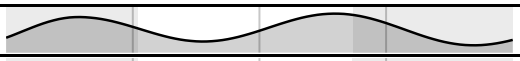
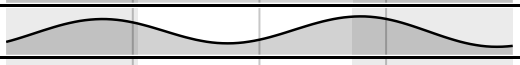
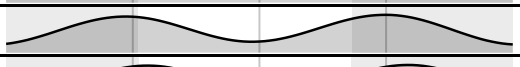
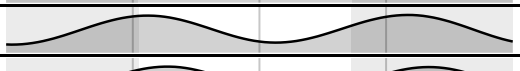
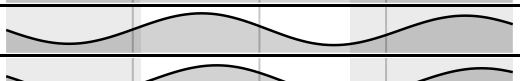
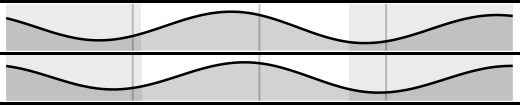
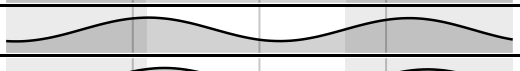
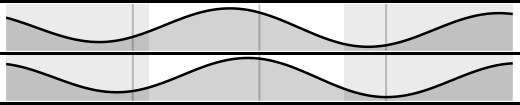
Rockland Tides

NOVEMBER 2026

Bold: high tide. Plain: low tide. Feet above MLLW.
Times: ET. Shaded: night. Moon: new, quarter, full.

DAY		12A 6A NOON 6P 12A	HIGH AND LOW TIDES, TIME AND FEET				SUNRISE, SUNSET
Sun	1 ◑		**3:25a** 9.7	9:20a 1.0	**3:35p** 10.9	10:09p −0.3	6:13a 4:26p
Mon	2		**4:34a** 9.7	10:29a 1.1	**4:48p** 10.7	11:15p −0.2	6:14a 4:24p
Tue	3		**5:40a** 9.9	11:39a 0.9	**5:58p** 10.5		6:15a 4:23p
Wed	4		12:18a −0.1	**6:42a** 10.2	12:46p 0.6	**7:03p** 10.5	6:17a 4:22p
Thu	5		1:16a 0.0	**7:38a** 10.6	1:47p 0.3	**8:02p** 10.4	6:18a 4:20p
Fri	6		2:09a 0.0	**8:29a** 10.9	2:41p −0.1	**8:55p** 10.4	6:19a 4:19p
Sat	7		2:58a 0.2	**9:16a** 11.1	3:31p −0.3	**9:45p** 10.2	6:21a 4:18p
Sun	8		3:43a 0.4	**9:59a** 11.1	4:16p −0.3	**10:31p** 10.0	6:22a 4:17p
Mon	9 ●		4:24a 0.7	**10:40a** 10.9	4:59p −0.3	**11:15p** 9.7	6:23a 4:16p
Tue	10		5:04a 1.1	**11:18a** 10.7	5:39p −0.1	**11:56p** 9.4	6:25a 4:15p
Wed	11		5:41a 1.4	**11:53a** 10.4	6:18p 0.2		6:26a 4:13p
Thu	12		**12:35a** 9.1	6:19a 1.7	**12:28p** 10.2	6:57p 0.4	6:27a 4:12p
Fri	13		**1:14a** 8.8	6:58a 1.9	**1:04p** 9.9	7:38p 0.7	6:29a 4:11p
Sat	14		**1:54a** 8.6	7:39a 2.2	**1:44p** 9.6	8:21p 1.0	6:30a 4:10p
Sun	15		**2:37a** 8.4	8:25a 2.3	**2:29p** 9.4	9:07p 1.1	6:31a 4:09p
Mon	16		**3:24a** 8.4	9:15a 2.4	**3:19p** 9.2	9:57p 1.3	6:33a 4:08p
Tue	17 ◐		**4:15a** 8.4	10:10a 2.4	**4:14p** 9.1	10:47p 1.3	6:34a 4:08p
Wed	18		**5:07a** 8.7	11:08a 2.2	**5:11p** 9.1	11:38p 1.2	6:35a 4:07p
Thu	19		**5:57a** 9.1	12:04p 1.8	**6:09p** 9.2		6:36a 4:06p
Fri	20		12:27a 1.1	**6:44a** 9.6	12:58p 1.2	**7:05p** 9.4	6:38a 4:05p
Sat	21		1:15a 0.9	**7:30a** 10.1	1:50p 0.6	**7:58p** 9.6	6:39a 4:04p
Sun	22		2:02a 0.7	**8:15a** 10.8	2:39p −0.1	**8:49p** 9.9	6:40a 4:04p
Mon	23		2:49a 0.5	**9:01a** 11.3	3:29p −0.7	**9:40p** 10.2	6:42a 4:03p
Tue	24 ○		3:36a 0.3	**9:47a** 11.8	4:18p −1.2	**10:30p** 10.4	6:43a 4:02p
Wed	25		4:25a 0.2	**10:36a** 12.2	5:09p −1.5	**11:21p** 10.5	6:44a 4:02p
Thu	26		5:15a 0.1	**11:27a** 12.3	6:01p −1.6		6:45a 4:01p
Fri	27		**12:15a** 10.4	6:08a 0.1	**12:21p** 12.2	6:55p −1.5	6:46a 4:00p
Sat	28		**1:11a** 10.4	7:04a 0.3	**1:18p** 12.0	7:51p −1.3	6:48a 4:00p
Sun	29		**2:10a** 10.3	8:04a 0.4	**2:18p** 11.6	8:50p −0.9	6:49a 4:00p
Mon	30		**3:12a** 10.2	9:08a 0.6	**3:24p** 11.1	9:50p −0.6	6:50a 3:59p

Updated November 1, 2026. Schedules change: scan the code for the latest.
printdates.com/tides/maine/rockland · NOAA station 8415490. Not for navigation