



The Bahamas Department of Meteorology Climatological Section

Sun, Moon & Tide Tables (2025) New Providence, Bahamas



**BAHAMAS
DEPARTMENT OF
METEOROLOGY**

Photo Courtesy: Andrew Carey (2022)



**THE COMMONWEALTH OF THE BAHAMAS
MINISTRY OF ENERGY & TRANSPORT
DEPARTMENT OF METEOROLOGY
SUN, MOON & TIDE TABLES
&
SEASONS
for
2025**

THE CLIMATOLOGICAL SECTION

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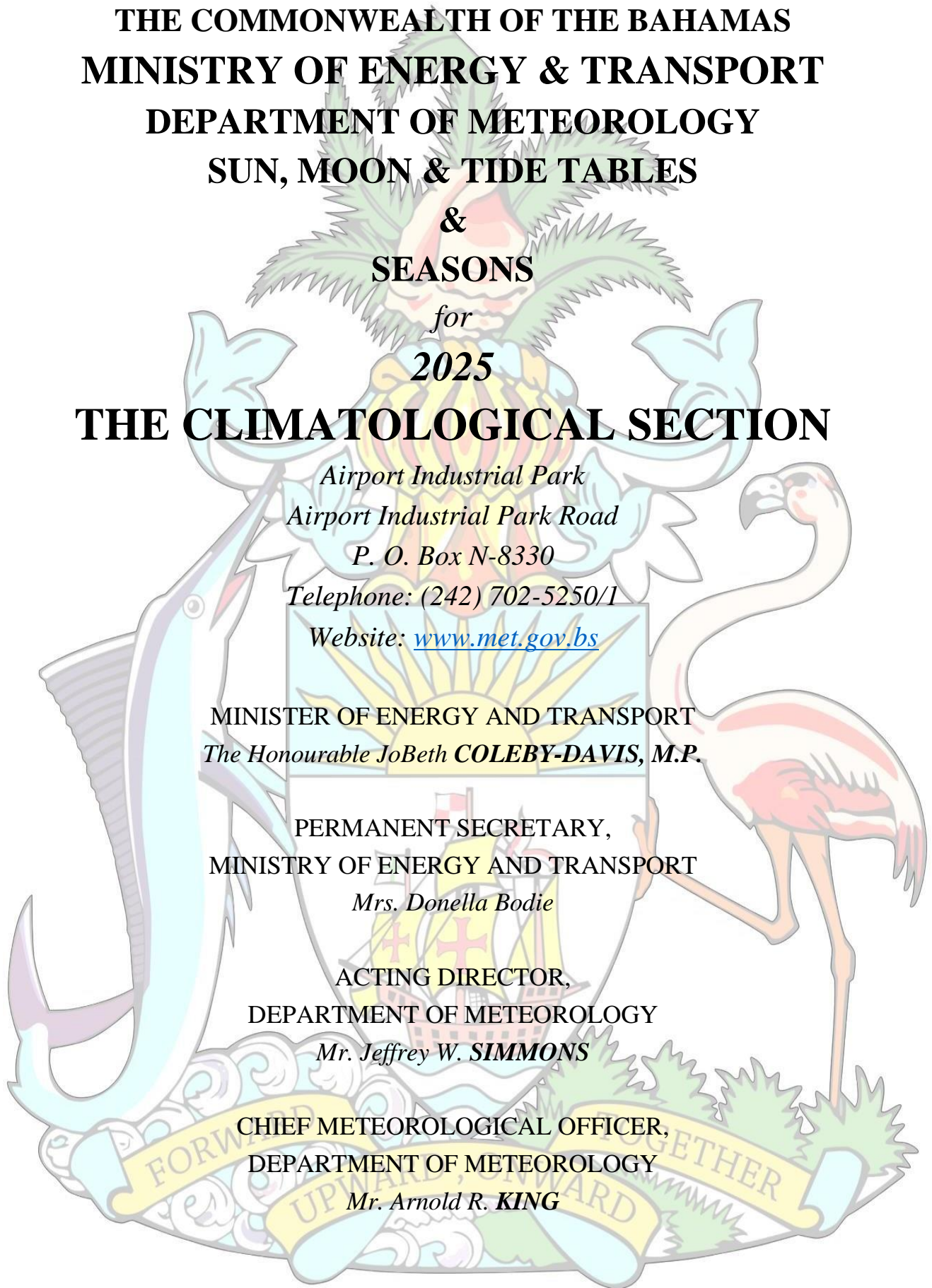
Website: www.met.gov.bs

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Sun, Moon & Tide Tables

2025

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

Daylight Saving Time will be in force from Sunday 09th March, 2025 to Sunday 02nd November, 2025

ECLIPSES 2025:

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

MARCH *Thu. 13th – Fri. 14th* **Total Lunar Eclipse**
Visible (13th) in The Bahamas
Begins: 11:57 p.m.
Maximum: 02:58 a.m.
Ends: 06:00 a.m.
Duration: 6 hours, 03 minutes

MARCH *Sat. 29th* **Partial Solar Eclipse**
Not Visible in The Bahamas

SEPTEMBER *Sun. 07th* **Total Lunar Eclipse**
Not Visible in The Bahamas

OCTOBER *Sun. 21st* **Partial Solar Eclipse**
Not Visible in The Bahamas

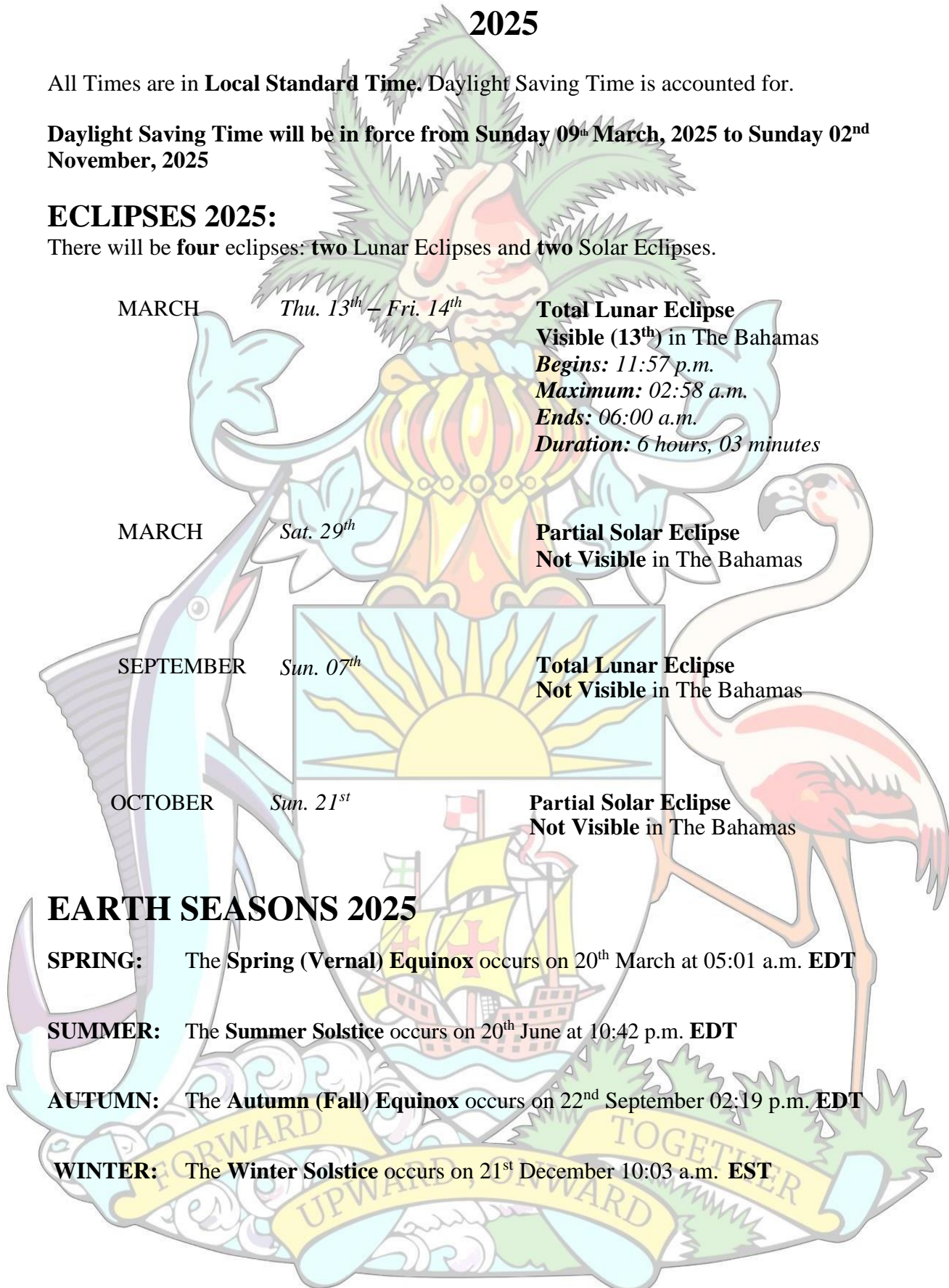
EARTH SEASONS 2025

SPRING: The **Spring (Vernal) Equinox** occurs on 20th March at 05:01 a.m. **EDT**

SUMMER: The **Summer Solstice** occurs on 20th June at 10:42 p.m. **EDT**

AUTUMN: The **Autumn (Fall) Equinox** occurs on 22nd September 02:19 p.m. **EDT**

WINTER: The **Winter Solstice** occurs on 21st December 10:03 a.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	Low	High	Low
	°N'	°W'	Water	Water	Water	Water
			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 subordinate 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 2025

Super New Moon: 29th March

Micro Full Moon: 12th April

Super New Moon: 27th April

Micro Full Moon: 12th May

Black Moon: 23rd August

Super Full Moon: 05th November

Micro New Moon: 20th November

Super Full Moon: 04th December

No Blue Moon:
(in Nassau in 2025)

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*).

Black Moon: The third New Moon in a season with four New Moons.

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.

