

2025 Cowes tide times

EAST COWES

MARINA



by **boatfolk**

January

February

	Time m	Time m	Time m
1 WED	0509 1.3 1125 4.2 1732 1.0 2354 4.2	12 SUN	0254 1.5 0913 4.2 1524 1.2 2143 4.1
2 THU	0553 1.2 1203 4.3 1816 0.9	13 MON	0348 1.4 1003 4.2 1613 1.0 2232 4.2
3 FRI	0035 4.2 0637 1.2 1245 4.2 1859 1.0	14 TUE	0435 1.2 1049 4.3 1657 0.9 2343 4.3
4 SAT	0120 4.2 0720 1.2 1329 4.2 1942 1.0	15 WED	0516 1.1 1129 4.3 1736 0.9
5 SUN	0208 4.2 0805 1.3 1419 4.1 2028 1.1	16 THU	0022 4.3 0556 1.1 1206 4.2 1815 0.9
6 MON	0257 4.1 0855 1.4 1511 4.0 2119 1.3	17 FRI	0101 4.2 0633 1.1 1245 4.2 1852 1.0
7 TUE	0352 4.1 0952 1.6 1607 3.9 2219 1.4	18 SAT	0112 4.1 0710 1.2 1320 4.0 1928 1.1
8 WED	0456 4.0 1057 1.7 1716 3.8 2326 1.6	19 SUN	0151 4.1 0747 1.4 1356 3.9 2004 1.3
9 THU	0600 4.0 1209 1.7 1826 3.8	20 MON	0227 4.0 0824 1.6 1435 3.7 2040 1.5
10 FRI	0038 1.7 0708 4.0 1322 1.6 1938 3.8	21 TUE	0305 3.9 0902 1.8 1511 3.6 2119 1.8
11 SAT	0151 1.6 0814 4.1 1428 1.4 2045 4.0	22 WED	0345 3.7 0949 2.0 1559 3.4 2209 2.0
23 THU	0439 3.6 1059 2.2 1659 3.3 2331 2.2	24 FRI	0540 3.5 1233 2.2 1816 3.3
25 SAT	0054 2.2 0651 3.5 1332 2.0 1935 3.5	26 SUN	0152 2.1 0758 3.6 1420 1.8 2040 3.7
27 MON	0241 1.9 0858 3.8 1506 1.5 2133 3.9	28 TUE	0327 1.6 0945 4.0 1551 1.2 2215 4.1
29 WED	0412 1.3 1030 4.2 1635 0.9 2257 4.2	30 THU	0456 1.0 1110 4.3 1719 0.7 2337 4.3
31 FRI	0540 0.8 1149 4.4 1802 0.6		

	Time m	Time m	Time m
1 SAT	0042 4.4 0621 0.8 1230 4.4 1842 0.6	12 WED	0422 1.2 1053 4.2 1640 0.9 2323 4.2
2 SUN	0126 4.4 0702 0.8 1314 4.4 1922 0.7	13 THU	0500 1.0 1129 4.2 1718 0.8 2357 4.2
3 MON	0214 4.4 0743 0.9 1356 4.2 2003 0.8	14 FRI	0535 0.9 1144 4.2 1752 0.7
4 TUE	0230 4.2 0828 1.1 1446 4.1 2050 1.1	15 SAT	0033 4.2 0609 1.0 1219 4.2 1825 0.8
5 WED	0328 4.1 0920 1.4 1543 3.9 2147 1.4	16 SUN	0044 4.2 0641 1.0 1254 4.1 1856 0.9
6 THU	0425 4.0 1024 1.6 1652 3.7 2256 1.7	17 MON	0115 4.1 0710 1.2 1324 4.0 1924 1.1
7 FRI	0533 3.8 1143 1.8 1804 3.6	18 TUE	0148 4.1 0739 1.3 1353 3.9 1952 1.3
8 SAT	0021 1.9 0645 3.7 1311 1.8 1928 3.6	19 WED	0217 3.9 0810 1.5 1427 3.7 2024 1.5
9 SUN	0147 1.9 0758 3.8 1422 1.6 2040 3.8	20 THU	0247 3.8 0846 1.7 1501 3.5 2104 1.8
10 MON	0250 1.6 0904 3.9 1515 1.3 2223 4.0	21 FRI	0325 3.5 0933 2.0 1549 3.3 2159 2.2
11 TUE	0339 1.4 0952 4.1 1600 1.0 2250 4.2	22 SAT	0424 3.3 1054 2.2 1718 3.2

Times are provided in GMT. For BST, please +1hr to times stated between 01:00 30 March 2025 – 01:00 26 October 2025.

