

**Brighton Seafront Office**

141 Kings Road Arches,

Lower Promenade

Brighton BN1 2FN

Tel: 01273 292715

Email:

seafrontoffice@brighton-hove.gov.uk

@bhseafrontteam

**Office Hours:**

High Season: 9am – 7pm

Spring &amp; Autumn: 9am – 6pm

Low season: 9am – 5pm

**Hove Seasonal Seafront Office**

Located at bottom of

Hove Street, South West of

King Alfred Leisure Centre

Office Hours:

Late May Bank Holiday - End of first  
week of September: 11.30am – 7pm

# Brighton & Hove Tide Times 2022

#tidetimesmatter

Here for your safety on the beaches of Brighton & Hove

Rainbow design: By Amelie, St Andrew's C of E Primary School

Seafront Office

**Brighton Seafront Office**

141 Kings Road Arches,  
Lower Promenade  
Brighton BN1 2FN  
Tel: 01273 292715  
Email:  
seafrontoffice@brighton-hove.gov.uk  
@ bhseafrontteam

**Office Hours:**

High Season: 9am – 7pm  
Spring & Autumn: 9am – 6pm  
Low season: 9am – 5pm

**Hove Seasonal Seafront Office**

Located at bottom of  
Hove Street, South West of  
King Alfred Leisure Centre  
Office Hours: Late May Bank  
Holiday - End of first week of  
September: 11.30am – 7pm

# Brighton & Hove Tide Times 2022

**Here for your safety on the  
beaches of Brighton & Hove**

Starlings design:  
By Max, St Andrew's  
C of E Primary School

**Seafront Office**

**Brighton Seafront Office**

141 Kings Road Arches,  
Lower Promenade  
Brighton BN1 2FN  
Tel: 01273 292715  
Email: seafrontoffice  
@brighton-hove.gov.uk  
@bhseafrontteam