FORWARD

UPWARD, ONWARD

TOGETHER

Sun, Moon and Tide Tables, 2025

*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	Moonsset	Moon Phase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Wed	6:55 AM	5:30 PM	8:31 AM	7:22 PM			2:06 AM	0.7	L	8:32 AM	4.2	H	3:03 PM	0.9	L	8:50 PM	3.4	H
2	Thu	6:55 AM	5:31 PM	9:15 AM	8:25 PM			2:52 AM	0.8	L	9:15 AM	4.2	H	3:45 PM	0.8	L	9:37 PM	3.5	H
3	Fri	6:56 AM	5:32 PM	9:54 AM	9:28 PM			3:40 AM	0.8	L	9:59 AM	4.1	H	4:29 PM	0.8	L	10:27 PM	3.6	H
4	Sat	6:56 AM	5:32 PM	10:29 AM	10:29 PM			4:32 AM	0.9	L	10:46 AM	4.0	H	5:14 PM	0.8	L	11:20 PM	3.6	H
5	Sun	6:56 AM	5:33 PM	11:04 AM	11:29 PM			5:28 AM	1.1	L	11:36 AM	3.8	H	6:02 PM	0.7	L	–	–	–
6	Mon	6:56 AM	5:34 PM	11:38 AM	–	First Quarter	6:56 PM	12:17 AM	3.7	H	6:30 AM	1.2	L	12:30 PM	3.6	H	6:54 PM	0.7	L
7	Tue	6:56 AM	5:35 PM	12:13 PM	12:30 AM			1:17 AM	3.8	H	7:36 AM	1.3	L	1:29 PM	3.4	H	7:50 PM	0.7	L
8	Wed	6:56 AM	5:35 PM	12:52 PM	1:34 AM			2:20 AM	3.9	H	8:46 AM	1.3	L	2:32 PM	3.3	H	8:48 PM	0.7	L
9	Thu	6:57 AM	5:36 PM	1:36 PM	2:39 AM			3:23 AM	4.0	H	9:54 AM	1.2	L	3:37 PM	3.2	H	9:49 PM	0.6	L
10	Fri	6:57 AM	5:37 PM	2:27 PM	3:46 AM			4:25 AM	4.0	H	10:58 AM	1.1	L	4:40 PM	3.2	H	10:48 PM	0.6	L
11	Sat	6:57 AM	5:37 PM	3:24 PM	4:53 AM			5:23 AM	4.1	H	11:57 AM	0.9	L	5:39 PM	3.2	H	11:45 PM	0.5	L
12	Sun	6:57 AM	5:38 PM	4:26 PM	5:56 AM			6:17 AM	4.2	H	12:50 PM	0.8	L	6:34 PM	3.3	H	–	–	–
13	Mon	6:57 AM	5:39 PM	5:31 PM	6:52 AM	Full Moon	5:26 PM	12:39 AM	0.5	L	7:08 AM	4.2	H	1:39 PM	0.8	L	7:26 PM	3.4	H
14	Tue	6:57 AM	5:40 PM	6:33 PM	7:41 AM			1:29 AM	0.5	L	7:55 AM	4.2	H	2:25 PM	0.7	L	8:14 PM	3.4	H
15	Wed	6:57 AM	5:40 PM	7:33 PM	8:22 AM			2:17 AM	0.6	L	8:39 AM	4.1	H	3:08 PM	0.8	L	9:00 PM	3.4	H
16	Thu	6:57 AM	5:41 PM	8:29 PM	8:58 AM			3:03 AM	0.8	L	9:21 AM	4.0	H	3:49 PM	0.8	L	9:44 PM	3.4	H
17	Fri	6:56 AM	5:42 PM	9:23 PM	9:30 AM			3:48 AM	1.0	L	10:02 AM	3.8	H	4:28 PM	0.9	L	10:28 PM	3.4	H
18	Sat	6:56 AM	5:43 PM	10:14 PM	9:59 AM			4:33 AM	1.2	L	10:42 AM	3.6	H	5:06 PM	1.0	L	11:12 PM	3.4	H
19	Sun	6:56 AM	5:43 PM	11:05 PM	10:27 AM			5:20 AM	1.4	L	11:22 AM	3.4	H	5:45 PM	1.1	L	11:58 PM	3.3	H
20	Mon	6:56 AM	5:44 PM	11:56 PM	10:55 AM			6:09 AM	1.5	L	12:04 PM	3.2	H	6:25 PM	1.2	L	–	–	–
21	Tue	6:56 AM	5:45 PM	–	11:25 AM	Third Quarter	3:30 PM	12:46 AM	3.3	H	7:02 AM	1.7	L	12:50 PM	3.0	H	7:09 PM	1.3	L
22	Wed	6:56 AM	5:46 PM	12:48 AM	11:57 AM			1:37 AM	3.3	H	8:00 AM	1.8	L	1:41 PM	2.9	H	7:57 PM	1.3	L
23	Thu	6:55 AM	5:46 PM	1:42 AM	12:33 PM			2:32 AM	3.3	H	9:00 AM	1.8	L	2:37 PM	2.8	H	8:49 PM	1.3	L
24	Fri	6:55 AM	5:47 PM	2:38 AM	1:16 PM			3:27 AM	3.4	H	10:00 AM	1.7	L	3:35 PM	2.8	H	9:42 PM	1.2	L
25	Sat	6:55 AM	5:48 PM	3:37 AM	2:04 PM			4:21 AM	3.6	H	10:55 AM	1.5	L	4:31 PM	2.9	H	10:35 PM	1.1	L
26	Sun	6:55 AM	5:49 PM	4:35 AM	3:00 PM			5:12 AM	3.7	H	11:45 AM	1.4	L	5:23 PM	3.0	H	11:26 PM	0.9	L
27	Mon	6:54 AM	5:49 PM	5:31 AM	4:01 PM			5:59 AM	3.9	H	12:30 PM	1.2	L	6:12 PM	3.2	H	–	–	–
28	Tue	6:54 AM	5:50 PM	6:22 AM	5:06 PM			12:15 AM	0.8	L	6:44 AM	4.1	H	1:13 PM	1.0	L	6:59 PM	3.4	H
29	Wed	6:54 AM	5:51 PM	7:09 AM	6:11 PM	New Moon	7:35 PM	1:03 AM	0.6	L	7:28 AM	4.2	H	1:55 PM	0.8	L	7:45 PM	3.5	H
30	Thu	6:53 AM	5:52 PM	7:51 AM	7:16 PM			1:50 AM	0.5	L	8:11 AM	4.3	H	2:37 PM	0.6	L	8:31 PM	3.7	H
31	Fri	6:53 AM	5:52 PM	8:28 AM	8:19 PM			2:39 AM	0.5	L	8:54 AM	4.2	H	3:18 PM	0.5	L	9:19 PM	3.8	H

Sun, Moon and Tide Tables, 2025

*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	Moonsset	Moon Phase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Sat	6:52 AM	5:53 PM	9:04 AM	9:22 PM			3:29 AM	0.5	L	9:39 AM	4.1	H	4:01 PM	0.4	L	10:08 PM	3.9	H
2	Sun	6:52 AM	5:54 PM	9:39 AM	10:24 PM			4:21 AM	0.6	L	10:25 AM	4.0	H	4:46 PM	0.4	L	11:00 PM	4.0	H
3	Mon	6:51 AM	5:54 PM	10:14 AM	11:28 PM			5:16 AM	0.8	L	11:15 AM	3.7	H	5:34 PM	0.5	L	11:55 PM	3.9	H
4	Tue	6:51 AM	5:55 PM	10:52 AM				6:16 AM	1.0	L	12:09 PM	3.5	H	6:27 PM	0.6	L	-	-	-
5	Wed	6:50 AM	5:56 PM	11:35 AM	12:32 AM	First Quarter	3:02 AM	12:56 AM	3.9	H	7:22 AM	1.2	L	1:09 PM	3.3	H	7:25 PM	0.7	L
6	Thu	6:50 AM	5:56 PM	12:22 PM	1:38 AM			2:00 AM	3.9	H	8:32 AM	1.3	L	2:15 PM	3.1	H	8:29 PM	0.8	L
7	Fri	6:49 AM	5:57 PM	1:16 PM	2:44 AM			3:08 AM	3.8	H	9:43 AM	1.3	L	3:25 PM	3.1	H	9:35 PM	0.9	L
8	Sat	6:49 AM	5:58 PM	2:15 PM	3:47 AM			4:13 AM	3.9	H	10:49 AM	1.2	L	4:32 PM	3.1	H	10:39 PM	0.8	L
9	Sun	6:48 AM	5:58 PM	3:18 PM	4:44 AM			5:13 AM	3.9	H	11:46 AM	1.1	L	5:32 PM	3.2	H	11:38 PM	0.8	L
10	Mon	6:47 AM	5:59 PM	4:20 PM	5:35 AM			6:06 AM	4.0	H	12:37 PM	1.0	L	6:25 PM	3.3	H	-	-	-
11	Tue	6:47 AM	6:00 PM	5:21 PM	6:18 AM			12:30 AM	0.7	L	6:54 AM	4.0	H	1:21 PM	0.9	L	7:12 PM	3.4	H
12	Wed	6:46 AM	6:00 PM	6:18 PM	6:55 AM	Full Moon	8:53 AM	1:18 AM	0.7	L	7:36 AM	4.0	H	2:01 PM	0.8	L	7:55 PM	3.5	H
13	Thu	6:45 AM	6:01 PM	7:13 PM	7:29 AM			2:02 AM	0.8	L	8:16 AM	4.0	H	2:39 PM	0.8	L	8:36 PM	3.6	H
14	Fri	6:45 AM	6:02 PM	8:05 PM	7:59 AM			2:43 AM	0.9	L	8:53 AM	3.9	H	3:14 PM	0.8	L	9:15 PM	3.6	H
15	Sat	6:44 AM	6:02 PM	8:56 PM	8:27 AM			3:24 AM	1.0	L	9:29 AM	3.7	H	3:48 PM	0.9	L	9:53 PM	3.6	H
16	Sun	6:43 AM	6:03 PM	9:47 PM	8:55 AM			4:04 AM	1.1	L	10:05 AM	3.5	H	4:21 PM	1.0	L	10:31 PM	3.5	H
17	Mon	6:42 AM	6:04 PM	10:38 PM	9:24 AM			4:45 AM	1.3	L	10:41 AM	3.3	H	4:56 PM	1.1	L	11:11 PM	3.5	H
18	Tue	6:42 AM	6:04 PM	11:32 PM	9:55 AM			5:29 AM	1.5	L	11:20 AM	3.2	H	5:33 PM	1.2	L	11:55 PM	3.4	H
19	Wed	6:41 AM	6:05 PM	-	10:29 AM			6:17 AM	1.6	L	12:02 PM	3.0	H	6:15 PM	1.3	L	-	-	-
20	Thu	6:40 AM	6:05 PM	12:27 AM	11:09 AM	Third Quarter	12:32 PM	12:44 AM	3.4	H	7:11 AM	1.8	L	12:52 PM	2.9	H	7:03 PM	1.4	L
21	Fri	6:39 AM	6:06 PM	1:24 AM	11:54 AM			1:40 AM	3.4	H	8:12 AM	1.8	L	1:49 PM	2.8	H	8:00 PM	1.4	L
22	Sat	6:38 AM	6:06 PM	2:21 AM	12:45 PM			2:41 AM	3.4	H	9:16 AM	1.8	L	2:53 PM	2.8	H	9:01 PM	1.4	L
23	Sun	6:38 AM	6:07 PM	3:17 AM	1:43 PM			3:41 AM	3.6	H	10:16 AM	1.7	L	3:56 PM	2.9	H	10:02 PM	1.2	L
24	Mon	6:37 AM	6:08 PM	4:10 AM	2:45 PM			4:37 AM	3.7	H	11:09 AM	1.5	L	4:53 PM	3.1	H	10:59 PM	1.0	L
25	Tue	6:36 AM	6:08 PM	4:59 AM	3:51 PM			5:28 AM	3.9	H	11:57 AM	1.2	L	5:45 PM	3.4	H	11:53 PM	0.8	L
26	Wed	6:35 AM	6:09 PM	5:43 AM	4:56 PM			6:15 AM	4.1	H	12:41 PM	0.9	L	6:34 PM	3.7	H	-	-	-
27	Thu	6:34 AM	6:09 PM	6:22 AM	6:01 PM	New Moon	7:44 PM	12:44 AM	0.6	L	7:01 AM	4.2	H	1:23 PM	0.6	L	7:22 PM	3.9	H
28	Fri	6:33 AM	6:10 PM	6:59 AM	7:06 PM			1:34 AM	0.4	L	7:46 AM	4.3	H	2:06 PM	0.4	L	8:10 PM	4.1	H