March

April

	Time m	Time m	Time m
1 SAT	0518 0.5 1130 4.5 1739 0.3	12 WED	0320 1.4 1001 4.0 1538 1.1 2230 4.1
2 SUN	0015 4.5 0559 0.5 1211 4.5 1819 0.3	13 THU	0400 1.1 1032 4.1 1617 0.9 2258 4.2
3 MON	0058 4.5 0638 0.6 1250 4.4 1857 0.5	14 FRI	0436 0.9 1105 4.2 1652 0.8 2330 4.2
4 TUE	0144 4.4 0717 0.7 1334 4.3 1937 0.7	15 SAT	0509 0.9 1138 4.2 1725 0.8
5 WED	0204 4.3 0801 1.0 1427 4.1 2023 1.1	16 SUN	0003 4.2 0541 0.9 1151 4.1 1755 0.8
6 THU	0258 4.1 0852 1.3 1524 3.9 2119 1.5	17 MON	0011 4.2 0608 1.0 1223 4.1 1821 0.9
7 FRI	0358 3.9 0956 1.6 1630 3.6 2235 1.9	18 TUE	0040 4.1 0634 1.0 1249 4.0 1846 1.1
8 SAT	0505 3.6 1125 1.9 1746 3.5	19 WED	0107 4.1 0700 1.1 1319 3.9 1913 1.2
9 SUN	0018 2.1 0625 3.5 1302 1.8 1921 3.5	20 THU	0136 4.0 0730 1.3 1349 3.8 1946 1.4
10 MON	0143 1.9 0750 3.6 1408 1.6 2033 3.8	21 FRI	0206 3.8 0806 1.5 1426 3.6 2024 1.7
11 TUE	0237 1.7 0852 3.8 1456 1.3 2120 3.9	22 SAT	0245 3.6 0849 1.8 1509 3.3 2115 2.1
23 SUN	0328 3.3 0955 2.1 1632 3.2 2320 2.3	24 MON	0504 3.2 1229 2.1 1820 3.4
25 TUE	0111 2.1 0649 3.4 1329 1.8 1944 3.6	26 WED	0159 1.7 0807 3.7 1418 1.4 2042 3.9
27 THU	0244 1.3 0857 4.0 1504 1.0 2126 4.2	28 FRI	0328 0.9 0942 4.2 1548 0.6 2209 4.4
29 SAT	0411 0.6 1025 4.4 1631 0.4 2252 4.5	30 SUN	0453 0.4 1106 4.5 1713 0.3 2349 4.5
31 MON	0534 0.4 1149 4.5 1752 0.4		

