:33 AM	7:58 PM	2:32 PM	12:47 AM			2:38 AM	3.4	H	8:54 AM	1.6	L	3:26 PM	3.8	H	9:53 PM	2	H
23	Thu	6:33 AM	7:57 PM	3:28 PM	1:25 AM			3:34 AM	3.3	H	9:46 AM	1.7	L	4:21 PM	3.8	H	10:53 PM	2	L
24	Fri	6:34 AM	7:57 PM	4:23 PM	2:05 AM			4:31 AM	3.2	H	10:38 AM	1.8	L	5:14 PM	3.9	H	11:47 PM	2	L
25	Sat	6:34 AM	7:56 PM	5:17 PM	2:51 AM			5:25 AM	3.2	H	11:29 AM	1.7	L	6:04 PM	4.0	H	—	—	—
26	Sun	6:35 AM	7:56 PM	6:07 PM	3:42 AM			12:36 AM	2.0	L	6:14 AM	3.3	H	12:17 PM	1.7	L	6:49 PM	4	H
27	Mon	6:35 AM	7:56 PM	6:54 PM	4:35 AM			1:20 AM	1.9	L	7:00 AM	3.4	H	1:02 PM	1.6	L	7:31 PM	4	H
28	Tue	6:36 AM	7:55 PM	7:36 PM	5:31 AM			2:00 AM	1.8	L	7:43 AM	3.5	H	1:44 PM	1.6	L	8:10 PM	4	H
29	Wed	6:36 AM	7:54 PM	8:14 PM	6:27 AM	Full Moon	10:35 AM	2:38 AM	1.7	L	8:24 AM	3.6	H	2:25 PM	1.5	L	8:47 PM	4.3	H
30	Thu	6:37 AM	7:54 PM	8:48 PM	7:24 AM			3:14 AM	1.6	L	9:03 AM	3.7	H	3:05 PM	1.5	H	9:32 PM	4	L
31	Fri	6:37 AM	7:53 PM	9:21 PM	8:19 AM			3:49 AM	1.6	L	9:42 AM	3.8	H	3:45 PM	1.6	L	—	—	—

Sun, Moon and Tide Tables, 2026

Bahamas Department of Meteorology
Nassau, Bahamas

AUGUST

All times are Local Standard Time. Daylight Saving Time is accounted for.