Sun, Moon and Tide Tables, 2025

*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 Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Sat	6:32 AM	6:10 PM	7:36 AM	8:10 PM			2:24 AM	0.3	L	8:31 AM	4.2	H	2:49 PM	0.3	L	8:58 PM	4.3	H
2	Sun	6:31 AM	6:11 PM	8:11 AM	9:16 PM			3:15 AM	0.4	L	9:17 AM	4.1	H	3:33 PM	0.2	L	9:47 PM	4.3	H
3	Mon	6:30 AM	6:11 PM	8:50 AM	10:22 PM			4:08 AM	0.5	L	10:05 AM	3.9	H	4:20 PM	0.3	L	10:39 PM	4.3	H
4	Tue	6:29 AM	6:12 PM	9:32 AM	11:30 PM			5:03 AM	0.7	L	10:56 AM	3.7	H	5:10 PM	0.5	L	11:35 PM	4.1	H
5	Wed	6:29 AM	6:12 PM	10:19 AM	-			6:02 AM	1.0	L	11:52 AM	3.4	H	6:05 PM	0.7	L	-	-	-
6	Thu	6:28 AM	6:13 PM	11:12 AM	12:37 AM	First Quarter	11:31 AM	12:36 AM	4.0	H	7:08 AM	1.2	L	12:55 PM	3.2	H	7:07 PM	0.9	L
7	Fri	6:27 AM	6:13 PM	12:10 PM	1:42 AM			1:43 AM	3.9	H	8:19 AM	1.4	L	2:05 PM	3.1	H	8:16 PM	1.1	L
8	Sat	6:26 AM	6:14 PM	1:11 PM	2:40 AM			2:53 AM	3.8	H	9:30 AM	1.4	L	3:17 PM	3.1	H	9:26 PM	1.2	L
9	Sun	7:25 AM	7:14 PM	3:13 PM	4:32 AM			5:00 AM	3.8	H	11:34 AM	1.4	L	5:24 PM	3.2	H	11:31 PM	1.2	L
10	Mon	7:24 AM	7:15 PM	4:13 PM	5:17 AM			5:58 AM	3.8	H	12:28 PM	1.3	L	6:21 PM	3.3	H	-	-	-
11	Tue	7:23 AM	7:15 PM	5:11 PM	5:56 AM			12:29 AM	1.1	L	6:49 AM	3.9	H	1:14 PM	1.1	L	7:10 PM	3.5	H
12	Wed	7:22 AM	7:16 PM	6:05 PM	6:29 AM			1:18 AM	1.0	L	7:33 AM	3.9	H	1:54 PM	1.0	L	7:53 PM	3.6	H
13	Thu	7:21 AM	7:16 PM	6:58 PM	7:00 AM			2:02 AM	1.0	L	8:12 AM	3.9	H	2:30 PM	1.0	L	8:32 PM	3.7	H
14	Fri	7:20 AM	7:17 PM	7:49 PM	7:29 AM	Full Moon	2:54 AM	2:43 AM	1.0	L	8:48 AM	3.8	H	3:04 PM	0.9	L	9:08 PM	3.8	H
15	Sat	7:19 AM	7:17 PM	8:40 PM	7:57 AM			3:22 AM	1.0	L	9:23 AM	3.7	H	3:36 PM	0.9	L	9:43 PM	3.8	H
16	Sun	7:18 AM	7:17 PM	9:32 PM	8:25 AM			4:00 AM	1.0	L	9:57 AM	3.6	H	4:08 PM	1.0	L	10:18 PM	3.8	H
17	Mon	7:17 AM	7:18 PM	10:24 PM	8:55 AM			4:37 AM	1.1	L	10:31 AM	3.4	H	4:40 PM	1.1	L	10:54 PM	3.7	H
18	Tue	7:16 AM	7:18 PM	11:18 PM	9:29 AM			5:16 AM	1.3	L	11:07 AM	3.3	H	5:13 PM	1.2	L	11:32 PM	3.6	H
19	Wed	7:15 AM	7:19 PM	-	10:05 AM			5:56 AM	1.4	L	11:44 AM	3.1	H	5:49 PM	1.3	L	-	-	-
20	Thu			12:14 AM	10:47 AM			12:14 AM	3.6	H	6:41 AM	1.6	L	12:25 PM	3.0	H	6:31 PM	1.4	L
21	Fri	7:14 AM	7:19 PM																
22	Sat	7:12 AM	7:20 PM	1:11 AM	11:35 AM	Third Quarter	7:29 AM	1:02 AM	3.5	H	7:33 AM	1.8	L	1:14 PM	2.9	H	7:20 PM	1.5	L
23	Sun	7:11 AM	7:20 PM	2:06 AM	12:29 PM			1:57 AM	3.5	H	8:32 AM	1.9	L	2:13 PM	2.9	H	8:19 PM	1.6	L
24	Mon	7:10 AM	7:21 PM	2:59 AM	1:28 PM			2:58 AM	3.5	H	9:35 AM	1.8	L	3:18 PM	3.0	H	9:25 PM	1.5	L
25	Tue	7:09 AM	7:21 PM	3:49 AM	2:30 PM			4:01 AM	3.6	H	10:36 AM	1.7	L	4:24 PM	3.1	H	10:31 PM	1.4	L
26	Wed	7:08 AM	7:21 PM	4:33 AM	3:35 PM			5:00 AM	3.8	H	11:29 AM	1.4	L	5:23 PM	3.4	H	11:33 PM	1.1	L
27	Thu	7:07 AM	7:22 PM	5:14 AM	4:39 PM			5:53 AM	3.9	H	12:18 PM	1.1	L	6:18 PM	3.7	H	-	-	-
28	Fri	7:06 AM	7:22 PM	5:52 AM	5:44 PM			12:30 AM	0.9	L	6:44 AM	4.1	H	1:04 PM	0.8	L	7:09 PM	4.0	H
29	Sat	7:05 AM	7:23 PM	6:28 AM	6:48 PM			1:25 AM	0.6	L	7:32 AM	4.2	H	1:49 PM	0.5	L	7:58 PM	4.3	H
30	Sun	7:04 AM	7:23 PM	7:05 AM	7:55 PM	New Moon	6:57 AM	2:17 AM	0.4	L	8:20 AM	4.2	H	2:34 PM	0.2	L	8:47 PM	4.5	H
31	Mon	7:03 AM	7:24 PM	7:43 AM	9:03 PM			3:09 AM	0.3	L	9:07 AM	4.1	H	3:19 PM	0.1	L	9:36 PM	4.6	H
		7:02 AM	7:24 PM	8:24 AM	10:12 PM			4:00 AM	0.3	L	9:56 AM	4.0	H	4:06 PM	0.2	L	10:27 PM	4.6	H

Sun, Moon and Tide Tables, 2025

*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	Tue	7:01 AM	7:24 PM	9:11 AM	11:23 PM			4:54 AM	0.5	L	10:46 AM	3.8	H	4:56 PM	0.3	L	11:20 PM	4.4	H
2	Wed	7:00 AM	7:25 PM	10:03 AM	–			5:49 AM	0.7	L	11:40 AM	3.6	H	5:48 PM	0.6	L	–	–	–
3	Thu	6:59 AM	7:25 PM	11:02 AM	12:31 AM			12:16 AM	4.2	H	6:49 AM	1.0	L	12:38 PM	3.4	H	6:47 PM	0.8	L
4	Fri	6:58 AM	7:26 PM	12:04 PM	1:34 AM	First Quarter	10:14 PM	1:18 AM	4.0	H	7:53 AM	1.2	L	1:44 PM	3.2	H	7:52 PM	1.1	L
5	Sat	6:57 AM	7:26 PM	1:07 PM	2:29 AM			2:24 AM	3.9	H	9:02 AM	1.4	L	2:54 PM	3.2	H	9:02 PM	1.3	L
6	Sun	6:56 AM	7:27 PM	2:08 PM	3:17 AM			3:33 AM	3.7	H	10:09 AM	1.5	L	4:05 PM	3.2	H	10:13 PM	1.4	L
7	Mon	6:55 AM	7:27 PM	3:06 PM	3:57 AM			4:37 AM	3.7	H	11:08 AM	1.4	L	5:08 PM	3.3	H	11:17 PM	1.4	L
8	Tue	6:54 AM	7:27 PM	4:01 PM	4:32 AM			5:33 AM	3.7	H	11:59 AM	1.3	L	6:02 PM	3.5	H	–	–	–
9	Wed	6:53 AM	7:28 PM	4:54 PM	5:03 AM			12:12 AM	1.4	L	6:21 AM	3.7	H	12:41 PM	1.2	L	6:47 PM	3.6	H
10	Thu	6:52 AM	7:28 PM	5:45 PM	5:32 AM			1:00 AM	1.3	L	7:03 AM	3.7	H	1:19 PM	1.1	L	7:27 PM	3.7	H
11	Fri	6:51 AM	7:29 PM	6:35 PM	6:00 AM			1:42 AM	1.2	L	7:41 AM	3.6	H	1:53 PM	1.1	L	8:03 PM	3.8	H
12	Sat	6:50 AM	7:29 PM	7:27 PM	6:28 AM	Full Moon	8:22 PM	2:21 AM	1.1	L	8:17 AM	3.6	H	2:26 PM	1.0	L	8:38 PM	3.9	
13	Sun	6:49 AM	7:30 PM	8:18 PM	6:57 AM			2:59 AM	1.1	L	8:52 AM	3.5	H	2:58 PM	1.0	L	9:13 PM	3.9	H
14	Mon	6:48 AM	7:30 PM	9:12 PM	7:30 AM			3:36 AM	1.1	L	9:48 PM	3.9	H	3:31 PM	1.0	L	3:31 PM	1.0	L
15	Tue	6:47 AM	7:31 PM	10:07 PM	8:05 AM			4:13 AM	1.2	L	10:02 AM	3.3	H	4:04 PM	1.1	L	10:24 PM	3.8	H
16	Wed	6:46 AM	7:31 PM	11:04 PM	8:45 AM			4:51 AM	1.3	L	10:38 AM	3.2	H	4:38 PM	1.2	L	11:02 PM	3.8	H
17	Thu	6:46 AM	7:32 PM	11:59 PM	9:31 AM			5:32 AM	1.4	L	11:16 AM	3.1	H	5:16 PM	1.3	L	11:43 PM	3.7	H
18	Fri	6:45 AM	7:32 PM	–	10:22 AM			6:16 AM	1.6	L	11:59 AM	3.0	H	5:59 PM	1.5	L	–	–	–
19	Sat	6:44 AM	7:32 PM	12:52 AM	11:18 AM			12:30 AM	3.7	H	7:05 AM	1.7	L	12:48 PM	3.0	H	6:49 PM	1.6	L
20	Sun	6:43 AM	7:33 PM	1:42 AM	12:18 PM	Third Quarter	9:35 PM	1:23 AM	3.6	H	8:00 AM	1.8	L	1:47 PM	3.0	H	7:50 PM	1.6	L
21	Mon	6:42 AM	7:33 PM	2:27 AM	1:20 PM			2:21 AM	3.7	H	8:58 AM	1.7	L	2:51 PM	3.1	H	8:57 PM	1.6	L
22	Tue	6:41 AM	7:34 PM	3:08 AM	2:21 PM			3:22 AM	3.7	H	9:55 AM	1.5	L	3:55 PM	3.4	H	10:05 PM	1.5	L
23	Wed	6:40 AM	7:34 PM	3:46 AM	3:24 PM			4:21 AM	3.8	H	10:48 AM	1.2	L	4:55 PM	3.7	H	11:09 PM	1.2	L
24	Thu	6:39 AM	7:35 PM	4:21 AM	4:27 PM			5:18 AM	3.9	H	11:39 AM	0.9	L	5:50 PM	4.0	H	–	–	–
25	Fri	6:39 AM	7:35 PM	4:57 AM	5:31 PM			12:09 AM	0.9	L	6:11 AM	3.9	H	12:28 PM	0.6	L	6:43 PM	4.3	H
26	Sat	6:38 AM	7:36 PM	5:34 AM	6:38 PM			1:05 AM	0.6	L	7:03 AM	4.0	H	1:16 PM	0.3	L	7:34 PM	4.5	H
27	Sun	6:37 AM	7:36 PM	6:13 AM	7:47 PM	New Moon	3:31 PM	2:00 AM	0.4	L	7:54 AM	3.9	H	2:04 PM	0.2	L	8:25 PM	4.7	H
28	Mon	6:36 AM	7:37 PM	6:58 AM	8:59 PM			2:53 AM	0.3	L	8:45 AM	3.9	H	2:53 PM	0.1	L	9:16 PM	4.7	H
29	Tue	6:35 AM	7:37 PM	7:49 AM	10:11 PM			3:46 AM	0.4	L	9:36 AM	3.8	H	3:43 PM	0.2	L	10:08 PM	4.6	H
30	Wed	6:35 AM	7:38 PM	8:46 AM	11:19 PM			4:40 AM	0.5	L	10:29 AM	3.6	H	4:35 PM	0.4	L	11:02 PM	4.5	H