	Time m	Time m	Time m
1 TUE	0031 4.5 0614 0.5 1249 4.5 1832 0.6	12 SAT	0408 1.0 1039 4.1 1622 0.9 2303 4.2
2 WED	0118 4.4 0654 0.7 1315 4.3 1914 0.9	13 SUN	0441 1.0 1048 4.1 1655 0.9 2309 4.2
3 THU	0141 4.2 0738 0.9 1408 4.1 2002 1.2	14 MON	0510 1.0 1122 4.1 1722 1.0 2340 4.2
4 FRI	0230 4.0 0830 1.3 1508 3.8 2100 1.6	15 TUE	0536 1.0 1153 4.0 1748 1.1
5 SAT	0328 3.7 0936 1.6 1617 3.6 2219 2.0	16 WED	0007 4.1 0601 1.1 1248 4.0 1814 1.2
6 SUN	0437 3.5 1105 1.9 1735 3.5	17 THU	0033 4.1 0629 1.1 1318 4.0 1844 1.3
7 MON	0006 2.1 0559 3.3 1239 1.9 1910 3.6	18 FRI	0103 4.0 0702 1.2 1355 3.9 1919 1.5
8 TUE	0122 1.9 0731 3.5 1341 1.7 2014 3.8	19 SAT	0136 3.8 0739 1.4 1449 3.7 2000 1.7
9 WED	0211 1.7 0827 3.6 1428 1.4 2055 3.9	20 SUN	0221 3.6 0825 1.6 1453 3.5 2057 2.0
10 THU	0253 1.4 0942 3.9 1509 1.2 2205 4.1	21 MON	0312 3.4 0936 1.9 1618 3.4 2248 2.2
11 FRI	0331 1.1 1008 4.0 1547 1.0 2231 4.2	22 TUE	0438 3.3 1139 1.9 1751 3.5
23 WED	0030 2.0 0609 3.4 1249 1.7 1906 3.7	24 THU	0124 1.7 0729 3.7 1343 1.3 2009 4.0
25 FRI	0213 1.3 0824 4.0 1432 1.0 2054 4.2	26 SAT	0259 0.9 0913 4.2 1519 0.7 2141 4.4
27 SUN	0344 0.6 0955 4.4 1604 0.5 2221 4.5	28 MON	0428 0.5 1043 4.5 1647 0.5 2324 4.6
29 TUE	0511 0.5 1143 4.5 1730 0.6	30 WED	0008 4.5 0552 0.6 1233 4.4 1812 0.8

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May

June

	Time m	Time m	Time m
1 THU	0031 4.3 0636 0.7 1331 4.2 1857 1.0	12 MON	0410 1.2 1024 4.0 1623 1.2 2241 4.1
2 FRI	0119 4.2 0722 1.0 1352 4.0 1947 1.4	13 TUE	0440 1.1 1059 4.0 1653 1.2 2308 4.1
3 SAT	0209 3.9 0815 1.3 1451 3.8 2046 1.7	14 WED	0508 1.1 1127 4.0 1721 1.3 2340 4.1
4 SUN	0306 3.7 0917 1.6 1555 3.7 2157 1.9	15 THU	0538 1.1 1201 3.9 1753 1.3
5 MON	0407 3.4 1032 1.8 1708 3.6 2324 2.0	16 FRI	0009 4.0 0611 1.2 1232 3.9 1828 1.4
6 TUE	0524 3.3 1154 1.8 1832 3.6	17 SAT	0043 3.9 0647 1.3 1312 3.8 1907 1.6
7 WED	0040 1.9 0649 3.4 1300 1.7 1936 3.8	18 SUN	0125 3.8 0729 1.4 1357 3.7 1955 1.7
8 THU	0135 1.7 0749 3.5 1351 1.5 2019 3.9	19 MON	0211 3.7 0820 1.5 1451 3.7 2056 1.9
9 FRI	0219 1.5 0831 3.7 1435 1.4 2055 4.0	20 TUE	0306 3.6 0929 1.7 1602 3.7 2216 1.9
10 SAT	0300 1.3 0909 3.8 1514 1.2 2134 4.1	21 WED	0417 3.5 1050 1.7 1714 3.7 2335 1.8
11 SUN	0336 1.2 0947 3.9 1551 1.2 2207 4.1	22 THU	0533 3.6 1201 1.5 1825 3.9
23 FRI	0039 1.6 0647 3.7 1301 1.3 1931 4.1	24 SAT	0136 1.3 0749 4.0 1358 1.1 2022 4.2
25 SUN	0229 1.0 0841 4.1 1450 0.9 2115 4.4	26 MON	0319 0.8 0933 4.3 1540 0.8 2200 4.4
27 TUE	0407 0.7 1022 4.3 1628 0.8 2246 4.4	28 WED	0453 0.7 1132 4.3 1714 0.9 2333 4.4
29 THU	0538 0.7 1227 4.3 1800 1.0	30 FRI	0016 4.3 0624 0.8 1247 4.1 1846 1.2
31 SAT	0106 4.1 0710 1.0 1339 4.0 1935 1.4		