Aug		Sun		Moon				Tides			Tides			Tides			Tides		
Date	Day	Sunrise	Sunset	Moonrise	Moonset	Moon phase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Sat	6:38 AM	7:53 PM	9:52 PM	9:14 AM			4:23 AM	1.5	L	10:21 AM	3.9	H	4:27 PM	1.6	L	10:35 PM	4.2	H
2	Sun	6:38 AM	7:52 PM	10:23 PM	10:09 AM			4:58 AM	1.5	L	11:01 AM	4.0	H	5:10 PM	1.7	L	11:14 PM	4.1	H
3	Mon	6:39 AM	7:51 PM	10:55 PM	11:05 AM			5:34 AM	1.5	L	11:45 AM	4.1	H	5:58 PM	1.8	L	11:56 PM	3.9	H
4	Tue	6:39 AM	7:51 PM	11:32 PM	12:04 PM			6:15 AM	1.5	L	12:33 PM	4.1	H	6:51 PM	1.9	L	—	—	—
5	Wed	6:39 AM	7:50 PM	—	1:06 PM	Third Quarter	10:21 PM	12:43 AM	3.8	H	7:01 AM	1.5	L	1:28 PM	4.2	H	7:51 PM	2.0	L
6	Thu	6:40 AM	7:49 PM	12:12 AM	2:11 PM			1:37 AM	3.7	H	7:54 AM	1.5	L	2:28 PM	4.2	H	8:57 PM	2.0	L
7	Fri	6:40 AM	7:49 PM	1:00 AM	3:19 PM			2:40 AM	3.6	H	8:55 AM	1.5	L	3:34 PM	4.3	H	10:07 PM	2.0	L
8	Sat	6:41 AM	7:48 PM	1:56 AM	4:25 PM			3:48 AM	3.6	H	10:01 AM	1.4	L	4:40 PM	4.4	H	11:14 PM	1.9	L
9	Sun	6:41 AM	7:47 PM	2:56 AM	5:29 PM			4:57 AM	3.7	H	11:08 AM	1.3	L	5:44 PM	4.6	H	—	—	—
10	Mon	6:42 AM	7:46 PM	4:08 AM	6:25 PM			12:16 AM	1.7	L	6:02 AM	3.8	H	12:11 PM	1.2	L	6:42 PM	4.7	H
11	Tue	6:42 AM	7:46 PM	5:19 AM	7:13 PM			1:12 AM	1.5	L	7:02 AM	4.0	H	1:11 PM	1.0	L	7:36 PM	4.8	H
12	Wed	6:43 AM	7:45 PM	6:27 AM	7:55 PM	New Moon	1:36 PM	2:04 AM	1.3	L	7:57 AM	4.2	H	2:07 PM	1.0	L	8:27 PM	4.8	H
13	Thu	6:43 AM	7:44 PM	7:32 AM	8:32 PM			2:52 AM	1.1	L	8:49 AM	4.3	H	3:00 PM	1.0	L	9:15 PM	4.8	H
14	Fri	6:43 AM	7:43 PM	8:34 AM	9:06 PM			3:38 AM	1.1	L	9:39 AM	4.4	H	3:51 PM	1.1	L	10:01 PM	4.6	H
15	Sat	6:44 AM	7:42 PM	9:33 AM	9:39 PM			4:21 AM	1.1	L	10:27 AM	4.4	H	4:41 PM	1.4	L	10:46 PM	4.4	H
16	Sun	6:44 AM	7:42 PM	10:29 AM	10:11 PM			5:04 AM	1.3	L	11:15 AM	4.4	H	5:31 PM	1.6	L	11:30 PM	4.1	H
17	Mon	6:45 AM	7:41 PM	11:26 AM	10:45 PM			5:47 AM	1.4	L	12:03 PM	4.3	H	6:22 PM	1.8	L	—	—	—
18	Tue	6:45 AM	7:40 PM	12:22 PM	11:22 PM			12:16 AM	3.9	H	6:31 AM	1.6	L	12:52 PM	4.1	H	7:14 PM	2.1	L
19	Wed	6:46 AM	7:39 PM	1:18 PM	—	First Quarter	10:46 PM	1:04 AM	3.6	H	7:17 AM	1.9	L	1:44 PM	4.0	H	8:11 PM	2.3	L
20	Thu	6:46 AM	7:38 PM	2:14 PM	12:01 AM			1:56 AM	3.5	H	8:07 AM	2.0	L	2:41 PM	3.9	H	9:12 PM	2.5	L
21	Fri	6:46 AM	7:37 PM	3:09 PM	12:45 AM			2:53 AM	3.3	H	9:03 AM	2.1	L	3:40 PM	3.9	H	10:14 PM	2.5	L
22	Sat	6:47 AM	7:36 PM	4:01 PM	1:34 AM			3:54 AM	3.3	H	10:01 AM	2.2	L	4:38 PM	3.9	H	11:12 PM	2.5	L
23	Sun	6:47 AM	7:35 PM	4:49 PM	2:26 AM			4:52 AM	3.4	H	10:57 AM	2.1	L	5:31 PM	4.0	H	—	—	—
24	Mon	6:48 AM	7:34 PM	5:33 PM	3:22 AM			12:03 AM	2.3	L	5:45 AM	3.5	H	11:49 AM	2.0	L	6:18 PM	4.2	H
25	Tue	6:48 AM	7:33 PM	6:12 PM	4:18 AM			12:46 AM	2.2	L	6:32 AM	3.6	H	12:36 PM	1.9	L	7:00 PM	4.3	H
26	Wed	6:48 AM	7:32 PM	6:48 PM	5:15 AM			1:26 AM	2.0	L	7:15 AM	3.8	H	1:20 PM	1.8	L	7:39 PM	4.4	H
27	Thu	6:49 AM	7:31 PM	7:22 PM	6:11 AM			2:02 AM	1.9	L	7:55 AM	4.0	H	2:02 PM	1.7	L	8:16 PM	4.4	H
28	Fri	6:49 AM	7:30 PM	7:54 PM	7:07 AM	Full Moon	12:18 AM	2:37 AM	1.7	L	8:34 AM	4.2	H	2:43 AM	1.6	L	8:53 PM	4.4	H
29	Sat	6:50 AM	7:29 PM	8:25 PM	8:03 AM			3:11 AM	1.6	L	9:13 AM	4.3	H	3:25 PM	1.6	L	9:30 PM	4.4	H
30	Sun	6:50 AM	7:28 PM	8:58 PM	9:00 AM			3:46 AM	1.5	L	9:53 AM	4.4	H	4:07 PM	1.6	L	10:08 PM	4.3	H
31	Mon	6:50 AM	7:27 PM	9:33 PM	9:58 AM			4:22 AM	1.5	L	10:34 AM	4.5	H	4:52 PM	1.7	L	—	—	—

Sun, Moon and Tide Tables, 2026

Bahamas Department of Meteorology
Nassau, Bahamas

SEPTEMBER

All times are Local Standard Time. Daylight Saving Time is accounted for.