Sun, Moon and Tide Tables, 2025

*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	Moonsset	Moon Phase	Time of Phase	Time	Ht		Time	Ht		Time	Ht		Time	Ht	
1	Thu	6:34 AM	7:38 PM	9:50 AM	—			5:35 AM	0.7	L	11:25 AM	3.5	H	5:30 PM	0.7	L	11:59 PM	4.3	H
2	Fri	6:33 AM	7:39 PM	10:55 AM	12:20 AM			6:33 AM	1.0	L	12:25 PM	3.4	H	6:30 PM	1.0	L	—	—	—
3	Sat	6:33 AM	7:39 PM	11:59 AM	1:12 AM			12:58 AM	4.0	H	7:34 AM	1.2	L	1:29 PM	3.3	H	7:34 PM	1.3	L
4	Sun	6:32 AM	7:40 PM	12:59 PM	1:56 AM	First Quarter	9:51 PM	2:00 AM	3.8	H	8:36 AM	1.3	L	2:36 PM	3.3	H	8:42 PM	1.5	L
5	Mon	6:31 AM	7:40 PM	1:56 PM	2:33 AM			3:02 AM	3.7	H	9:36 AM	1.4	L	3:42 PM	3.3	H	9:50 PM	1.6	L
6	Tue	6:30 AM	7:41 PM	2:50 PM	3:06 AM			4:02 AM	3.6	H	10:30 AM	1.4	L	4:40 PM	3.4	H	10:52 PM	1.6	L
7	Wed	6:30 AM	7:41 PM	3:41 PM	3:35 AM			4:55 AM	3.5	H	11:18 AM	1.3	L	5:31 PM	3.6	H	11:46 PM	1.6	L
8	Thu	6:29 AM	7:42 PM	4:31 PM	4:03 AM			5:43 AM	3.4	H	11:59 AM	1.3	L	6:15 PM	3.7	H	—	—	—
9	Fri	6:29 AM	7:42 PM	5:22 PM	4:31 AM			12:34 AM	1.5	L	6:26 AM	3.4	H	12:37 PM	1.2	L	6:55 PM	3.8	H
10	Sat	6:28 AM	7:43 PM	6:13 PM	5:00 AM			1:17 AM	1.3	L	7:06 AM	3.4	H	1:13 PM	1.1	L	7:32 PM	3.9	H
11	Sun	6:27 AM	7:43 PM	7:07 PM	5:31 AM			1:57 AM	1.2	L	7:45 AM	3.3	H	1:48 PM	1.1	L	8:09 PM	3.9	H
12	Mon	6:27 AM	7:44 PM	8:02 PM	6:05 AM	Full Moon	12:55 PM	2:36 AM	1.2	L	8:22 AM	3.3	H	2:23 PM	1.0	L	8:45 PM	4.0	H
13	Tue	6:26 AM	7:44 PM	8:58 PM	6:44 AM			3:14 AM	1.2	L	8:59 AM	3.2	H	2:58 PM	1.1	L	9:22 PM	4.0	H
14	Wed	6:26 AM	7:45 PM	9:54 PM	7:29 AM			3:52 AM	1.2	L	9:37 AM	3.2	H	3:34 PM	1.1	L	10:00 PM	3.9	H
15	Thu	6:25 AM	7:45 PM	10:48 PM	8:18 AM			4:32 AM	1.3	L	10:15 AM	3.1	H	4:12 PM	1.2	L	10:39 PM	3.9	H
16	Fri	6:25 AM	7:46 PM	11:39 PM	9:13 AM			5:13 AM	1.4	L	10:55 AM	3.1	H	4:52 PM	1.3	L	11:21 PM	3.9	H
17	Sat	6:24 AM	7:46 PM	—	10:11 AM			5:56 AM	1.5	L	11:40 AM	3.1	H	5:37 PM	1.4	L	—	—	—
18	Sun	6:24 AM	7:47 PM	12:24 AM	11:11 AM			12:06 AM	3.8	H	6:42 AM	1.5	L	12:30 PM	3.1	H	6:29 PM	1.5	L
19	Mon	6:24 AM	7:47 PM	1:06 AM	12:12 PM			12:55 AM	3.8	H	7:32 AM	1.5	L	1:27 PM	3.2	H	7:29 PM	1.6	L
20	Tue	6:23 AM	7:48 PM	1:44 AM	1:12 PM	Third Quarter	7:58 PM	1:49 AM	3.8	H	8:24 AM	1.4	L	2:27 PM	3.4	H	8:34 PM	1.6	L
21	Wed	6:23 AM	7:48 PM	2:19 AM	2:12 PM			2:47 AM	3.7	H	9:17 AM	1.3	L	3:29 PM	3.6	H	9:42 PM	1.5	L
22	Thu	6:22 AM	7:49 PM	2:53 AM	3:14 PM			3:46 AM	3.7	H	10:10 AM	1.0	L	4:28 PM	3.9	H	10:47 PM	1.3	L
23	Fri	6:22 AM	7:49 PM	3:28 AM	4:17 PM			4:44 AM	3.7	H	11:02 AM	0.8	L	5:25 PM	4.2	H	11:49 PM	1.0	L
24	Sat	6:22 AM	7:50 PM	4:05 AM	5:24 PM			5:42 AM	3.7	H	11:55 AM	0.5	L	6:20 PM	4.4	H	—	—	—
25	Sun	6:22 AM	7:50 PM	4:46 AM	6:33 PM			12:48 AM	0.8	L	6:37 AM	3.7	H	12:47 PM	0.3	L	7:14 PM	4.6	H
26	Mon	6:21 AM	7:51 PM	5:33 AM	7:46 PM	New Moon	11:02 PM	1:44 AM	0.6	L	7:32 AM	3.7	H	1:39 PM	0.2	L	8:07 PM	4.7	H
27	Tue	6:21 AM	7:51 PM	6:28 AM	8:57 PM			2:38 AM	0.5	L	8:26 AM	3.7	H	2:31 PM	0.2	L	8:59 PM	4.7	H
28	Wed	6:21 AM	7:52 PM	7:30 AM	10:03 PM			3:32 AM	0.5	L	9:20 AM	3.7	H	3:24 PM	0.3	L	9:52 PM	4.6	H
29	Thu	6:21 AM	7:52 PM	8:35 AM	11:00 PM			4:25 AM	0.6	L	10:14 AM	3.6	H	4:18 PM	0.5	L	10:45 PM	4.5	H
30	Fri	6:20 AM	7:53 PM	9:43 AM	11:49 PM			5:19 AM	0.8	L	11:10 AM	3.5	H	5:13 PM	0.8	L	11:39 PM	4.3	H
31	Sat	6:20 AM	7:53 PM	10:46 AM	—			6:13 AM	1.0	L	12:07 PM	3.5	H	6:11 PM	1.1	L	—	—	—