	Time m	Time m	Time m
1 SUN	0153 3.9 0800 1.2 1435 3.9 2027 1.6	12 THU	0450 1.2 1118 4.0 1707 1.4 2321 4.0
2 MON	0244 3.7 0853 1.4 1526 3.8 2126 1.8	13 FRI	0527 1.2 1153 4.0 1746 1.4 2358 4.0
3 TUE	0339 3.5 0954 1.6 1629 3.7 2233 1.9	14 SAT	0606 1.1 1231 3.9 1826 1.4
4 WED	0438 3.4 1102 1.8 1732 3.7 2347 1.9	15 SUN	0039 4.0 0647 1.2 1313 3.9 1908 1.4
5 THU	0547 3.4 1211 1.8 1837 3.7	16 MON	0120 4.0 0730 1.2 1354 3.9 1954 1.5
6 FRI	0050 1.8 0656 3.4 1308 1.7 1929 3.8	17 TUE	0203 3.9 0817 1.3 1445 3.9 2045 1.6
7 SAT	0142 1.7 0750 3.6 1358 1.6 2014 3.9	18 WED	0258 3.8 0910 1.4 1543 3.9 2144 1.6
8 SUN	0226 1.6 0837 3.7 1441 1.6 2058 3.9	19 THU	0355 3.7 1012 1.4 1645 3.9 2250 1.6
9 MON	0306 1.5 0917 3.8 1520 1.5 2138 4.0	20 FRI	0502 3.7 1118 1.4 1750 4.0 2358 1.5
10 TUE	0342 1.4 1002 3.9 1556 1.5 2216 4.0	21 SAT	0612 3.8 1224 1.4 1855 4.1
11 WED	0416 1.3 1040 3.9 1631 1.4 2251 4.0	22 SUN	0102 1.4 0719 3.9 1327 1.3 1954 4.1
23 MON	0204 1.2 0822 4.0 1429 1.2 2052 4.2	24 TUE	0302 1.1 0918 4.1 1526 1.1 2142 4.3
25 WED	0355 0.9 1012 4.2 1618 1.1 2231 4.3	26 THU	0444 0.8 1104 4.2 1706 1.0 2322 4.3
27 FRI	0530 0.8 1220 4.2 1751 1.1	28 SAT	0006 4.2 0613 0.8 1308 4.2 1834 1.1
29 SUN	0110 4.2 0655 0.9 1358 4.1 1917 1.2	30 MON	0156 4.0 0738 1.1 1405 4.0 2001 1.4

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July

August

	Time m		Time m		Time m
1 TUE	0215 3.8 0823 1.3 1456 3.9 2049 1.6	12 SAT	0517 1.0 1140 4.1 1737 1.2 2348 4.1	23 WED	0255 1.3 0915 4.0 1522 1.4 2138 4.1
2 WED	0304 3.7 0911 1.5 1543 3.8 2142 1.8	13 SUN	0558 0.9 1217 4.1 1818 1.1	24 THU	0349 1.0 1007 4.1 1613 1.2 2222 4.2
3 THU	0348 3.5 1006 1.7 1630 3.7 2246 1.9	14 MON	0026 4.1 0639 0.9 1301 4.1 1858 1.1	25 FRI	0436 0.9 1120 4.2 1657 1.1 2308 4.2
4 FRI	0442 3.4 1113 1.9 1724 3.7	15 TUE	0106 4.1 0718 0.9 1340 4.1 1939 1.2	26 SAT	0517 0.8 1200 4.2 1737 1.0
5 SAT	0000 2.0 0545 3.3 1222 2.0 1822 3.6	16 WED	0150 4.1 0759 1.0 1427 4.1 2022 1.3	27 SUN	0007 4.2 0557 0.8 1240 4.2 1816 1.0
6 SUN	0104 1.9 0652 3.4 1321 2.0 1923 3.7	17 THU	0236 4.0 0844 1.1 1518 4.1 2113 1.4	28 MON	0046 4.2 0634 0.8 1321 4.2 1853 1.1
7 MON	0154 1.8 0758 3.5 1411 1.9 2018 3.7	18 FRI	0333 3.9 0938 1.3 1614 4.0 2214 1.5	29 TUE	0126 4.1 0710 0.9 1405 4.1 1929 1.2
8 TUE	0238 1.7 0854 3.7 1455 1.8 2111 3.8	19 SAT	0439 3.8 1042 1.5 1720 4.0 2325 1.6	30 WED	0143 3.9 0748 1.1 1411 4.0 2008 1.4
9 WED	0318 1.5 0943 3.8 1536 1.6 2154 3.9	20 SUN	0546 3.7 1155 1.6 1826 3.9	31 THU	0219 3.8 0824 1.4 1453 3.9 2046 1.6
10 THU	0357 1.3 1023 3.9 1616 1.5 2234 4.0	21 MON	0039 1.6 0658 3.8 1310 1.7 1934 3.9		
11 FRI	0437 1.2 1102 4.0 1656 1.3 2310 4.1	22 TUE	0152 1.5 0808 3.8 1422 1.6 2037 4.0		