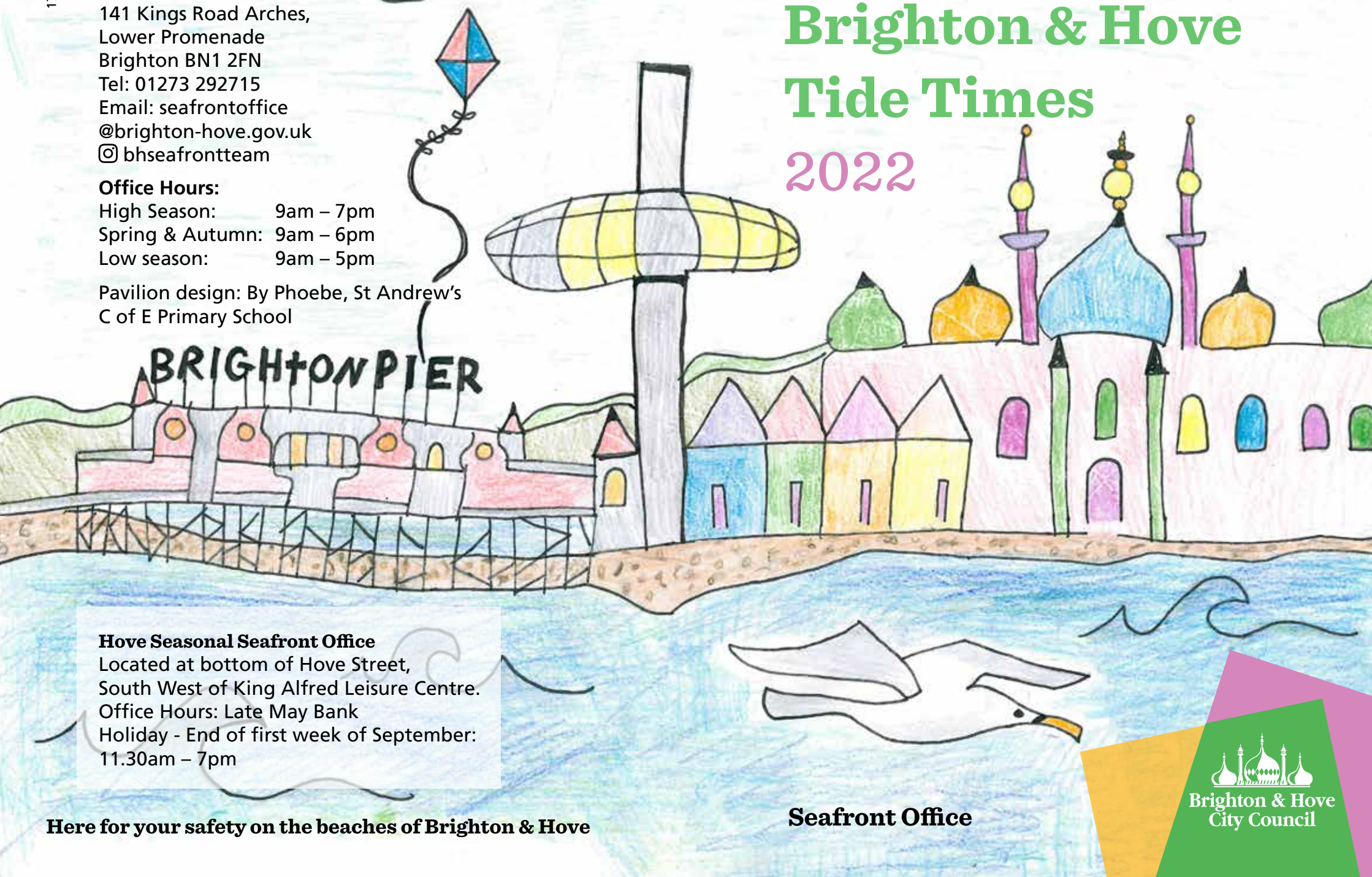
**Office Hours:**

High Season: 9am – 7pm  
Spring & Autumn: 9am – 6pm  
Low season: 9am – 5pm

Pavilion design: By Phoebe, St Andrew's  
C of E Primary School



# Brighton & Hove Tide Times 2022

**Hove Seasonal Seafront Office**

Located at bottom of Hove Street,  
South West of King Alfred Leisure Centre.  
Office Hours: Late May Bank  
Holiday - End of first week of September:  
11.30am – 7pm

**Here for your safety on the beaches of Brighton & Hove**

**Seafront Office**



**Brighton & Hove  
City Council**

## Tidal areas can be dangerous

Ensure your day by the sea is safe and enjoyable by following the commonsense advice below:

- 1 Always check local conditions. Please contact the Seafront Office on 01273 292715 for information. Be aware of the state of the tide.
- 2 Tides are affected by high winds and bad weather. Get a weather forecast before you set out.
- 3 Carry a mobile phone in a plastic bag. In emergencies, call 999 and ask for the coastguard.
- 4 Know where your nearest exit is and allow time to reach it.
- 5 Ensure someone knows where you are and when to expect you back.

## Brighton & Hove

Time Zone: GMT Lat 50°49' N Long 0°08' W

Moon phases: ● New ○ Full ☾ Waxing ☾ Waning

Tide data is customised for Brighton.

The following time differences will give approximate time of high water at the port designated. Difference given in minutes relative to Brighton.

|                         |              |                    |              |
|-------------------------|--------------|--------------------|--------------|
| <b>Newhaven</b>         | - 6 minutes  | <b>Eastbourne</b>  | - 7 minutes  |
| <b>Rye (Approaches)</b> | - 11 minutes | <b>Shoreham</b>    | + 1 minutes  |
| <b>Bognor Regis</b>     | + 3 minutes  | <b>Selsey Bill</b> | + 11 minutes |

## Spring High Tide Heights

Spring high tide heights can sometimes be very high and pose additional dangers during certain marine conditions.

Due to beach profiles in Brighton and Hove being steep beyond the mean high tide mark, the water can often be very deep during a spring high tide. Dangerous conditions can also develop during low pressure systems and when the wind is blowing in an onshore southerly direction.

Please exercise additional caution when these conditions combine. High tide times and heights are in bold, spring high tide heights that exceed **6.25** metres are highlighted in bold red.

### Publishers Notes

Although great care has been taken, the publishers nor their agents will not be held responsible for any errors that may occur nor any consequential loss.