Sep		Sun		Moon				Tides			Tides			Tides			Tides		
Date	Day	Sunrise	Sunset	Moonrise	Moonset	Moonphase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Tue	6:51 AM	7:26 PM	10:12 PM	10:59 AM			5:02 AM	1.5	L	11:19 AM	4.5	H	5:41 PM	1.8	L	11:33 PM	4.0	H
2	Wed	6:51 AM	7:25 PM	10:57 PM	12:04 PM			5:46 AM	1.5	L	12:10 PM	4.5	H	6:35 PM	2.0	L	—	—	—
3	Thu	6:52 AM	7:24 PM	11:49 PM	1:10 PM			12:23 AM	3.8	H	6:36 AM	1.6	L	1:07 PM	4.4	H	7:37 PM	2.1	L
4	Fri	6:52 AM	7:23 PM	—	2:16 PM	Third Quarter	3:51 AM	1:22 AM	3.7	H	7:34 AM	1.7	L	2:11 PM	4.4	H	8:45 PM	2.2	L
5	Sat	6:52 AM	7:22 PM	12:49 AM	3:19 PM			2:29 AM	3.7	H	8:42 AM	1.8	L	3:20 PM	4.4	H	9:56 PM	2.2	L
6	Sun	6:53 AM	7:21 PM	1:54 AM	4:16 PM			3:42 AM	3.7	H	9:53 AM	1.8	L	4:29 PM	4.5	H	11:03 PM	2.0	L
7	Mon	6:53 AM	7:20 PM	3:02 AM	5:06 PM			4:52 AM	3.8	H	11:03 AM	1.7	L	5:32 PM	4.6	H	—	—	—
8	Tue	6:53 AM	7:19 PM	4:10 AM	5:49 PM			12:02 AM	1.8	L	5:56 AM	4.1	H	12:06 PM	1.5	L	6:28 PM	4.7	H
9	Wed	6:54 AM	7:18 PM	5:15 AM	6:27 PM			12:54 AM	1.6	L	6:52 AM	4.3	H	1:04 PM	1.4	L	7:19 PM	4.7	H
10	Thu	6:54 AM	7:17 PM	6:17 AM	7:03 PM	New Moon	11:26 PM	1:42 AM	1.4	L	7:43 AM	4.5	H	1:56 PM	1.3	L	8:06 PM	4.7	H
11	Fri	6:54 AM	7:16 PM	7:17 AM	7:36 PM			2:25 AM	1.3	L	8:30 AM	4.6	H	2:46 PM	1.3	L	8:51 PM	4.6	H
12	Sat	6:55 AM	7:15 PM	8:15 AM	8:08 PM			3:07 AM	1.3	L	9:15 AM	4.6	H	3:33 PM	1.4	L	9:34 PM	4.4	H
13	Sun	6:55 AM	7:14 PM	9:12 AM	8:42 PM			3:47 AM	1.3	L	9:59 AM	4.6	H	4:18 PM	1.5	L	10:15 PM	4.2	H
14	Mon	6:56 AM	7:13 PM	10:09 AM	9:18 PM			4:26 AM	1.5	L	10:41 AM	4.5	H	5:03 PM	1.7	L	10:57 PM	4.0	L
15	Tue	6:56 AM	7:12 PM	11:06 AM	9:56 PM			5:06 AM	1.7	L	11:25 AM	4.4	H	5:49 PM	2.0	L	11:39 PM	3.8	H
16	Wed	6:56 AM	7:11 PM	12:03 PM	10:39 PM			5:47 AM	1.9	L	12:10 PM	4.2	H	6:38 PM	2.2	L	—	—	—
17	Thu	6:57 AM	7:10 PM	12:59 PM	11:27 PM			12:25 AM	3.6	H	6:31 AM	2.0	L	1:00 PM	4.1	H	7:31 PM	2.4	L
18	Fri	6:57 AM	7:08 PM	1:53 PM	—	First Quarter	4:43 PM	1:15 AM	3.4	H	7:21 AM	2.3	L	1:55 PM	3.9	H	8:30 PM	2.6	L
19	Sat	6:57 AM	7:07 PM	2:42 PM	12:17 AM			2:13 AM	3.4	H	8:19 AM	2.4	L	2:55 PM	3.9	H	9:32 PM	2.6	L
20	Sun	6:58 AM	7:06 PM	3:28 PM	1:12 AM			3:16 AM	3.4	H	9:21 AM	2.4	L	3:55 PM	3.9	H	10:30 PM	2.6	L
21	Mon	6:58 AM	7:05 PM	4:08 PM	2:07 AM			4:17 AM	3.5	H	10:22 AM	2.4	L	4:50 PM	4.0	H	11:21 PM	2.4	L
22	Tue	6:59 AM	7:04 PM	4:45 PM	3:04 AM			5:12 AM	3.6	H	11:17 AM	2.3	L	5:38 PM	4.1	H	—	—	—
23	Wed	6:59 AM	7:03 PM	5:20 PM	4:00 AM			12:04 AM	2.2	L	5:59 AM	3.8	H	12:07 PM	2.1	L	6:21 PM	4.2	H
24	Thu	6:59 AM	7:02 PM	5:52 PM	4:56 AM			12:43 AM	2.0	L	6:42 AM	4.1	H	12:53 PM	1.9	L	7:02 PM	4.3	H
25	Fri	7:00 AM	7:01 PM	6:24 PM	5:52 AM			1:20 AM	1.8	L	7:23 AM	4.3	H	1:37 PM	1.7	L	7:41 PM	4.4	H
26	Sat	7:00 AM	7:00 PM	6:57 PM	4:56 AM	Full Moon	12:49 PM	1:56 AM	1.6	L	8:03 AM	4.5	H	2:20 PM	1.5	L	8:20 PM	4.4	H
27	Sun	7:00 AM	6:59 PM	7:32 PM	7:48 AM			2:33 AM	1.4	L	8:44 AM	4.6	H	3:04 PM	1.4	L	9:01 PM	4.3	H
28	Mon	7:01 AM	6:58 PM	8:11 PM	8:50 AM			3:11 AM	1.3	L	9:26 AM	4.7	H	3:49 PM	1.4	L	9:42 PM	4.2	H
29	Tue	7:01 AM	6:57 PM	8:55 PM	9:55 AM			3:51 AM	1.3	L	10:11 AM	4.8	H	4:36 PM	1.5	L	10:27 PM	4.1	H
30	Wed	7:02 AM	6:56 PM	9:46 PM	11:02 AM			4:35 AM	1.3	L	10:59 AM	4.7	H	5:27 PM	1.7	L	11:16 PM	4.0	H