	Time m		Time m		Time m
1 FRI	0301 3.6 0903 1.7 1529 3.8 2130 1.9	12 TUE	0010 4.3 0618 0.6 1257 4.3 1837 0.8	23 SAT	0419 0.9 1101 4.3 1640 1.0 2308 4.3
2 SAT	0340 3.4 0949 2.0 1615 3.6 2231 2.1	13 WED	0046 4.3 0656 0.7 1341 4.3 1915 0.9	24 SUN	0458 0.7 1136 4.3 1716 0.9 2343 4.3
3 SUN	0434 3.3 1107 2.2 1708 3.5	14 THU	0130 4.3 0734 0.8 1401 4.2 1956 1.1	25 MON	0533 0.7 1211 4.3 1751 0.9
4 MON	0028 2.2 0552 3.3 1253 2.3 1823 3.4	15 FRI	0217 4.1 0816 1.0 1449 4.1 2044 1.3	26 TUE	0018 4.2 0607 0.8 1246 4.3 1824 1.0
5 TUE	0131 2.1 0715 3.4 1352 2.2 1943 3.5	16 SAT	0307 3.9 0908 1.3 1547 4.0 2143 1.5	27 WED	0034 4.1 0639 0.9 1323 4.2 1854 1.1
6 WED	0216 1.9 0827 3.6 1437 1.9 2046 3.7	17 SUN	0414 3.8 1014 1.7 1651 3.9 2300 1.8	28 THU	0106 4.0 0709 1.1 1328 4.1 1925 1.3
7 THU	0257 1.6 0923 3.9 1518 1.7 2131 3.9	18 MON	0525 3.6 1139 1.9 1801 3.7	29 FRI	0138 3.9 0738 1.3 1359 4.0 1955 1.5
8 FRI	0337 1.3 1003 4.0 1558 1.4 2215 4.1	19 TUE	0030 1.8 0645 3.6 1312 1.9 1923 3.7	30 SAT	0213 3.7 0808 1.6 1429 3.8 2029 1.7
9 SAT	0417 1.0 1041 4.1 1638 1.1 2252 4.2	20 WED	0151 1.7 0809 3.8 1424 1.7 2035 3.9	31 SUN	0245 3.5 0844 1.9 1507 3.6 2110 2.0
10 SUN	0458 0.8 1142 4.3 1718 0.9 2327 4.3	21 THU	0250 1.4 0914 4.0 1516 1.5 2125 4.0		
11 MON	0538 0.6 1218 4.3 1758 0.8	22 FRI	0338 1.1 1028 4.2 1600 1.2 2212 4.2		