Sun, Moon and Tide Tables, 2025

*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	Sun	6:20 AM	7:54 PM	11:47	0:30			12:33 AM	4.0	H	7:07 AM	1.2	L	1:07 PM	3.4	H	7:11 PM	1.4	L
2	Mon	6:20 AM	7:54 PM	12:42	1:05	First Quarter	11:40 PM	1:28 AM	3.8	H	8:01 AM	1.3	L	2:07 PM	3.4	H	8:13 PM	1.7	L
3	Tue	6:20 AM	7:55 PM	13:36	1:37			2:23 AM	3.6	H	8:53 AM	1.4	L	3:06 PM	3.4	H	9:16 PM	1.8	L
4	Wed	6:20 AM	7:55 PM	14:26	2:05			3:17 AM	3.5	H	9:43 AM	1.4	L	4:01 PM	3.5	H	10:16 PM	1.8	L
5	Thu	6:20 AM	7:56 PM	15:17	2:33			4:09 AM	3.3	H	10:29 AM	1.4	L	4:51 PM	3.6	H	11:11 PM	1.8	L
6	Fri	6:20 AM	7:56 PM	16:08	3:02			4:59 AM	3.3	H	11:12 AM	1.4	L	5:37 PM	3.7	H	-	-	-
7	Sat	6:20 AM	7:56 PM	17:01	3:33			12:02 AM	1.7	L	5:45 AM	3.2	H	11:53 AM	1.3	L	6:20 PM	3.8	H
8	Sun	6:20 AM	7:57 PM	17:56	4:05			12:47 AM	1.5	L	6:29 AM	3.2	H	12:33 PM	1.2	L	7:01 PM	3.9	H
9	Mon	6:20 AM	7:57 PM	18:51	4:43			1:30 AM	1.4	L	7:12 AM	3.2	H	1:13 PM	1.2	L	7:40 PM	4.0	H
10	Tue	6:20 AM	7:57 PM	19:48	5:26			2:12 AM	1.4	L	7:53 AM	3.2	H	1:52 PM	1.1	L	8:20 PM	4.0	H
11	Wed	6:20 AM	7:58 PM	20:43	6:14	Full Moon	3:43 AM	2:52 AM	1.3	L	8:33 AM	3.2	H	2:31 PM	1.1	L	8:59 PM	4.1	H
12	Thu	6:20 AM	7:58 PM	21:36	7:08			3:32 AM	1.3	L	9:14 AM	3.2	H	3:11 PM	1.2	L	9:39 PM	4.1	H
13	Fri	6:20 AM	7:58 PM	22:23	8:06			4:12 AM	1.3	L	9:55 AM	3.3	H	3:52 PM	1.2	L	10:19 PM	4.1	H
14	Sat	6:20 AM	7:59 PM	23:06	9:06			4:52 AM	1.4	L	10:38 AM	3.3	H	4:35 PM	1.3	L	11:00 PM	4.1	H
15	Sun	6:20 AM	7:59 PM	23:45	10:06			5:34 AM	1.4	L	11:23 AM	3.4	H	5:22 PM	1.4	L	11:44 PM	4.0	H
16	Mon	6:20 AM	7:59 PM	-	11:06			6:17 AM	1.4	L	12:13 PM	3.5	H	6:14 PM	1.5	L	-	-	-
17	Tue	6:20 AM	8:00 PM	0:19	12:05			12:30 AM	3.9	H	7:02 AM	1.3	L	1:07 PM	3.6	H	7:12 PM	1.6	L
18	Wed	6:20 AM	8:00 PM	0:53	13:05	Third Quarter	3:19 PM	1:21 AM	3.8	H	7:51 AM	1.2	L	2:04 PM	3.7	H	8:16 PM	1.6	L
19	Thu	6:21 AM	8:00 PM	1:27	14:05			2:17 AM	3.7	H	8:42 AM	1.1	L	3:04 PM	3.9	H	9:22 PM	1.5	L
20	Fri	6:21 AM	8:00 PM	2:01	15:08			3:16 AM	3.6	H	9:36 AM	1.0	L	4:04 PM	4.1	H	10:29 PM	1.4	L
21	Sat	6:21 AM	8:01 PM	2:39	16:14			4:17 AM	3.6	H	10:32 AM	0.8	L	5:04 PM	4.3	H	11:33 PM	1.3	L
22	Sun	6:21 AM	8:01 PM	3:23	17:24			5:18 AM	3.5	H	11:29 AM	0.7	L	6:02 PM	4.4	H	-	-	-
23	Mon	6:21 AM	8:01 PM	4:12	18:34			12:34 AM	1.1	L	6:18 AM	3.6	H	12:26 PM	0.6	L	6:58 PM	4.6	H
24	Tue	6:22 AM	8:01 PM	5:10	19:43			1:31 AM	0.9	L	7:15 AM	3.6	H	1:21 PM	0.5	L	7:53 PM	4.6	H
25	Wed	6:22 AM	8:01 PM	6:14	20:44	New Moon	6:31 AM	2:25 AM	0.9	L	8:11 AM	3.6	H	2:16 PM	0.5	L	8:45 PM	4.6	H
26	Thu	6:22 AM	8:01 PM	7:22	21:38			3:18 AM	0.8	L	9:05 AM	3.7	H	3:09 PM	0.6	L	9:36 PM	4.6	H
27	Fri	6:23 AM	8:02 PM	8:28	22:23			4:08 AM	0.9	L	9:58 AM	3.7	H	4:02 PM	0.8	L	10:26 PM	4.5	H
28	Sat	6:23 AM	8:02 PM	9:32	23:01			4:57 AM	1.0	L	10:51 AM	3.7	H	4:54 PM	1.1	L	11:14 PM	4.3	H
29	Sun	6:23 AM	8:02 PM	10:31	23:35			5:45 AM	1.1	L	11:43 AM	3.7	H	5:47 PM	1.3	L	-	-	-
30	Mon	6:24 AM	8:02 PM	11:26	-			12:02 AM	4.1	H	6:32 AM	1.3	L	12:35 PM	3.6	H	6:40 PM	1.6	L

Sun, Moon and Tide Tables, 2025

*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	Tue	6:24 AM	8:02 PM	12:19 PM	12:05 AM			12:49 AM	3.8	H	7:18 AM	1.4	L	1:28 PM	3.6	H	7:55 PM	1.8	L
2	Wed	6:24 AM	8:02 PM	1:10 PM	12:34 AM	First Quarter	3:30 PM	1:38 AM	3.6	H	8:03 AM	1.5	L	2:21 PM	3.6	H	11:31 PM	2	L
3	Thu	6:25 AM	8:02 PM	2:01 PM	1:03 AM			2:27 AM	3.4	H	8:49 AM	1.6	L	3:14 PM	3.6	H	1:12 AM	2.1	L
4	Fri	6:25 AM	8:02 PM	2:54 PM	1:33 AM			3:18 AM	3.3	H	9:35 AM	1.6	L	4:05 PM	3.7	H	12:57 AM	2	L
5	Sat	6:25 AM	8:02 PM	3:48 PM	2:04 AM			4:11 AM	3.2	H	10:23 AM	1.6	L	4:56 PM	3.7	H	11:16 PM	2	L
6	Sun	6:26 AM	8:02 PM	4:43 PM	2:40 AM			5:03 AM	3.1	H	11:10 AM	1.6	L	5:44 PM	3.8	H	-	-	-
7	Mon	6:26 AM	8:01 PM	5:40 PM	3:21 AM			12:15 AM	1.9	L	5:53 AM	3.2	H	11:56 AM	1.5	L	10:19 PM	3.9	H
8	Tue	6:27 AM	8:01 PM	6:35 PM	4:07 AM			1:02 AM	1.8	L	6:40 AM	3.2	H	12:41 PM	1.4	L	1:26 AM	4.1	H
9	Wed	6:27 AM	8:01 PM	7:30 PM	5:00 AM			1:45 AM	1.6	L	7:25 AM	3.3	H	1:25 PM	1.3	L	4:04 AM	4.2	H
10	Thu	6:27 AM	8:01 PM	8:19 PM	5:57 AM	Full Moon	4:36 PM	2:27 AM	1.5	L	8:08 AM	3.4	H	2:08 PM	1.3	L	6:28 AM	4.3	H
11	Fri	6:28 AM	8:01 PM	9:04 PM	6:58 AM			3:07 AM	1.5	L	8:51 AM	3.5	H	2:51 PM	1.3	L	8:09 AM	4.3	H
12	Sat	6:28 AM	8:01 PM	9:45 PM	7:59 AM			3:47 AM	1.4	L	9:34 AM	3.6	H	9:34 AM	3.6	H	8:38 AM	4.4	H
13	Sun	6:29 AM	8:00 PM	10:21 PM	9:00 AM			4:26 AM	1.3	L	10:18 AM	3.7	H	4:20 PM	1.3	L	7:40 AM	4.3	H
14	Mon	6:29 AM	8:00 PM	10:55 PM	10:00 AM			5:06 AM	1.3	L	11:04 AM	3.8	H	5:08 PM	1.4	L	5:31 AM	4.2	H
15	Tue	6:30 AM	8:00 PM	11:29 PM	11:00 AM			5:48 AM	1.2	L	11:52 AM	3.9	H	6:00 PM	1.5	L	12:00 PM	1.5	L
16	Wed	6:30 AM	8:00 PM	-	11:59 AM			12:07 AM	4.1	H	6:32 AM	1.2	L	12:45 PM	4	H	2:38 PM	1.6	L
17	Thu	6:31 AM	7:59 PM	12:02 AM	1:00 PM	Third Quarter	8:37 PM	12:57 AM	3.9	H	7:20 AM	1.2	L	1:41 PM	4.1	H	4:48 PM	1.7	L
18	Fri	6:31 AM	7:59 PM	12:38 AM	2:04 PM			1:52 AM	3.8	H	8:13 AM	1.2	L	2:42 PM	4.2	H	6:00 PM	1.8	L
19	Sat	6:32 AM	7:59 PM	1:18 AM	3:10 PM			2:53 AM	3.6	H	9:10 AM	1.2	L	3:45 PM	4.3	H	5:16 PM	1.7	L
20	Sun	6:32 AM	7:58 PM	2:04 AM	4:19 PM			3:58 AM	3.5	H	10:11 AM	1.1	L	4:48 PM	4.4	H	2:52 PM	1.6	L
21	Mon	6:32 AM	7:58 PM	2:57 AM	5:27 PM			5:03 AM	3.5	H	11:13 AM	1.1	L	5:50 PM	4.5	H	-	-	-
22	Tue	6:33 AM	7:58 PM	3:58 AM	6:30 PM			12:23 AM	1.5	L	6:06 AM	3.6	H	12:13 PM	1	L	1:26 PM	4.6	H
23	Wed	6:33 AM	7:57 PM	5:03 AM	7:27 PM			1:20 AM	1.4	L	7:05 AM	3.7	H	1:11 PM	1	L	2:52 PM	4.6	H
24	Thu	6:34 AM	7:57 PM	6:10 AM	8:15 PM	New Moon	3:11 PM	2:12 AM	1.3	L	7:59 AM	3.8	H	2:05 PM	1	L	3:21 PM	4.6	H
25	Fri	6:34 AM	7:56 PM	7:15 AM	8:56 PM			3:00 AM	1.2	L	8:50 AM	3.9	H	2:56 PM	1	L	2:09 PM	4.6	H
26	Sat	6:35 AM	7:56 PM	8:16 AM	9:32 PM			3:46 AM	1.2	L	9:39 AM	3.9	H	3:45 PM	1.2	L	11:31 AM	4.5	H
27	Sun	6:35 AM	7:55 PM	9:14 AM	10:03 PM			4:28 AM	1.3	L	10:26 AM	4	H	4:32 PM	1.4	L	7:26 AM	4.3	H
28	Mon	6:36 AM	7:55 PM	10:08 AM	10:33 PM			5:10 AM	1.4	L	11:12 AM	3.9	H	5:19 PM	1.6	L	2:24 AM	4.1	H
29	Tue	6:36 AM	7:54 PM	11:01 AM	11:02 PM			5:50 AM	1.5	L	11:57 AM	3.9	H	6:07 PM	1.8	L	-	-	-
30	Wed	6:37 AM	7:54 PM	11:53 AM	11:32 PM			12:08 AM	3.9	H	6:29 AM	1.6	L	12:43 PM	3.9	H	12:43 AM	2	L
31	Thu	6:37 AM	7:53 PM	12:45 PM	-			12:51 AM	3.7	H	7:10 AM	1.8	L	1:31 PM	3.8	H	5:02 AM	2.2	L