## January 2022

| Sun               | Mon               | Tue               | Wed               | Thu               | Fri               | Sat               |
|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| <b>30</b>         | <b>31</b>         |                   |                   |                   |                   | <b>1</b>          |
| Time m            | Time m            |                   |                   |                   |                   | Time m            |
| 03:11 1.43        | 04:14 1.17        |                   |                   |                   |                   | 03:21 1.22        |
| <b>09:18 6.07</b> | <b>10:16 6.32</b> |                   |                   |                   |                   | <b>09:30 6.38</b> |
| 15:45 1.19        | 16:43 0.92        |                   |                   |                   |                   | 15:53 1.02        |
| <b>21:56 6.14</b> | <b>22:53 6.40</b> |                   |                   |                   |                   | <b>22:02 6.31</b> |
| <b>2 ●</b>        | <b>3</b>          | <b>4</b>          | <b>5</b>          | <b>6</b>          | <b>7</b>          | <b>8</b>          |
| Time m            | Time m            | Time m            | Time m            | Time m            | Time m            | Time m            |
| 04:19 1.05        | 05:13 0.94        | 06:04 0.90        | <b>00:42 6.60</b> | <b>01:32 6.50</b> | <b>02:19 6.31</b> | <b>03:05 6.07</b> |
| <b>10:23 6.56</b> | <b>11:14 6.66</b> | <b>12:05 6.66</b> | <b>06:53 0.93</b> | <b>07:40 1.02</b> | 08:27 1.18        | 09:13 1.39        |
| 16:48 0.85        | 17:41 0.75        | <b>18:32 0.72</b> | <b>12:54 6.58</b> | <b>13:43 6.40</b> | <b>14:30 6.15</b> | <b>15:17 5.83</b> |
| <b>22:57 6.51</b> | <b>23:50 6.61</b> |                   | 19:21 0.75        | 20:07 0.86        | 20:53 1.04        | 21:38 1.27        |
| <b>9 ☾</b>        | <b>10</b>         | <b>11</b>         | <b>12</b>         | <b>13</b>         | <b>14</b>         | <b>15</b>         |
| Time m            | Time m            | Time m            | Time m            | Time m            | Time m            | Time m            |
| <b>03:52 5.80</b> | <b>04:42 5.53</b> | <b>05:40 5.31</b> | 00:18 1.94        | 01:30 1.98        | 02:42 1.87        | 03:37 1.68        |
| 10:01 1.63        | 10:55 1.86        | 11:57 2.03        | <b>06:44 5.20</b> | <b>07:48 5.23</b> | <b>08:47 5.38</b> | <b>09:38 5.56</b> |
| <b>16:06 5.49</b> | <b>17:02 5.16</b> | <b>18:07 4.94</b> | 13:09 2.08        | 14:23 1.97        | 15:19 1.78        | 16:04 1.58        |
| 22:25 1.52        | 23:18 1.77        |                   | <b>19:16 4.91</b> | <b>20:20 5.06</b> | <b>21:17 5.31</b> | <b>22:07 5.58</b> |
| <b>16</b>         | <b>17 ○</b>       | <b>18</b>         | <b>19</b>         | <b>20</b>         | <b>21</b>         | <b>22</b>         |
| Time m            | Time m            | Time m            | Time m            | Time m            | Time m            | Time m            |
| 04:21 1.52        | 04:58 1.41        | 05:32 1.35        | <b>00:00 5.99</b> | <b>00:34 6.05</b> | <b>01:08 6.10</b> | <b>01:44 6.11</b> |
| <b>10:23 5.73</b> | <b>11:01 5.85</b> | <b>11:34 5.94</b> | 06:04 1.28        | 06:38 1.21        | 07:13 1.15        | 07:51 1.15        |
| 16:43 1.42        | 17:18 1.30        | 17:51 1.20        | <b>12:06 6.03</b> | <b>12:39 6.11</b> | <b>13:14 6.14</b> | <b>13:51 6.09</b> |
| <b>22:49 5.78</b> | <b>23:26 5.91</b> |                   | 18:25 1.11        | 19:00 1.03        | 19:36 1.00        | 20:13 1.04        |
| <b>23</b>         | <b>24</b>         | <b>25 ☾</b>       | <b>26</b>         | <b>27</b>         | <b>28</b>         | <b>29</b>         |
| Time m            | Time m            | Time m            | Time m            | Time m            | Time m            | Time m            |
| <b>02:22 6.08</b> | <b>03:02 5.99</b> | <b>03:48 5.86</b> | <b>04:41 5.72</b> | <b>05:46 5.62</b> | 00:42 1.75        | 01:57 1.65        |
| 08:30 1.22        | 09:13 1.37        | 10:02 1.54        | 11:01 1.69        | 12:12 1.75        | <b>07:00 5.64</b> | <b>08:14 5.81</b> |
| <b>14:31 5.97</b> | <b>15:14 5.79</b> | <b>16:05 5.59</b> | <b>17:06 5.42</b> | <b>18:20 5.36</b> | 13:24 1.67        | 14:37 1.46        |
| 20:51 1.16        | 21:33 1.33        | 22:23 1.52        | 23:27 1.69        |                   | <b>19:39 5.50</b> | 20:52 5.80        |