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September

October

	Time m	Time m	Time m
1 MON	0330 3.3 0932 2.3 1547 3.3 2216 2.3	12 FRI	0107 4.3 0708 0.8 1336 4.3 1931 1.0
2 TUE	0453 3.2 1303 2.4 1725 3.3	13 SAT	0152 4.2 0751 1.1 1424 4.2 2018 1.3
3 WED	0116 2.2 0640 3.4 1342 2.3 1903 3.4	14 SUN	0249 4.0 0844 1.5 1519 3.9 2119 1.6
4 THU	0153 2.0 0801 3.7 1417 2.0 2016 3.7	15 MON	0359 3.8 0955 1.9 1629 3.7 2244 1.9
5 FRI	0232 1.6 0853 3.9 1454 1.6 2106 3.9	16 TUE	0514 3.6 1139 2.2 1744 3.6
6 SAT	0312 1.2 0937 4.1 1533 1.2 2146 4.2	17 WED	0030 1.9 0649 3.7 1318 2.1 1916 3.6
7 SUN	0352 0.9 1012 4.3 1613 0.9 2224 4.3	18 THU	0144 1.7 0810 3.9 1415 1.8 2027 3.9
8 MON	0433 0.6 1111 4.4 1654 0.7 2305 4.5	19 FRI	0234 1.5 0902 4.1 1459 1.5 2113 4.0
9 TUE	0513 0.5 1148 4.5 1733 0.6 2345 4.5	20 SAT	0317 1.2 1011 4.3 1539 1.2 2212 4.2
10 WED	0552 0.5 1228 4.5 1812 0.7	21 SUN	0356 0.9 1037 4.3 1616 1.0 2244 4.3
11 THU	0027 4.5 0630 0.6 1312 4.5 1849 0.8	22 MON	0432 0.8 1109 4.3 1651 0.9 2318 4.3
23 TUE	0506 0.8 1142 4.3 1723 1.0 2351 4.3	24 WED	0538 0.9 1214 4.3 1752 1.0
25 THU	0004 4.2 0605 1.1 1220 4.2 1819 1.1	26 FRI	0032 4.1 0631 1.2 1249 4.2 1846 1.3
27 SAT	0104 4.0 0658 1.4 1319 4.1 1914 1.4	28 SUN	0135 3.8 0729 1.6 1348 3.9 1948 1.6
29 MON	0207 3.6 0805 1.9 1424 3.7 2027 1.9	30 TUE	0249 3.4 0848 2.3 1502 3.4 2122 2.2

	Time m	Time m	Time m
1 WED	0401 3.3 1250 2.5 1624 3.2	12 SUN	0135 4.2 0734 1.3 1403 4.2 2001 1.3
2 THU	0046 2.2 0603 3.5 1318 2.3 1827 3.4	13 MON	0237 4.0 0830 1.7 1459 3.9 2103 1.7
3 FRI	0119 2.0 0724 3.7 1347 2.0 1943 3.7	14 TUE	0345 3.8 0943 2.1 1606 3.6 2226 1.9
4 SAT	0159 1.6 0824 4.0 1424 1.6 2035 4.0	15 WED	0504 3.7 1126 2.2 1725 3.5
5 SUN	0241 1.2 0904 4.2 1504 1.2 2116 4.2	16 THU	0006 2.0 0644 3.8 1259 2.1 1906 3.6
6 MON	0323 0.9 0942 4.4 1545 0.9 2156 4.4	17 FRI	0117 1.8 0758 4.0 1350 1.8 2005 3.8
7 TUE	0405 0.6 1022 4.5 1626 0.6 2240 4.6	18 SAT	0206 1.6 0839 4.1 1432 1.5 2050 4.0
8 WED	0446 0.5 1106 4.6 1707 0.6 2322 4.6	19 SUN	0248 1.3 0951 4.3 1511 1.3 2151 4.2
9 THU	0526 0.5 1203 4.6 1748 0.6	20 MON	0327 1.1 1013 4.3 1549 1.1 2221 4.2
10 FRI	0005 4.5 0606 0.7 1247 4.6 1827 0.8	21 TUE	0404 1.0 1022 4.3 1623 1.1 2234 4.2
11 SAT	0049 4.4 0648 1.0 1311 4.4 1911 1.0	22 WED	0437 1.1 1050 4.3 1655 1.1 2304 4.2
23 THU	0508 1.1 1122 4.3 1723 1.2 2338 4.2	24 FRI	0535 1.3 1151 4.3 1749 1.2
25 SAT	0006 4.1 0601 1.4 1219 4.2 1816 1.3	26 SUN	0108 4.1 0630 1.5 1248 4.1 1846 1.4
27 MON	0145 4.0 0704 1.7 1319 3.9 1922 1.6	28 TUE	0144 3.7 0743 1.9 1356 3.7 2004 1.8
29 WED	0232 3.6 0834 2.2 1443 3.5 2105 2.1	30 THU	0345 3.5 1004 2.4 1602 3.4 2303 2.1
31 FRI	0521 3.6 1213 2.2 1738 3.5		