Sun, Moon and Tide Tables, 2026

Bahamas Department of Meteorology
Nassau, Bahamas

OCTOBER

All times are Local Standard Time. Daylight Saving Time is accounted for.

Oct		Sun		Moon				Tides			Tides			Tides			Tides		
Date	Day	Sunrise	Sunset	Moonrise	Moonset	Moon Phase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Thu	7:02 AM	6:55 PM	10:43 PM	12:09 PM			5:24 AM	1.4	L	11:53 AM	4.6	H	6:24 PM	1.8	L	—	—	—
2	Fri	7:02 AM	6:54 PM	11:47 PM	1:13 PM			12:11 AM	3.8	H	6:20 AM	1.6	L	12:52 PM	4.5	H	7:27 PM	2.0	L
3	Sat	7:03 AM	6:52 PM	—	2:11 PM	Third Quarter	9:25 AM	1:15 AM	3.7	H	7:24 AM	1.8	L	1:59 PM	4.4	H	8:36 PM	2.1	L
4	Sun	7:03 AM	6:51 PM	12:53 AM	3:03 PM			2:26 AM	3.7	H	8:36 AM	1.9	L	3:08 PM	4.4	H	9:44 PM	2.1	L
5	Mon	7:04 AM	6:50 PM	2:00 AM	3:47 PM			3:40 AM	3.8	H	9:49 AM	1.9	L	4:15 PM	4.4	H	10:47 PM	1.9	L
6	Tue	7:04 AM	6:49 PM	3:04 AM	4:26 PM			4:47 AM	4.0	H	10:58 AM	1.8	L	5:16 PM	4.4	H	11:42 PM	1.7	L
7	Wed	7:04 AM	6:48 PM	4:06 AM	5:01 PM			5:46 AM	4.2	H	12:00 PM	1.7	L	6:10 PM	4.4	H	—	—	—
8	Thu	7:05 AM	6:47 PM	5:05 AM	5:34 PM			12:31 AM	1.5	L	6:39 AM	4.4	H	12:54 PM	1.6	L	6:59 PM	4.4	H
9	Fri	7:05 AM	6:46 PM	6:03 AM	6:06 PM			1:15 AM	1.4	L	7:25 AM	4.5	H	1:44 PM	1.5	L	6:56 PM	4.4	H
10	Sat	7:06 AM	6:45 PM	7:00 AM	6:39 PM	New Moon	11:50 AM	1:56 AM	1.3	L	8:09 AM	4.6	H	2:30 PM	1.4	L	8:26 PM	4.2	H
11	Sun	7:06 AM	6:45 PM	7:57 AM	7:14 PM			2:35 AM	1.3	L	8:50 AM	4.6	H	3:13 PM	1.5	L	9:06 PM	4.1	H
12	Mon	7:07 AM	6:44 PM	8:54 AM	7:52 PM			3:13 AM	1.4	L	9:30 AM	4.5	H	3:55 PM	1.6	L	9:46 PM	3.9	H
13	Tue	7:07 AM	6:43 PM	9:51 AM	8:33 PM			3:50 AM	1.5	L	10:09 AM	4.4	H	4:37 PM	1.7	L	10:25 PM	3.8	H
14	Wed	7:08 AM	6:42 PM	10:48 AM	9:19 PM			4:28 AM	1.7	L	10:50 AM	4.3	H	5:20 PM	1.9	L	11:06 PM	3.6	H
15	Thu	7:08 AM	6:41 PM	11:43 AM	10:09 PM			5:08 AM	1.9	L	11:33 AM	4.2	H	6:05 PM	2.1	L	11:50 PM	3.5	H