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
National Oceanography Centre (www.noc.ac.uk): Copyright Reserved

## February 2022

| Sun               | Mon               | Tue               | Wed               | Thu               | Fri               | Sat               |
|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
|                   |                   | <b>1</b> ●        | <b>2</b>          | <b>3</b>          | <b>4</b>          | <b>5</b>          |
|                   |                   | Time m            | Time m            | Time m            | Time m            | Time m            |
|                   |                   | 05:07 0.96        | 05:54 0.82        | <b>00:33 6.62</b> | <b>01:17 6.58</b> | <b>01:56 6.45</b> |
|                   |                   | <b>11:09 6.49</b> | <b>11:59 6.58</b> | 06:39 0.77        | 07:22 0.79        | 08:03 0.89        |
|                   |                   | 17:33 0.72        | 18:21 0.59        | <b>12:45 6.57</b> | <b>13:27 6.47</b> | <b>14:06 6.27</b> |
|                   |                   | <b>23:45 6.57</b> |                   | 19:04 0.56        | 19:45 0.62        | 20:24 0.78        |
| <b>6</b>          | <b>7</b>          | <b>8</b> ☾        | <b>9</b>          | <b>10</b>         | <b>11</b>         | <b>12</b>         |
| Time m            | Time m            | Time m            | Time m            | Time m            | Time m            | Time m            |
| <b>02:33 6.24</b> | <b>03:09 5.97</b> | <b>03:48 5.64</b> | <b>04:34 5.28</b> | <b>05:35 4.96</b> | 00:31 2.23        | 02:00 2.20        |
| 08:42 1.08        | 09:21 1.34        | 10:04 1.65        | 10:56 1.97        | 12:02 2.21        | <b>06:55 4.80</b> | <b>08:13 4.92</b> |
| <b>14:44 5.98</b> | <b>15:22 5.63</b> | <b>16:05 5.25</b> | <b>16:59 4.89</b> | <b>18:15 4.67</b> | 13:23 2.26        | 14:46 2.07        |
| 21:01 1.02        | 21:39 1.33        | 22:22 1.68        | 23:18 2.02        |                   | <b>19:41 4.74</b> | <b>20:51 5.03</b> |
| <b>13</b>         | <b>14</b>         | <b>15</b>         | <b>16</b> ○       | <b>17</b>         | <b>18</b>         | <b>19</b>         |
| Time m            | Time m            | Time m            | Time m            | Time m            | Time m            | Time m            |
| 03:15 1.95        | 04:03 1.67        | 04:39 1.42        | 05:12 1.22        | 05:45 1.04        | <b>00:14 6.24</b> | <b>00:47 6.36</b> |
| <b>09:15 5.19</b> | <b>10:04 5.48</b> | <b>10:43 5.74</b> | <b>11:17 5.96</b> | <b>11:50 6.16</b> | 06:18 0.88        | 06:54 0.77        |
| 15:41 1.77        | 16:22 1.49        | 16:57 1.25        | 17:31 1.05        | 18:05 0.88        | <b>12:23 6.31</b> | <b>12:57 6.39</b> |
| <b>21:47 5.39</b> | <b>22:30 5.69</b> | <b>23:07 5.91</b> | <b>23:41 6.09</b> |                   | 18:40 0.75        | 19:16 0.70        |
| <b>20</b>         | <b>21</b>         | <b>22</b>         | <b>23</b> ☾       | <b>24</b>         | <b>25</b>         | <b>26</b>         |
| Time m            | Time m            | Time m            | Time m            | Time m            | Time m            | Time m            |
| <b>01:21 6.42</b> | <b>01:56 6.40</b> | <b>02:32 6.29</b> | <b>03:14 6.08</b> | <b>04:05 5.79</b> | <b>05:11 5.49</b> | 00:21 1.92        |
| 07:32 0.75        | 08:10 0.85        | 08:50 1.05        | 09:35 1.31        | 10:31 1.59        | 11:43 1.80        | <b>06:38 5.34</b> |
| <b>13:32 6.37</b> | <b>14:08 6.25</b> | <b>14:48 6.05</b> | <b>15:35 5.78</b> | <b>16:35 5.48</b> | <b>17:56 5.27</b> | 13:05 1.82        |
| 19:52 0.75        | 20:29 0.91        | 21:08 1.15        | 21:55 1.45        | 23:00 1.75        |                   | <b>19:29 5.35</b> |
| <b>27</b>         | <b>28</b>         |                   |                   |                   |                   |                   |
| Time m            | Time m            |                   |                   |                   |                   |                   |
| 01:51 1.84        | 03:13 1.52        |                   |                   |                   |                   |                   |
| <b>08:04 5.49</b> | <b>09:14 5.81</b> |                   |                   |                   |                   |                   |
| 14:33 1.60        | 15:43 1.23        |                   |                   |                   |                   |                   |
| <b>20:47 5.70</b> | <b>21:52 6.08</b> |                   |                   |                   |                   |                   |

