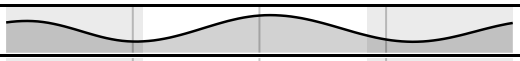
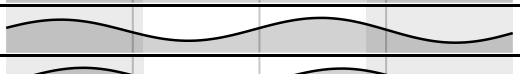
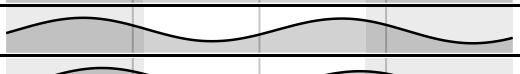
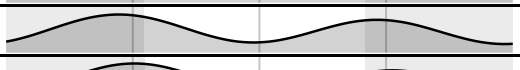
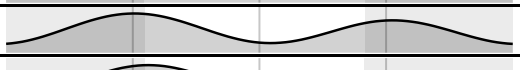
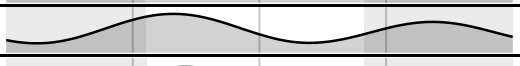
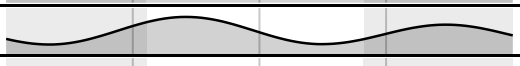
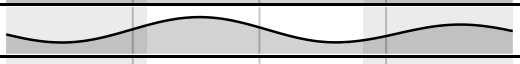
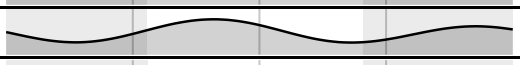
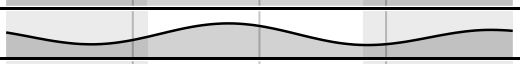
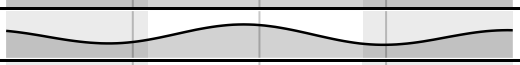
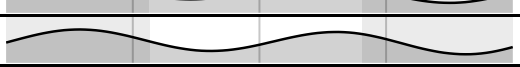
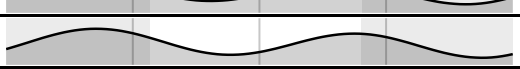
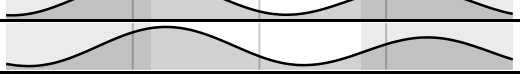
# Virginia Beach Tides

**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 ◑ |  | **1:00a** 3.4 | 6:08a 0.6 | **12:30p** 4.2 | 7:17p 0.6 | 6:27a 5:06p |
| Mon | 2 |  | **1:14a** 3.4 | 7:22a 0.7 | **1:43p** 4.0 | 8:21p 0.6 | 6:28a 5:05p |
| Tue | 3 |  | **2:35a** 3.6 | 8:38a 0.7 | **2:55p** 3.8 | 9:17p 0.5 | 6:29a 5:04p |
| Wed | 4 |  | **3:39a** 3.9 | 9:45a 0.7 | **3:54p** 3.8 | 10:07p 0.4 | 6:30a 5:03p |
| Thu | 5 |  | **4:32a** 4.1 | 10:46a 0.6 | **4:46p** 3.7 | 10:53p 0.3 | 6:31a 5:02p |
| Fri | 6 |  | **5:20a** 4.3 | 11:43a 0.5 | **5:34p** 3.6 | 11:37p 0.3 | 6:32a 5:01p |
| Sat | 7 |  | **6:04a** 4.4 | 12:31p 0.4 | **6:18p** 3.5 | | 6:33a 5:00p |
| Sun | 8 |  | 12:18a 0.3 | **6:44a** 4.5 | 1:11p 0.4 | **6:58p** 3.5 | 6:34a 4:59p |
| Mon | 9 ● |  | 12:54a 0.3 | **7:20a** 4.5 | 1:47p 0.4 | **7:35p** 3.4 | 6:35a 4:59p |
| Tue | 10 |  | 1:28a 0.4 | **7:55a** 4.4 | 2:21p 0.5 | **8:12p** 3.3 | 6:37a 4:58p |
| Wed | 11 |  | 2:03a 0.5 | **8:31a** 4.3 | 2:57p 0.6 | **8:50p** 3.2 | 6:38a 4:57p |
| Thu | 12 |  | 2:39a 0.6 | **9:10a** 4.1 | 3:36p 0.7 | **9:31p** 3.1 | 6:39a 4:56p |
| Fri | 13 |  | 3:18a 0.8 | **9:50a** 3.9 | 4:20p 0.8 | **10:14p** 3.0 | 6:40a 4:55p |
| Sat | 14 |  | 4:03a 0.9 | **10:32a** 3.8 | 5:06p 0.8 | **10:59p** 2.9 | 6:41a 4:55p |
| Sun | 15 |  | 4:53a 1.1 | **11:15a** 3.6 | 5:52p 0.9 | **11:45p** 2.9 | 6:42a 4:54p |
| Mon | 16 |  | 5:44a 1.1 | **11:59a** 3.5 | 6:39p 0.9 | | 6:43a 4:53p |
| Tue | 17 ◐ |  | **12:36a** 2.9 | 6:41a 1.2 | **12:49p** 3.4 | 7:27p 0.8 | 6:44a 4:53p |
| Wed | 18 |  | **1:37a** 3.0 | 7:43a 1.1 | **1:47p** 3.3 | 8:15p 0.6 | 6:45a 4:52p |
| Thu | 19 |  | **2:36a** 3.3 | 8:44a 0.9 | **2:45p** 3.3 | 9:01p 0.5 | 6:46a 4:51p |
| Fri | 20 |  | **3:28a** 3.6 | 9:41a 0.7 | **3:39p** 3.3 | 9:47p 0.3 | 6:47a 4:51p |
| Sat | 21 |  | **4:16a** 4.0 | 10:37a 0.5 | **4:30p** 3.4 | 10:34p 0.1 | 6:48a 4:50p |
| Sun | 22 |  | **5:04a** 4.4 | 11:33a 0.2 | **5:23p** 3.4 | 11:24p −0.1 | 6:49a 4:50p |
| Mon | 23 |  | **5:54a** 4.7 | 12:26p 0.0 | **6:15p** 3.5 | | 6:50a 4:49p |
| Tue | 24 ○ |  | 12:15a −0.3 | **6:44a** 4.9 | 1:16p −0.2 | **7:06p** 3.5 | 6:51a 4:49p |
| Wed | 25 |  | 1:05a −0.4 | **7:34a** 4.9 | 2:05p −0.2 | **7:57p** 3.5 | 6:52a 4:49p |
| Thu | 26 |  | 1:55a −0.4 | **8:25a** 4.9 | 2:57p −0.2 | **8:51p** 3.5 | 6:53a 4:48p |
| Fri | 27 |  | 2:48a −0.3 | **9:20a** 4.7 | 3:54p −0.1 | **9:49p** 3.4 | 6:54a 4:48p |
| Sat | 28 |  | 3:47a −0.1 | **10:17a** 4.5 | 4:54p 0.0 | **10:50p** 3.4 | 6:55a 4:48p |
| Sun | 29 |  | 4:52a 0.1 | **11:13a** 4.2 | 5:53p 0.1 | **11:51p** 3.4 | 6:56a 4:48p |
| Mon | 30 |  | 5:59a 0.3 | **12:11p** 3.8 | 6:52p 0.1 | | 6:57a 4:47p |

Updated November 1, 2026. Schedules change: scan the code for the latest.
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