November

December

	Time	m	Time	m	Time	m		
1 SAT	0024	1.9	12 WED	0326	3.9	23 SUN	0544	1.5
	0640	3.8		0924	2.0		1158	4.1
	1300	1.9		1541	3.7		1800	1.3
	1857	3.7		2157	1.8			
2 SUN	0116	1.6	13 THU	0436	3.8	24 MON	0026	4.0
	0741	4.1		1042	2.1		0617	1.6
	1346	1.6		1653	3.5		1228	4.1
	1958	4.0		2315	1.9		1835	1.4
3 MON	0204	1.3	14 FRI	0605	3.8	25 TUE	0058	3.9
	0829	4.3		1206	2.1		0654	1.7
	1431	1.2		1823	3.6		1305	4.0
	2045	4.3					1914	1.5
4 TUE	0250	1.0	15 SAT	0029	1.9	26 WED	0138	3.9
	0911	4.5		0715	4.0		0737	1.8
	1516	0.9		1310	1.9		1346	3.8
	2130	4.5		1926	3.7		1959	1.6
5 WED	0336	0.8	16 SUN	0127	1.7	27 THU	0226	3.8
	0955	4.6		0802	4.1		0829	2.0
	1601	0.7		1358	1.7		1436	3.7
	2217	4.6		2014	3.8		2056	1.8
6 THU	0421	0.7	17 MON	0214	1.6	28 FRI	0329	3.8
	1042	4.7		0840	4.1		0935	2.0
	1645	0.6		1441	1.5		1541	3.6
	2303	4.6		2057	4.0		2206	1.8
7 FRI	0505	0.7	18 TUE	0256	1.4	29 SAT	0438	3.8
	1122	4.6		0915	4.2		1051	2.0
	1728	0.7		1520	1.4		1657	3.6
				2130	4.0		2320	1.8
8 SAT	0006	4.5	19 WED	0335	1.4	30 SUN	0548	3.9
	0549	0.9		0952	4.2		1202	1.9
	1209	4.5		1556	1.3		1809	3.8
	1812	0.8		2207	4.1			
9 SUN	0059	4.4	20 THU	0411	1.4			
	0635	1.1		1027	4.3			
	1254	4.3		1630	1.3			
	1859	1.0		2243	4.1			
10 MON	0127	4.2	21 FRI	0444	1.4			
	0724	1.4		1057	4.2			
	1346	4.1		1700	1.3			
	1951	1.3		2318	4.1			
11 TUE	0223	4.0	22 SAT	0514	1.5			
	0820	1.7		1129	4.2			
	1440	3.9		1730	1.3			
	2049	1.6		2351	4.1			