16	Fri	7:09 AM	6:40 PM	12:34 PM	11:02 PM			5:51 AM	2.1	L	12:20 PM	4.0	H	6:55 PM	2.3	L	—	—	—
17	Sat	7:09 AM	6:39 PM	1:21 PM	11:57 PM			12:40 AM	3.4	H	6:40 AM	2.2	L	1:11 PM	3.9	H	7:49 PM	2.4	L
18	Sun	7:10 AM	6:38 PM	2:03 PM	—	First Quarter	12:12 PM	1:36 AM	3.3	H	7:36 AM	2.4	L	2:08 PM	3.9	H	8:46 PM	2.5	L
19	Mon	7:10 AM	6:37 PM	2:41 PM	12:52 AM			2:37 AM	3.4	H	8:39 AM	2.4	L	3:05 PM	3.8	H	9:41 PM	2.4	H
20	Tue	7:11 AM	6:36 PM	3:16 PM	1:47 AM			3:38 AM	3.5	H	9:41 AM	2.4	L	4:00 PM	3.9	L	10:30 PM	2.2	L
21	Wed	7:11 AM	6:36 PM	3:49 PM	2:42 AM			4:32 AM	3.7	H	10:40 AM	2.2	L	4:51 PM	3.9	H	11:14 PM	2.0	L
22	Thu	7:12 AM	6:35 PM	4:21 PM	3:38 AM			5:21 AM	3.9	H	11:33 AM	2.0	L	5:37 PM	4.0	H	11:55 PM	1.7	L
23	Fri	7:12 AM	6:34 PM	4:53 PM	4:34 AM			6:06 AM	4.1	H	12:23 PM	1.7	L	6:22 PM	4.1	H	—	—	—
24	Sat	7:13 AM	6:33 PM	5:28 PM	5:32 AM			12:35 AM	1.5	L	6:49 AM	4.4	H	1:10 PM	1.5	L	7:05 PM	4.1	H
25	Sun	7:13 AM	6:32 PM	6:05 PM	6:33 AM			1:16 AM	1.2	L	7:33 AM	4.6	H	1:57 PM	1.3	L	7:49 PM	4.1	H
26	Mon	7:14 AM	6:31 PM	6:48 PM	7:38 AM	Full Moon	12:11 AM	1:57 AM	1.0	L	8:17 AM	4.8	H	2:44 PM	1.2	L	8:34 PM	4.1	H
27	Tue	7:14 AM	6:31 PM	7:38 PM	8:46 AM			2:41 AM	0.9	L	9:03 AM	4.8	H	3:32 PM	1.1	L	9:21 PM	4.0	H
28	Wed	7:15 AM	6:30 PM	8:34 PM	9:56 AM			3:27 AM	0.9	L	9:52 AM	4.8	H	4:23 PM	1.2	L	10:11 PM	3.9	H
29	Thu	7:16 AM	6:29 PM	9:39 PM	11:04 AM			4:16 AM	1.0	L	10:44 AM	4.8	H	5:16 PM	1.3	L	11:04 PM	3.8	H
30	Fri	7:16 AM	6:29 PM	10:46 PM	12:05 PM			5:10 AM	1.2	L	11:40 AM	4.6	H	6:14 PM	1.5	L	—	—	—
31	Sat	7:17 AM	6:28 PM	11:54 PM	12:05 PM			12:04 AM	3.7	H	6:10 AM	1.4	L	12:40 PM	4.5	H	7:16 PM	1.6	L

Sun, Moon and Tide Tables, 2026

Bahamas Department of Meteorology
Nassau, Bahamas

NOVEMBER

All times are Local Standard Time. Daylight Saving Time is accounted for.