Sun, Moon and Tide Tables, 2025

*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	Fri	6:38 AM	7:52 PM	1:38 PM	12:03 AM	First Quarter	8:41 AM	1:37 AM	3.46	H	7:54 AM	1.87	L	2:22 PM	3.8	H	8:45 PM	2.3	L
2	Sat	6:38 AM	7:52 PM	2:33 PM	12:37 AM			2:28 AM	3.31	H	8:42 AM	1.95	L	3:16 PM	3.8	H	9:45 PM	2.4	L
3	Sun	6:39 AM	7:51 PM	3:29 PM	1:16 AM			3:23 AM	3.23	H	9:34 AM	1.98	L	4:12 PM	3.8	H	10:45 PM	2.3	L
4	Mon	6:39 AM	7:51 PM	4:25 PM	2:00 AM			4:21 AM	3.22	H	10:28 AM	1.94	L	5:07 PM	3.9	H	11:40 PM	2.3	L
5	Tue	6:40 AM	7:50 PM	5:20 PM	2:49 AM			5:17 AM	3.28	H	11:22 AM	1.85	L	5:57 PM	4.1	H	-	-	-
6	Wed	6:40 AM	7:49 PM	6:12 PM	3:45 AM			12:30 AM	2.11	L	6:09 AM	3.41	H	12:12 PM	1.7	L	6:44 PM	4.2	H
7	Thu	6:40 AM	7:48 PM	6:59 PM	4:45 AM			1:15 AM	1.94	L	6:57 AM	3.56	H	1:00 PM	1.6	L	7:28 PM	4.4	H
8	Fri	6:41 AM	7:48 PM	7:42 PM	5:47 AM			1:56 AM	1.76	L	7:42 AM	3.75	H	1:46 PM	1.5	L	8:10 PM	4.5	H
9	Sat	6:41 AM	7:47 PM	8:20 PM	6:49 AM	Full Moon	3:55 AM	2:36 AM	1.58	L	8:26 AM	3.93	H	2:32 PM	1.4	L	8:51 PM	4.6	H
10	Sun	6:42 AM	7:46 PM	8:55 PM	7:51 AM			3:15 AM	1.43	L	9:10 AM	4.11	H	3:18 PM	1.3	L	9:32 PM	4.6	H
11	Mon	6:42 AM	7:45 PM	9:30 PM	8:52 AM			3:55 AM	1.3	L	9:55 AM	4.26	H	4:05 PM	1.3	L	10:14 PM	4.5	H
12	Tue	6:43 AM	7:45 PM	10:03 PM	9:53 AM			4:35 AM	1.22	L	10:41 AM	4.37	H	4:54 PM	1.4	L	10:58 PM	4.4	H
13	Wed	6:43 AM	7:44 PM	10:39 PM	10:54 AM			5:17 AM	1.19	L	11:30 AM	4.43	H	5:47 PM	1.5	L	11:45 PM	4.2	H
14	Thu	6:44 AM	7:43 PM	11:18 PM	11:57 AM			6:03 AM	1.23	L	12:23 PM	4.44	H	6:44 PM	1.7	L	-	-	-
15	Fri	6:44 AM	7:42 PM	-	1:03 PM			12:36 AM	3.98	H	6:53 AM	1.31	L	1:20 PM	4.4	H	7:46 PM	1.9	L
16	Sat	6:44 AM	7:41 PM	12:02 AM	2:10 PM	Third Quarter	1:12 AM	1:34 AM	3.79	H	7:50 AM	1.42	L	2:23 PM	4.4	H	8:54 PM	2	L
17	Sun	6:45 AM	7:40 PM	12:52 AM	3:17 PM			2:38 AM	3.65	H	8:52 AM	1.52	L	3:30 PM	4.4	H	10:05 PM	2	L
18	Mon	6:45 AM	7:40 PM	1:49 AM	4:21 PM			3:48 AM	3.6	H	9:59 AM	1.57	L	4:37 PM	4.4	H	11:13 PM	2	L
19	Tue	6:46 AM	7:39 PM	2:51 AM	5:19 PM			4:57 AM	3.64	H	11:06 AM	1.55	L	5:40 PM	4.5	H	-	-	-
20	Wed	6:46 AM	7:38 PM	3:56 AM	6:09 PM			12:13 AM	1.85	L	6:00 AM	3.76	H	12:08 PM	1.5	L	6:37 PM	4.6	H
21	Thu	6:47 AM	7:37 PM	5:01 AM	6:52 PM			1:07 AM	1.72	L	6:56 AM	3.9	H	1:04 PM	1.4	L	7:27 PM	4.6	H
22	Fri	6:47 AM	7:36 PM	6:03 AM	7:29 PM			1:54 AM	1.6	L	7:47 AM	4.04	H	1:54 PM	1.4	L	8:13 PM	4.6	H
23	Sat	6:47 AM	7:35 PM	7:02 AM	8:02 PM	New Moon	2:06 AM	2:37 AM	1.52	L	8:33 AM	4.16	H	2:41 PM	1.4	L	8:55 PM	4.5	H
24	Sun	6:48 AM	7:34 PM	7:58 AM	8:32 PM			3:16 AM	1.5	L	9:16 AM	4.22	H	3:26 PM	1.5	L	9:35 PM	4.4	H
25	Mon	6:48 AM	7:33 PM	8:51 AM	9:02 PM			3:54 AM	1.52	L	9:57 AM	4.24	H	4:08 PM	1.6	L	10:13 PM	4.3	H
26	Tue	6:49 AM	7:32 PM	9:44 AM	9:31 PM			4:30 AM	1.6	L	10:36 AM	4.21	H	4:50 PM	1.8	L	10:50 PM	4.1	H
27	Wed	6:49 AM	7:31 PM	10:35 AM	10:01 PM			5:05 AM	1.72	L	11:16 AM	4.15	H	5:33 PM	2	L	11:28 PM	3.9	H
28	Thu	6:49 AM	7:30 PM	11:29 AM	10:34 PM			5:41 AM	1.86	L	11:57 AM	4.06	H	6:17 PM	2.2	L	-	-	-
29	Fri	6:50 AM	7:29 PM	12:22 PM	11:11 PM			12:08 AM	3.67	H	6:19 AM	2.01	L	12:42 PM	4	H	7:06 PM	2.4	L
30	Sat	6:50 AM	7:28 PM	1:18 PM	11:53 PM			12:52 AM	3.5	H	7:02 AM	2.15	L	1:31 PM	3.9	H	8:00 PM	2.5	L
31	Sun	6:50 AM	7:27 PM	2:14 PM	-	First Quarter	2:25 AM	1:42 AM	3.38	H	7:51 AM	2.26	L	2:28 PM		H	9:01 PM	2.6	L

Sun, Moon and Tide Tables, 2025

**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	Mon	6:51 AM	7:26 PM	3:09 PM	12:39 AM			2:40 AM	3.3	H	8:48 AM	2.3	L	3:28 PM	3.9	H	10:04 PM	2.6	L
2	Tue	6:51 AM	7:25 PM	4:02 PM	1:32 AM			3:43 AM	3.3	H	9:49 AM	2.3	L	4:27 PM	4	H	11:02 PM	2.5	L
3	Wed	6:52 AM	7:24 PM	4:50 PM	2:29 AM			4:43 AM	3.5	H	10:48 AM	2.2	L	5:21 PM	4.2	H	11:53 PM	2.3	L
4	Thu	6:52 AM	7:23 PM	5:35 PM	3:30 AM			5:38 AM	3.6	H	11:44 AM	2	L	6:10 PM	4.4	H	-	-	-
5	Fri	6:52 AM	7:22 PM	6:14 PM	4:32 AM			12:38 AM	2.1	L	6:28 AM	3.9	H	12:35 PM	1.8	L	6:55 PM	4.5	H
6	Sat	6:53 AM	7:21 PM	6:52 PM	5:35 AM			1:20 AM	1.8	L	7:14 AM	4.1	H	1:24 PM	1.6	L	7:39 PM	4.6	H
7	Sun	6:53 AM	7:20 PM	7:27 PM	6:37 AM	Full Moon	2:08 PM	2:00 AM	1.6	L	7:59 AM	4.4	H	2:12 PM	1.4	L	8:22 PM	4.7	H
8	Mon	6:53 AM	7:19 PM	8:02 PM	7:39 AM			2:40 AM	1.3	L	8:44 AM	4.6	H	3:00 PM	1.3	L	9:05 PM	4.6	H
9	Tue	6:54 AM	7:18 PM	8:37 PM	8:42 AM			3:21 AM	1.2	L	9:30 AM	4.8	H	3:49 PM	1.2	L	9:49 PM	4.5	H
10	Wed	6:54 AM	7:17 PM	9:16 PM	9:47 AM			4:04 AM	1.1	L	10:18 AM	4.8	H	4:39 PM	1.3	L	10:36 PM	4.4	H
11	Thu	6:55 AM	7:16 PM	9:59 PM	10:53 AM			4:49 AM	1.1	L	11:08 AM	4.8	H	5:33 PM	1.5	L	11:26 PM	4.2	H
12	Fri	6:55 AM	7:15 PM	10:48 PM	12:02 PM			5:37 AM	1.3	L	12:02 PM	4.7	H	6:30 PM	1.7	L	-	-	-
13	Sat	6:55 AM	7:14 PM	11:44 PM	1:10 PM			12:20 AM	4	H	6:32 AM	1.4	L	1:02 PM	4.6	H	7:34 PM	1.9	L
14	Sun	6:56 AM	7:13 PM	-	2:15 PM	Third Quarter	6:32 AM	1:22 AM	3.8	H	7:33 AM	1.7	L	2:08 PM	4.5	H	8:44 PM	2.1	L
15	Mon	6:56 AM	7:11 PM	12:44 AM	3:15 PM			2:31 AM	3.7	H	8:41 AM	1.8	L	3:18 PM	4.4	H	9:55 PM	2.2	L
16	Tue	6:56 AM	7:10 PM	1:49 AM	4:06 PM			3:44 AM	3.7	H	9:53 AM	1.9	L	4:26 PM	4.4	H	11:01 PM	2.1	L
17	Wed	6:57 AM	7:09 PM	2:52 AM	4:50 PM			4:53 AM	3.8	H	11:01 AM	1.9	L	5:27 PM	4.4	H	11:58 PM	2	L
18	Thu	6:57 AM	7:08 PM	3:55 AM	5:29 PM			5:53 AM	3.9	H	12:01 PM	1.8	L	6:21 PM	4.4	H	-	-	-
19	Fri	6:57 AM	7:07 PM	4:53 AM	6:03 PM			12:46 AM	1.8	L	6:44 AM	4.1	H	12:54 PM	1.8	L	7:07 PM	4.4	H
20	Sat	6:58 AM	7:06 PM	5:49 AM	6:33 PM			1:29 AM	1.7	L	7:30 AM	4.2	H	1:41 PM	1.7	L	7:49 PM	4.4	H
21	Sun	6:58 AM	7:05 PM	6:43 AM	7:03 PM	New Moon	3:54 PM	2:07 AM	1.7	L	8:11 AM	4.3	H	2:24 PM	1.7	L	8:28 PM	4.3	H
22	Mon	6:59 AM	7:04 PM	7:35 AM	7:32 PM			2:42 AM	1.6	L	8:49 AM	4.4	H	3:05 PM	1.7	L	9:04 PM	4.2	H
23	Tue	6:59 AM	7:03 PM	8:27 AM	8:02 PM			3:16 AM	1.6	L	9:26 AM	4.4	H	3:44 PM	1.7	L	9:40 PM	4.1	H
24	Wed	6:59 AM	7:02 PM	9:20 AM	8:33 PM			3:49 AM	1.7	L	10:02 AM	4.4	H	4:23 PM	1.8	L	10:16 PM	3.9	H
25	Thu	7:00 AM	7:01 PM	10:14 AM	9:09 PM			4:23 AM	1.8	L	10:39 AM	4.3	H	5:02 PM	2	L	10:52 PM	3.8	H
26	Fri	7:00 AM	7:00 PM	11:09 AM	9:48 PM			4:58 AM	1.9	L	11:18 AM	4.2	H	5:44 PM	2.2	L	11:31 PM	3.6	H
27	Sat	7:01 AM	6:59 PM	12:04 PM	10:32 PM			5:35 AM	2.1	L	12:00 PM	4.1	H	6:30 PM	2.4	L	-	-	-
28	Sun	7:01 AM	6:57 PM	12:59 PM	11:22 PM			12:14 AM	3.5	H	6:17 AM	2.2	L	12:48 PM	4	H	7:22 PM	2.5	L
29	Mon	7:01 AM	6:56 PM	1:52 PM	-	First Quarter	7:53 PM	1:04 AM	3.4	H	7:07 AM	2.4	L	1:43 PM	3.9	H	8:21 PM	2.6	L
30	Tue	7:02 AM	6:55 PM	2:41 PM	12:16 AM			2:03 AM	3.4	H	8:06 AM	2.4	L	2:44 PM	4	H	9:22 PM	2.6	L