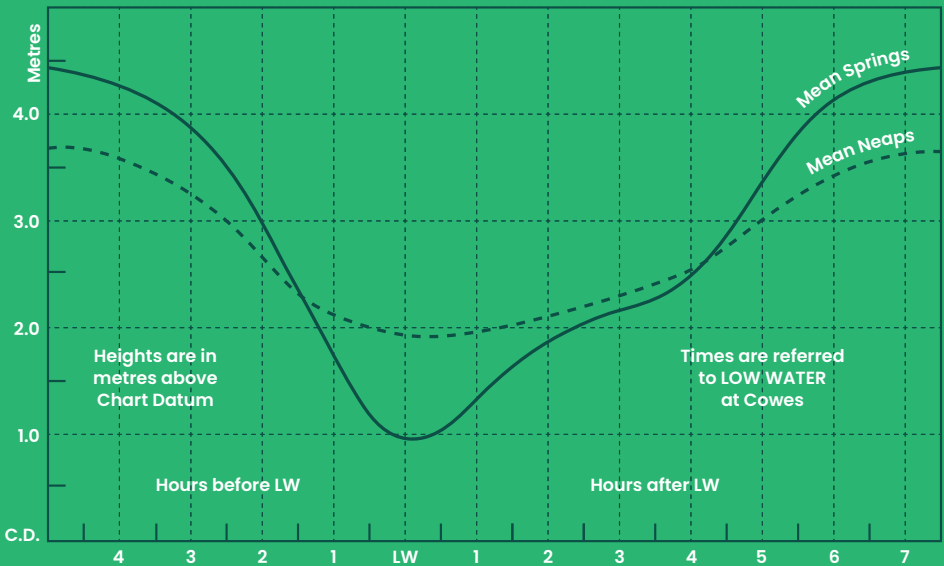
	Time	m	Time	m	Time	m		
1 MON	0025	1.6	12 FRI	0359	3.9	23 TUE	0021	4.1
	0653	4.1		0957	1.9		0614	1.5
	1302	1.6		1612	3.6		1225	4.1
	1915	4.0		2225	1.8		1833	1.2
2 TUE	0124	1.4	13 SAT	0504	3.8	24 WED	0054	4.1
	0750	4.2		1106	2.0		0651	1.5
	1357	1.3		1717	3.5		1259	4.1
	2015	4.2		2335	1.9		1910	1.3
3 WED	0219	1.2	14 SUN	0612	3.8	25 THU	0133	4.0
	0844	4.4		1219	2.0		0731	1.5
	1450	1.1		1831	3.5		1339	4.0
	2108	4.3					1951	1.3
4 THU	0312	1.0	15 MON	0041	1.9	26 FRI	0217	4.0
	0934	4.5		0706	3.9		0814	1.6
	1540	0.9		1320	1.9		1425	3.9
	2157	4.4		1931	3.6		2036	1.4
5 FRI	0403	0.9	16 TUE	0138	1.8	27 SAT	0304	4.0
	1021	4.6		0759	3.9		0905	1.7
	1629	0.8		1410	1.8		1517	3.8
	2248	4.5		2024	3.7		2129	1.5
6 SAT	0452	0.9	17 WED	0227	1.8	28 SUN	0359	3.9
	1109	4.6		0846	4.0		1005	1.7
	1717	0.8		1455	1.6		1619	3.8
				2109	3.9		2232	1.6
7 SUN	0000	4.5	18 THU	0311	1.7	29 MON	0509	4.0
	0539	1.0		0925	4.1		1114	1.7
	1157	4.5		1535	1.5		1728	3.8
	1804	0.8		2153	4.0		2342	1.6
8 MON	0055	4.4	19 FRI	0351	1.6	30 TUE	0612	4.0
	0627	1.2		1008	4.1		1224	1.6
	1240	4.3		1612	1.4		1843	3.9
	1850	1.0		2236	4.1			
9 TUE	0155	4.3	20 SAT	0427	1.6	31 WED	0050	1.6
	0714	1.3		1044	4.2		0717	4.1
	1331	4.2		1646	1.3		1330	1.5
	1937	1.1		2314	4.1		1948	4.0
10 WED	0209	4.1	21 SUN	0503	1.5			
	0803	1.5		1116	4.1			
	1420	4.0		1721	1.3			
	2028	1.4		2350	4.1			
11 THU	0302	4.0	22 MON	0538	1.5			
	0857	1.7		1150	4.1			
	1551	3.8		1756	1.2			
	2122	1.6						

Times are provided in GMT. For BST, please +1hr to times stated between 01:00 30 March 2025 – 01:00 26 October 2025.

EAST COWES

MARINA

Rise and fall of the tide at Cowes



UK Hydrographic Office

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