Nov		Sun		Moon				Tides			Tides			Tides			Tides		
Date	Day	Sunrise	Sunset	Moonrise	Moonset	Moon Phase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Sun	6:17 AM	5:27 PM	11:59 PM	12:46 PM	Third Quarter	3:28 PM	1:10 AM	3.7	H	6:17 AM	1.6	L	12:44 PM	4.3	H	7:21 PM	1.7	L
2	Mon	6:18 AM	5:27 PM	—	1:27 PM			1:21 AM	3.7	H	7:29 AM	1.8	L	1:50 PM	4.2	H	8:24 PM	1.7	L
3	Tue	6:19 AM	5:26 PM	1:00 AM	2:02 PM			2:31 AM	3.8	H	8:41 AM	1.8	L	2:54 PM	4.1	H	9:23 PM	1.6	L
4	Wed	6:19 AM	5:25 PM	1:59 AM	2:35 PM			3:34 AM	4.0	H	9:49 AM	1.8	L	3:53 PM	4.0	H	10:15 PM	1.4	L
5	Thu	6:20 AM	5:25 PM	2:56 AM	3:07 PM			4:31 AM	4.1	H	10:49 AM	1.6	L	4:46 PM	4.0	H	11:03 PM	1.3	L
6	Fri	6:20 AM	5:24 PM	3:52 AM	3:40 PM			5:20 AM	4.3	H	11:42 AM	1.5	L	5:35 PM	3.9	H	11:46 PM	1.2	L
7	Sat	6:21 AM	5:24 PM	4:47 AM	4:13 PM			6:05 AM	4.4	H	12:29 PM	1.4	L	6:19 PM	3.8	H	—	—	—
8	Sun	6:22 AM	5:23 PM	5:44 AM	4:49 PM			12:26 AM	1.2	L	6:46 AM	4.4	H	1:13 PM	1.4	L	7:01 PM	3.7	H
9	Mon	6:22 AM	5:23 PM	6:41 AM	5:29 PM	New Moon	2:02 AM	1:05 AM	1.2	L	7:26 AM	4.4	H	1:54 PM	1.4	L	7:40 PM	3.6	H
10	Tue	6:23 AM	5:22 PM	7:38 AM	6:13 PM			1:42 AM	1.2	L	8:04 AM	4.3	H	2:34 PM	1.4	L	8:20 PM	3.5	H
11	Wed	6:24 AM	5:22 PM	8:34 AM	7:02 PM			2:20 AM	1.3	L	8:43 AM	4.2	H	3:14 PM	1.5	L	8:59 PM	3.4	H
12	Thu	6:24 AM	5:21 PM	9:27 AM	7:54 PM			2:58 AM	1.5	L	9:22 AM	4.1	H	3:55 PM	1.6	L	9:39 PM	3.4	H
13	Fri	6:25 AM	5:21 PM	10:15 AM	8:48 PM			3:37 AM	1.6	L	10:03 AM	4.0	H	4:37 PM	1.8	L	10:22 PM	3.3	H
14	Sat	6:26 AM	5:21 PM	10:59 AM	9:43 PM			4:19 AM	1.8	L	10:46 AM	3.9	H	5:22 PM	1.9	L	11:09 PM	3.2	H
15	Sun	6:27 AM	5:20 PM	11:38 AM	10:37 PM			5:06 AM	2.0	L	11:32 AM	3.8	H	6:09 PM	2.0	L	—	—	—
16	Mon	6:27 AM	5:20 PM	12:13 PM	11:32 PM			12:01 AM	3.2	H	5:58 AM	2.1	L	12:21 PM	3.7	H	6:58 PM	2.0	L
17	Tue	6:28 AM	5:20 PM	12:46 PM	—	First Quarter	6:47 AM	12:56 AM	3.3	H	6:56 AM	2.2	L	1:13 PM	3.7	H	7:47 PM	1.9	L
18	Wed	6:29 AM	5:19 PM	1:18 PM	12:25 AM			1:53 AM	3.4	H	7:58 AM	2.1	L	2:06 PM	3.6	H	8:34 PM	1.8	L
19	Thu	6:29 AM	5:19 PM	1:49 PM	1:20 AM			2:47 AM	3.6	H	8:59 AM	2.0	L	2:59 PM	3.6	H	9:21 PM	1.6	L
20	Fri	6:30 AM	5:19 PM	2:21 PM	2:15 AM			3:39 AM	3.8	H	9:57 AM	1.8	L	3:50 PM	3.6	H	10:07 PM	1.3	L
21	Sat	6:31 AM	5:19 PM	2:57 PM	3:14 AM			4:28 AM	4.1	H	10:51 AM	1.5	L	4:41 PM	3.7	H	10:53 PM	1.0	L
22	Sun	6:31 AM	5:18 PM	3:37 PM	4:16 AM			5:17 AM	4.3	H	11:44 AM	1.2	L	5:31 PM	3.7	H	11:40 PM	0.8	L
23	Mon	6:32 AM	5:18 PM	4:23 PM	5:23 AM			6:06 AM	4.5	H	12:35 PM	1.0	L	6:21 PM	3.7	H	—	—	—
24	Tue	6:33 AM	5:18 PM	5:18 PM	6:33 AM	Full Moon	9:53 AM	12:28 AM	0.6	L	6:55 AM	4.7	H	1:26 PM	0.8	L	7:12 PM	3.8	H
25	Wed	6:34 AM	5:18 PM	6:21 PM	7:44 AM			1:17 AM	0.5	L	7:46 AM	4.8	H	2:17 PM	0.8	L	8:04 PM	3.8	H
26	Thu	6:34 AM	5:18 PM	7:30 PM	8:51 AM			2:09 AM	0.5	L	8:37 AM	4.8	H	3:10 PM	0.8	L	8:58 PM	3.8	H
27	Fri	6:35 AM	5:18 PM	8:40 PM	9:51 AM			3:03 AM	0.6	L	9:31 AM	4.7	H	4:04 PM	0.9	L	9:55 PM	3.7	H
28	Sat	6:36 AM	5:18 PM	9:49 PM	10:42 AM			4:00 AM	0.8	L	10:26 AM	4.5	H	5:58 PM	1.1	L	10:55 PM	3.7	H
29	Sun	6:37 AM	5:18 PM	10:53 PM	11:26 AM			5:01 AM	1.0	L	11:24 AM	4.3	H	5:58 PM	1.1	L	11:59 PM	3.7	H
30	Mon	6:37 AM	5:18 PM	11:54 PM	12:30 PM			6:06 AM	1.3	L	12:24 PM	4.1	H	6:57 PM	1.1	L	—	—	—