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
National Oceanography Centre (www.noc.ac.uk): Copyright Reserved

## March 2022

| Sun               | Mon               | Tue               | Wed               | Thu               | Fri               | Sat               |
|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
|                   |                   | <b>1</b>          | <b>2</b> ●        | <b>3</b>          | <b>4</b>          | <b>5</b>          |
|                   |                   | Time m            | Time m            | Time m            | Time m            | Time m            |
|                   |                   | 04:11 1.16        | 04:58 0.88        | 05:40 0.70        | <b>00:14 6.63</b> | <b>00:51 6.61</b> |
|                   |                   | <b>10:13 6.12</b> | <b>11:03 6.35</b> | <b>11:47 6.48</b> | 06:20 0.61        | 06:58 0.60        |
|                   |                   | 16:36 0.90        | 17:21 0.66        | 18:02 0.52        | <b>12:27 6.52</b> | <b>13:03 6.46</b> |
|                   |                   | <b>22:47 6.38</b> | <b>23:33 6.56</b> |                   | 18:40 0.48        | 19:17 0.53        |
| <b>6</b>          | <b>7</b>          | <b>8</b>          | <b>9</b>          | <b>10</b> ☾       | <b>11</b>         | <b>12</b>         |
| Time m            | Time m            | Time m            | Time m            | Time m            | Time m            | Time m            |
| <b>01:25 6.51</b> | <b>01:56 6.33</b> | <b>02:26 6.05</b> | <b>02:57 5.70</b> | <b>03:34 5.28</b> | <b>04:27 4.83</b> | <b>05:50 4.51</b> |
| 07:35 0.69        | 08:09 0.87        | 08:43 1.15        | 09:18 1.50        | 09:59 1.89        | 10:58 2.25        | 12:25 2.42        |
| <b>13:38 6.30</b> | <b>14:09 6.05</b> | <b>14:41 5.72</b> | <b>15:17 5.35</b> | <b>16:03 4.95</b> | <b>17:14 4.62</b> | <b>18:50 4.56</b> |
| 19:51 0.69        | 20:24 0.95        | 20:57 1.28        | 21:33 1.68        | 22:21 2.11        | 23:37 2.43        |                   |
| <b>13</b>         | <b>14</b>         | <b>15</b>         | <b>16</b>         | <b>17</b>         | <b>18</b> ○       | <b>19</b>         |
| Time m            | Time m            | Time m            | Time m            | Time m            | Time m            | Time m            |
| 01:15 2.45        | 02:42 2.14        | 03:33 1.74        | 04:12 1.37        | 04:45 1.06        | 05:19 0.81        | 05:54 0.62        |
| <b>07:29 4.55</b> | <b>08:44 4.90</b> | <b>09:35 5.31</b> | <b>10:15 5.70</b> | <b>10:51 6.01</b> | <b>11:25 6.26</b> | <b>11:59 6.44</b> |
| 13:57 2.27        | 15:06 1.90        | 15:51 1.52        | 16:28 1.18        | 17:03 0.92        | 17:39 0.72        | 18:14 0.60        |
| <b>20:17 4.85</b> | <b>21:16 5.27</b> | <b>22:00 5.66</b> | <b>22:37 5.98</b> | <b>23:11 6.23</b> | <b>23:45 6.43</b> |                   |