Sun, Moon and Tide Tables, 2025

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	Wed	7:02 AM	6:54 PM	3:27 PM	1:15 AM			3:07 AM	3.4	H	9:11 AM	2.4	L	3:44 PM	4	H	10:19 PM	2.5	L
2	Thu	7:02 AM	6:53 PM	4:07 PM	2:15 AM			4:10 AM	3.6	H	10:15 AM	2.3	L	4:40 PM	4.2	H	11:10 PM	2.2	L
3	Fri	7:03 AM	6:52 PM	4:45 PM	3:16 AM			5:06 AM	3.8	H	11:15 AM	2	L	5:32 PM	4.3	H	11:56 PM	1.9	L
4	Sat	7:03 AM	6:51 PM	5:21 PM	4:17 AM			5:57 AM	4.1	H	12:09 PM	1.8	L	6:20 PM	4.4	H	-	-	-
5	Sun	7:04 AM	6:50 PM	5:56 PM	5:20 AM			12:40 AM	1.6	L	6:45 AM	4.4	H	1:01 PM	1.5	L	7:06 PM	4.5	H
6	Mon	7:04 AM	6:49 PM	6:32 PM	6:22 AM	Full Moon	11:47 PM	1:22 AM	1.3	L	7:32 AM	4.7	H	1:52 PM	1.2	L	7:52 PM	4.5	H
7	Tue	7:05 AM	6:48 PM	7:10 PM	7:28 AM			2:05 AM	1	L	8:19 AM	4.9	H	2:42 PM	1.1	L	8:39 PM	4.5	H
8	Wed	7:05 AM	6:47 PM	7:52 PM	8:35 AM			2:49 AM	0.9	L	9:07 AM	5	H	3:32 PM	1.1	L	9:26 PM	4.4	H
9	Thu	7:05 AM	6:46 PM	8:40 PM	9:46 AM			3:35 AM	0.9	L	9:57 AM	5	H	4:24 PM	1.1	L	10:16 PM	4.2	H
10	Fri	7:06 AM	6:45 PM	9:36 PM	10:57 AM			4:24 AM	1	L	10:49 AM	4.9	H	5:19 PM	1.3	L	11:09 PM	4	H
11	Sat	7:06 AM	6:44 PM	10:36 PM	12:06 PM			5:17 AM	1.2	L	11:45 AM	4.8	H	6:18 PM	1.6	L	-	-	-
12	Sun	7:07 AM	6:43 PM	11:41 PM	1:09 PM			12:07 AM	3.9	H	6:15 AM	1.4	L	12:46 PM	4.6	H	7:22 PM	1.8	L
13	Mon	7:07 AM	6:42 PM	-	2:04 PM	Third Quarter	2:12 PM	1:12 AM	3.7	H	7:19 AM	1.7	L	1:52 PM	4.4	H	8:30 PM	2	L
14	Tue	7:08 AM	6:41 PM	12:46 AM	2:50 PM			2:23 AM	3.7	H	8:31 AM	1.9	L	3:00 PM	4.3	H	9:37 PM	2	L
15	Wed	7:08 AM	6:41 PM	1:49 AM	3:30 PM			3:35 AM	3.7	H	9:43 AM	2	L	4:06 PM	4.2	H	10:39 PM	1.9	L
16	Thu	7:09 AM	6:40 PM	2:48 AM	4:05 PM			4:41 AM	3.8	H	10:50 AM	2	L	5:05 PM	4.2	H	11:31 PM	1.8	L
17	Fri	7:09 AM	6:39 PM	3:44 AM	4:36 PM			5:37 AM	4	H	11:49 AM	1.9	L	5:56 PM	4.1	H	-	-	-
18	Sat	7:10 AM	6:38 PM	4:38 AM	5:06 PM			12:17 AM	1.7	L	6:25 AM	4.1	H	12:39 PM	1.8	L	6:41 PM	4.1	H
19	Sun	7:10 AM	6:37 PM	5:30 AM	5:34 PM			12:56 AM	1.6	L	7:07 AM	4.2	H	1:24 PM	1.7	L	7:21 PM	4	H
20	Mon	7:11 AM	6:36 PM	6:21 AM	6:04 PM			1:32 AM	1.6	L	7:45 AM	4.3	H	2:05 PM	1.7	L	7:59 PM	4	H
21	Tue	7:11 AM	6:35 PM	7:14 AM	6:34 PM	New Moon	8:25 AM	2:06 AM	1.5	L	8:21 AM	4.3	H	2:43 PM	1.6	L	8:35 PM	3.9	H
22	Wed	7:12 AM	6:34 PM	8:07 AM	7:09 PM			2:40 AM	1.5	L	8:56 AM	4.3	H	3:21 PM	1.6	L	9:10 PM	3.8	H
23	Thu	7:12 AM	6:34 PM	9:02 AM	7:47 PM			3:13 AM	1.6	L	9:32 AM	4.3	H	3:59 PM	1.7	L	9:46 PM	3.6	H
24	Fri	7:13 AM	6:33 PM	9:57 AM	8:29 PM			3:47 AM	1.7	L	10:08 AM	4.2	H	4:37 PM	1.8	L	10:23 PM	3.5	H
25	Sat	7:13 AM	6:32 PM	10:52 AM	9:17 PM			4:23 AM	1.8	L	10:47 AM	4.1	H	5:18 PM	2	L	11:02 PM	3.4	H
26	Sun	7:14 AM	6:31 PM	11:45 AM	10:09 PM			5:01 AM	1.9	L	11:28 AM	4	H	6:02 PM	2.1	L	11:45 PM	3.3	H
27	Mon	7:15 AM	6:31 PM	12:35 PM	11:05 PM			5:43 AM	2.1	L	12:14 PM	4	H	6:51 PM	2.2	L	-	-	-
28	Tue	7:15 AM	6:30 PM	1:21 PM	-			12:35 AM	3.3	H	6:33 AM	2.2	L	1:05 PM	3.9	H	7:44 PM	2.3	L
29	Wed	7:16 AM	6:29 PM	2:02 PM	12:02 AM	First Quarter	12:20 PM	1:32 AM	3.3	H	7:31 AM	2.3	L	2:01 PM	3.9	H	8:40 PM	2.2	L
30	Thu	7:16 AM	6:28 PM	2:40 PM	1:01 AM			2:34 AM	3.4	H	8:37 AM	2.2	L	3:00 PM	3.9	H	9:34 PM	2.1	L
31	Fri	7:17 AM	6:28 PM	3:16 PM	2:01 AM			3:36 AM	3.6	H	9:43 AM	2.1	L	3:57 PM	4	H	10:25 PM	1.8	L

