



# *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**

**THE CLIMATOLOGICAL SECTION**

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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 08<sup>th</sup> March, 2025** to **Sunday 01<sup>st</sup> November, 2026**.

### ECLIPSES 2026:

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

FEBRUARY      *Wed. 17<sup>th</sup>*

**Annular Solar Eclipse**  
**Not Visible** in The Bahamas

MARCH      *Tue. 03<sup>rd</sup>*

**Total Lunar Eclipse**  
**Visible (03<sup>rd</sup>)** 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. 12<sup>th</sup>*

**Total Solar Eclipse**  
**Visible (12<sup>th</sup>)** 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. 27<sup>th</sup> – 28<sup>th</sup>*

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

### EARTH SEASONS 2026

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

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

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

**WINTER:**      The **Winter Solstice** occurs on 21<sup>st</sup> 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:** 3<sup>rd</sup> January

**Micro Full Moon:** 01<sup>st</sup> May

**Super New Moon:** 16<sup>th</sup> May

**Blue Moon:** 31<sup>st</sup> May

**Super New Moon:** 14<sup>th</sup> June

**Micro Full Moon:** 29<sup>th</sup> June

**Super New Moon:** 14<sup>th</sup> July

**Super Full Moon:** 24<sup>th</sup> November

**Micro New Moon:** 08<sup>th</sup> December

**Super Full Moon:** 23<sup>rd</sup> 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 | H | 9:50 AM  | 4.2 | L | 4:18 PM  | 0.6 | H | 10:18 PM | 3.7 | L |
| 7    | Wed | 6:56 AM | 5:34 PM | 10:10 PM | 10:07 AM |               |               | 4:25 AM  | 0.8 | H | 10:38 AM | 4.0 | L | 4:18 PM  | 0.7 | H | 10:18 PM | 3.6 | L |
| 8    | Thu | 6:56 AM | 5:35 PM | 11:05 PM | 10:38 AM |               |               | 5:18 AM  | 1.1 | H | 11:25 AM | 3.7 | L | 5:51 PM  | 0.8 | H | 12:03 PM | 3.6 | 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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