Sun, Moon and Tide Tables, 2026

Bahamas Department of Meteorology
Nassau, Bahamas

DECEMBER

All times are Local Standard Time. Daylight Saving Time is accounted for.

Dec		Sun		Moon				Tides			Tides			Tides			Tides		
Date	Day	Sunrise	Sunset	Moonrise	Moonset	Moon Phase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Tue	6:38 AM	5:18 PM	–	12:37 PM	Third Quarter	1:08 AM	1:05 AM	3.7	H	7:15 AM	1.5	L	1:25 PM	3.9	H	7:55 PM	1.2	L
2	Wed	6:39 AM	5:18 PM	12:52 AM	1:10 PM			2:10 AM	3.8	H	8:25 AM	1.6	L	2:26 PM	3.7	H	8:50 PM	1.2	L
3	Thu	6:39 AM	5:18 PM	1:48 AM	1:42 PM			3:12 AM	3.9	H	9:31 AM	1.6	L	3:24 PM	3.6	H	9:43 PM	1.1	L
4	Fri	6:40 AM	5:18 PM	2:43 AM	2:14 PM			4:07 AM	3.9	H	10:31 AM	1.5	L	4:19 PM	3.4	H	10:31 PM	1.1	L
5	Sat	6:41 AM	5:18 PM	3:39 AM	2:49 PM			4:57 AM	4.0	H	11:24 AM	1.4	L	5:09 PM	3.4	H	11:16 PM	1.1	L
6	Sun	6:41 AM	5:18 PM	4:34 AM	3:28 PM			5:43 AM	4.0	H	12:12 PM	1.3	L	5:55 PM	3.3	H	11:58 PM	1.0	L
7	Mon	6:42 AM	5:19 PM	5:31 AM	4:10 PM			6:25 AM	4.1	H	12:55 PM	1.3	L	6:37 PM	3.3	H	–	–	–
8	Tue	6:43 AM	5:19 PM	6:27 AM	4:57 PM	New Moon	7:51 PM	12:38 AM	1.0	L	7:04 AM	4.1	H	1:36 PM	1.2	L	7:18 PM	3.3	H
9	Wed	6:43 AM	5:19 PM	7:21 AM	5:48 PM			1:17 AM	1.1	L	7:43 AM	4.0	H	2:15 PM	1.2	L	7:58 PM	3.2	H
10	Thu	6:44 AM	5:19 PM	8:10 AM	6:41 PM			1:56 AM	1.1	L	8:22 AM	4.0	H	2:54 PM	1.3	L	8:37 PM	3.2	H
11	Fri	6:45 AM	5:20 PM	8:56 AM	7:36 PM			2:35 AM	1.2	L	9:00 AM	4.0	H	3:32 PM	1.3	L	9:17 PM	3.2	H
12	Sat	6:45 AM	5:20 PM	9:37 AM	8:30 PM			3:14 AM	1.3	L	9:38 AM	3.9	H	4:11 PM	1.4	L	9:58 PM	3.2	H
13	Sun	6:46 AM	5:20 PM	10:13 AM	9:25 PM			3:54 AM	1.5	L	10:17 AM	3.8	H	4:50 PM	1.5	L	10:41 PM	3.2	H
14	Mon	6:47 AM	5:21 PM	10:46 AM	10:17 PM			4:38 AM	1.6	L	10:57 AM	3.7	H	5:30 PM	1.5	L	11:26 PM	3.2	H