Sun, Moon and Tide Tables, 2025

*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	Sat	7:17 AM	6:27 PM	3:50 PM	3:00 AM			4:33 AM	3.9	H	10:46 AM	1.9	L	4:52 PM	4.0	H	11:13 PM	1.5	L
2	Sun	6:18 AM	5:26 PM	3:24 PM	3:01 AM			4:26 AM	4.2	H	10:44 AM	1.5	L	4:44 PM	4.1	H	11:00 PM	1.2	L
3	Mon	6:19 AM	5:26 PM	4:01 PM	4:04 AM			5:17 AM	4.5	H	11:39 AM	1.2	L	5:35 PM	4.1	H	11:47 PM	0.9	L
4	Tue	6:19 AM	5:25 PM	4:41 PM	5:10 AM			6:07 AM	4.8	H	12:32 PM	1.0	L	6:25 PM	4.1	H	-	-	-
5	Wed	6:20 AM	5:25 PM	5:27 PM	6:20 AM	Full Moon	8:19 AM	12:34 AM	0.6	L	6:57 AM	4.9	H	1:25 PM	0.8	L	7:15 PM	4.1	H
6	Thu	6:21 AM	5:24 PM	6:20 PM	7:33 AM			1:23 AM	0.5	L	7:47 AM	5.0	H	2:17 PM	0.8	L	8:06 PM	4.0	H
7	Fri	6:21 AM	5:24 PM	7:21 PM	8:45 AM			2:13 AM	0.5	L	8:39 AM	5.0	H	3:11 PM	0.9	L	8:59 PM	3.9	H
8	Sat	6:22 AM	5:23 PM	8:26 PM	9:54 AM			3:05 AM	0.7	L	9:33 AM	4.8	H	4:06 PM	1.0	L	9:55 PM	3.8	H
9	Sun	6:23 AM	5:23 PM	9:35 PM	10:55 AM			4:00 AM	0.9	L	10:29 AM	4.6	H	5:04 PM	1.2	L	10:55 PM	3.7	H
10	Mon	6:23 AM	5:22 PM	10:40 PM	11:46 AM			5:00 AM	1.2	L	11:28 AM	4.4	H	6:04 PM	1.4	L	11:59 PM	3.6	H
11	Tue	6:24 AM	5:22 PM	11:42 PM	12:29 PM			6:04 AM	1.5	L	12:30 PM	4.2	H	7:07 PM	1.6	L	-	-	-
12	Wed	6:25 AM	5:21 PM	-	1:06 PM	Third Quarter	12:28 AM	1:07 AM	3.6	H	7:14 AM	1.8	L	1:33 PM	4.0	H	8:08 PM	1.6	L
13	Thu	6:25 AM	5:21 PM	12:40 AM	1:39 PM			2:15 AM	3.6	H	8:23 AM	1.9	L	2:35 PM	3.9	H	9:05 PM	1.6	L
14	Fri	6:26 AM	5:20 PM	1:34 AM	2:09 PM			3:17 AM	3.7	H	9:29 AM	1.9	L	3:32 PM	3.8	H	9:55 PM	1.6	L
15	Sat	6:27 AM	5:20 PM	2:26 AM	2:37 PM			4:11 AM	3.8	H	10:27 AM	1.8	L	4:22 PM	3.7	H	10:39 PM	1.5	L
16	Sun	6:27 AM	5:20 PM	3:18 AM	3:06 PM			4:57 AM	3.9	H	11:17 AM	1.7	L	5:08 PM	3.6	H	11:19 PM	1.4	L
17	Mon	6:28 AM	5:20 PM	4:09 AM	3:37 PM			5:39 AM	4.0	H	12:02 PM	1.6	L	5:50 PM	3.5	H	11:56 PM	1.3	L
18	Tue	6:29 AM	5:19 PM	5:02 AM	4:09 PM			6:17 AM	4.1	H	12:43 PM	1.5	L	6:29 PM	3.5	H	-	-	-
19	Wed	6:30 AM	5:19 PM	5:56 AM	4:46 PM			12:32 AM	1.3	L	6:54 AM	4.1	H	1:22 PM	1.4	L	7:07 PM	3.4	H
20	Thu	6:30 AM	5:19 PM	6:51 AM	5:27 PM	New Moon	1:47 AM	1:08 AM	1.3	L	7:31 AM	4.1	H	2:00 PM	1.4	L	7:44 PM	3.4	H
21	Fri	6:31 AM	5:19 PM	7:47 AM	6:13 PM			1:43 AM	1.3	L	8:07 AM	4.1	H	2:38 PM	1.4	L	8:22 PM	3.3	H
22	Sat	6:32 AM	5:18 PM	8:40 AM	7:04 PM			2:20 AM	1.4	L	8:45 AM	4.1	H	3:17 PM	1.5	L	9:00 PM	3.3	H
23	Sun	6:32 AM	5:18 PM	9:32 AM	7:59 PM			2:57 AM	1.5	L	9:24 AM	4.0	H	3:58 PM	1.6	L	9:40 PM	3.2	H
24	Mon	6:33 AM	5:18 PM	10:18 AM	8:56 PM			3:36 AM	1.6	L	10:04 AM	4.0	H	4:39 PM	1.7	L	10:24 PM	3.2	H
25	Tue	6:34 AM	5:18 PM	11:00 AM	9:54 PM			4:19 AM	1.7	L	10:47 AM	3.9	H	5:23 PM	1.8	L	11:11 PM	3.2	H
26	Wed	6:35 AM	5:18 PM	11:38 AM	10:51 PM			5:08 AM	1.8	L	11:33 AM	3.8	H	6:10 PM	1.7	L	-	-	-
27	Thu	6:35 AM	5:18 PM	12:13 PM	11:49 PM			12:05 AM	3.3	H	6:04 AM	1.9	L	12:23 PM	3.8	H	6:58 PM	1.7	L
28	Fri	6:36 AM	5:18 PM	12:46 PM	-	First Quarter	1:58 AM	1:02 AM	3.4	H	7:07 AM	1.9	L	1:18 PM	3.7	H	7:49 PM	1.5	L
29	Sat	6:37 AM	5:18 PM	1:20 PM	12:46 AM			2:02 AM	3.6	H	8:13 AM	1.8	L	2:15 PM	3.7	H	8:41 PM	1.3	L
30	Sun	6:37 AM	5:18 PM	1:54 PM	1:46 AM			3:00 AM	3.9	H	9:18 AM	1.6	L	3:13 PM	3.7	H	9:33 PM	1.0	L

Sun, Moon and Tide Tables, 2025

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	Mon	6:38 AM	5:18 PM	2:30 PM	2:48 AM			3:57 AM	4.1	H	10:21 AM	1.3	L	4:11 PM	3.7	H	10:25 PM	0.7	L
2	Tue	6:39 AM	5:18 PM	3:13 PM	3:54 AM			4:52 AM	4.4	H	11:19 AM	1.0	L	5:07 PM	3.7	H	11:17 PM	0.5	L
3	Wed	6:40 AM	5:18 PM	4:01 PM	5:05 AM			5:45 AM	4.6	H	12:16 PM	0.8	L	6:02 PM	3.7	H	—	—	—
4	Thu	6:40 AM	5:18 PM	4:59 PM	6:17 AM	Full Moon	6:14 PM	12:10 AM	0.3	L	6:39 AM	4.7	H	1:10 PM	0.6	L	6:56 PM	3.7	H
5	Fri	6:41 AM	5:18 PM	6:03 PM	7:30 AM			1:02 AM	0.2	L	7:31 AM	4.8	H	2:04 PM	0.6	L	7:51 PM	3.7	H
6	Sat	6:42 AM	5:18 PM	7:13 PM	8:36 AM			1:56 AM	0.3	L	8:24 AM	4.7	H	2:57 PM	0.6	L	8:45 PM	3.7	H
7	Sun	6:42 AM	5:19 PM	8:22 PM	9:34 AM			2:50 AM	0.4	L	9:18 AM	4.6	H	3:51 PM	0.7	L	9:41 PM	3.7	H
8	Mon	6:43 AM	5:19 PM	9:29 PM	10:22 AM			3:46 AM	0.7	L	10:11 AM	4.4	H	4:45 PM	0.9	L	10:39 PM	3.6	H
9	Tue	6:44 AM	5:19 PM	10:30 PM	11:03 AM			4:44 AM	1.0	L	11:06 AM	4.2	H	5:39 PM	1.0	L	11:39 PM	3.6	H
10	Wed	6:44 AM	5:19 PM	11:27 PM	11:39 AM			5:44 AM	1.3	L	12:01 PM	4.0	H	6:34 PM	1.2	L	—	—	—
11	Thu	6:45 AM	5:20 PM	—	12:10 PM	Third Quarter	3:51 PM	12:40 AM	3.5	H	6:47 AM	1.5	L	12:57 PM	3.7	H	7:28 PM	1.2	L
12	Fri	6:46 AM	5:20 PM	12:21 AM	12:39 PM			1:41 AM	3.5	H	7:52 AM	1.7	L	1:53 PM	3.5	H	8:20 PM	1.3	L
13	Sat	6:46 AM	5:20 PM	1:13 AM	1:09 PM			2:40 AM	3.6	H	8:56 AM	1.8	L	2:48 PM	3.3	H	9:09 PM	1.3	L
14	Sun	6:47 AM	5:21 PM	2:05 AM	1:39 PM			3:34 AM	3.6	H	9:55 AM	1.7	L	3:41 PM	3.2	H	9:55 PM	1.3	L
15	Mon	6:47 AM	5:21 PM	2:57 AM	2:10 PM			4:22 AM	3.7	H	10:48 AM	1.6	L	4:31 PM	3.1	H	10:39 PM	1.2	L
16	Tue	6:48 AM	5:21 PM	3:51 AM	2:46 PM			5:07 AM	3.7	H	11:36 AM	1.5	L	5:16 PM	3.1	H	11:20 PM	1.2	L
17	Wed	6:48 AM	5:22 PM	4:45 AM	3:26 PM			5:49 AM	3.8	H	12:19 PM	1.4	L	6:00 PM	3.1	H	—	—	—
18	Thu	6:49 AM	5:22 PM	5:41 AM	4:10 PM			12:01 AM	1.1	L	6:29 AM	3.9	H	1:00 PM	1.3	L	6:41 PM	3.1	H
19	Fri	6:50 AM	5:23 PM	6:35 AM	5:00 PM	New Moon	8:43 PM	12:41 AM	1.1	L	7:08 AM	3.9	H	1:40 PM	1.2	L	7:21 PM	3.1	H
20	Sat	6:50 AM	5:23 PM	7:28 AM	5:54 PM			1:20 AM	1.0	L	7:47 AM	4.0	H	2:19 PM	1.2	L	8:01 PM	3.2	H
21	Sun	6:51 AM	5:24 PM	8:16 AM	6:51 PM			1:59 AM	1.1	L	8:25 AM	4.0	H	2:58 PM	1.2	L	8:41 PM	3.2	H
22	Mon	6:51 AM	5:24 PM	9:00 AM	7:49 PM			2:38 AM	1.1	L	9:03 AM	4.0	H	3:36 PM	1.2	L	9:21 PM	3.2	H
23	Tue	6:52 AM	5:25 PM	9:39 AM	8:46 PM			3:19 AM	1.2	L	9:42 AM	3.9	H	4:14 PM	1.2	L	10:04 PM	3.3	H
24	Wed	6:52 AM	5:25 PM	10:14 AM	9:43 PM			4:02 AM	1.3	L	10:22 AM	3.9	H	4:54 PM	1.2	L	10:49 PM	3.3	H
25	Thu	6:52 AM	5:26 PM	10:48 AM	10:39 PM			4:49 AM	1.4	L	11:04 AM	3.8	H	5:35 PM	1.2	L	11:38 PM	3.4	H
26	Fri	6:53 AM	5:26 PM	11:20 AM	11:37 PM			5:43 AM	1.5	L	11:51 AM	3.7	H	6:20 PM	1.1	L	—	—	—
27	Sat	6:53 AM	5:27 PM	11:52 AM	—	First Quarter	2:09 PM	12:32 AM	3.5	H	6:42 AM	1.5	L	12:43 PM	3.5	H	7:09 PM	1.0	L
28	Sun	6:54 AM	5:28 PM	12:26 PM	12:35 AM			1:30 AM	3.7	H	7:47 AM	1.5	L	1:40 PM	3.4	H	8:02 PM	0.9	L
29	Mon	6:54 AM	5:28 PM	1:04 PM	1:38 AM			2:30 AM	3.8	H	8:54 AM	1.3	L	2:41 PM	3.3	H	8:58 PM	0.7	L
30	Tue	6:54 AM	5:29 PM	1:48 PM	2:43 AM			3:31 AM	4.0	H	10:00 AM	1.2	L	3:44 PM	3.3	H	9:57 PM	0.5	L
31	Wed	6:55 AM	5:30 PM	2:39 PM	3:53 AM			4:31 AM	4.2	H	11:03 AM	1.0	L	4:46 PM	2.3	H	10:55 PM	0.4	L

Notes