15	Tue	6:47 AM	5:21 PM	11:17 AM	11:10 PM			5:25 AM	1.7	L	11:39 AM	3.6	H	6:11 PM	1.5	L	–	–	–
16	Wed	6:48 AM	5:21 PM	11:47 AM	–			12:15 AM	3.3	H	6:18 AM	1.8	L	12:24 PM	3.5	H	6:54 PM	1.4	L
17	Thu	6:48 AM	5:22 PM	12:03 AM	12:18 PM	First Quarter	12:42 AM	1:07 AM	3.4	H	7:16 AM	1.8	L	1:14 PM	3.4	H	7:40 PM	1.3	L
18	Fri	6:49 AM	5:22 PM	12:58 AM	12:51 PM			2:02 AM	3.5	H	8:18 AM	1.7	L	2:09 PM	3.3	H	8:30 PM	1.1	L
19	Sat	6:49 AM	5:23 PM	1:27 PM	1:57 AM			2:58 AM	3.7	H	9:21 AM	1.5	L	3:07 PM	3.3	H	9:22 PM	0.9	L
20	Sun	6:50 AM	5:23 PM	2:09 PM	3:00 AM			3:54 AM	4.0	H	10:22 AM	1.3	L	4:05 PM	3.3	H	10:16 PM	0.7	L
21	Mon	6:50 AM	5:24 PM	2:59 PM	4:07 AM			4:49 AM	4.2	H	11:20 AM	1.1	L	5:03 PM	3.4	H	11:11 PM	0.5	L
22	Tue	6:51 AM	5:24 PM	3:57 PM	5:17 AM			5:44 AM	4.4	H	12:16 PM	0.8	L	5:59 PM	3.5	H	–	–	–
23	Wed	6:51 AM	5:25 PM	5:04 PM	6:27 AM	Full Moon	8:28 PM	12:06 AM	0.3	L	6:38 AM	4.5	H	1:10 PM	0.6	L	6:55 PM	3.6	H
24	Thu	6:52 AM	5:25 PM	6:16 PM	7:32 AM			1:01 AM	0.2	L	7:31 AM	4.6	H	2:03 PM	0.5	L	7:50 PM	3.7	H
25	Fri	6:52 AM	5:26 PM	7:28 PM	8:29 AM			1:56 AM	0.2	L	8:24 AM	4.6	H	2:55 PM	0.5	L	8:46 PM	3.7	H
26	Sat	6:53 AM	5:26 PM	8:37 PM	9:18 AM			2:52 AM	0.3	L	9:17 AM	4.6	H	3:47 PM	0.5	L	9:42 PM	3.8	H
27	Sun	6:53 AM	5:27 PM	9:43 PM	9:59 AM			3:49 AM	0.5	L	10:09 AM	4.4	H	4:39 PM	0.6	L	10:40 PM	3.8	H
28	Mon	6:54 AM	5:27 PM	10:43 PM	10:36 AM			4:48 AM	0.7	L	11:03 AM	4.2	H	5:31 PM	0.6	L	11:39 PM	3.8	H
29	Tue	6:54 AM	5:28 PM	11:42 PM	11:10 AM			5:49 AM	1.0	L	11:57 AM	3.9	H	6:24 PM	0.7	L	–	–	–
30	Wed	6:54 AM	5:29 PM	–	11:43 AM	Third Quarter	1:59 PM	12:39 AM	3.7	H	6:53 AM	1.2	L	12:53 PM	3.6	H	7:18 PM	0.9	L
31	Thu	6:55 AM	5:29 PM	12:38 AM	12:15 PM			1:40 AM	3.7	H	7:59 AM	1.4	L	1:51 PM	3.4	H	8:09 PM	0.9	L

Notes



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