| <b>20</b>         | <b>21</b>         | <b>22</b>         | <b>23</b>         | <b>24</b>         | <b>25</b> ☾       | <b>26</b>         |
| Time m            | Time m            | Time m            | Time m            | Time m            | Time m            | Time m            |
| <b>00:19 6.57</b> | <b>00:52 6.64</b> | <b>01:27 6.60</b> | <b>02:05 6.43</b> | <b>02:48 6.14</b> | <b>03:41 5.74</b> | <b>04:53 5.31</b> |
| 06:31 0.52        | 07:09 0.52        | 07:48 0.66        | 08:29 0.90        | 09:15 1.22        | 10:13 1.57        | 11:28 1.84        |
| <b>12:33 6.54</b> | <b>13:08 6.53</b> | <b>13:46 6.41</b> | <b>14:27 6.19</b> | <b>15:16 5.86</b> | <b>16:20 5.49</b> | <b>17:50 5.24</b> |
| 18:51 0.58        | 19:28 0.66        | 20:06 0.85        | 20:48 1.14        | 21:39 1.50        | 22:48 1.85        |                   |
| <b>27</b>         | <b>28</b>         | <b>29</b>         | <b>30</b>         | <b>31</b>         |                   |                   |
| Time m            | Time m            | Time m            | Time m            | Time m            |                   |                   |
| 00:14 2.02        | 02:55 1.87        | 04:09 1.47        | 05:00 1.10        | 05:42 0.84        |                   |                   |
| <b>07:30 5.13</b> | <b>08:59 5.32</b> | <b>10:08 5.67</b> | <b>11:03 5.98</b> | <b>11:48 6.20</b> |                   |                   |
| 13:58 1.87        | 15:32 1.59        | 16:34 1.20        | 17:21 0.89        | 18:00 0.69        |                   |                   |
| <b>20:24 5.35</b> | <b>21:41 5.71</b> | <b>22:42 6.07</b> | <b>23:31 6.33</b> |                   |                   |                   |

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
National Oceanography Centre (www.noc.ac.uk): Copyright Reserved

## April 2022

| Sun        | Mon        | Tue        | Wed        | Thu        | Fri        | Sat        |
|------------|------------|------------|------------|------------|------------|------------|
|            |            |            |            |            | 1 ●        | 2          |
|            |            |            |            |            | Time m     | Time m     |
|            |            |            |            |            | 00:11 6.47 | 00:46 6.54 |
|            |            |            |            |            | 06:20 0.68 | 06:56 0.59 |
|            |            |            |            |            | 12:26 6.32 | 13:01 6.38 |
|            |            |            |            |            | 18:37 0.59 | 19:12 0.56 |
| 3          | 4          | 5          | 6          | 7          | 8          | 9 ☾        |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m     | Time m     |
| 01:19 6.54 | 01:50 6.45 | 02:18 6.28 | 02:46 6.01 | 03:14 5.67 | 03:47 5.28 | 04:32 4.84 |
| 07:31 0.58 | 08:05 0.67 | 08:37 0.86 | 09:07 1.13 | 09:38 1.46 | 10:13 1.81 | 11:01 2.15 |
| 13:35 6.35 | 14:07 6.23 | 14:38 6.02 | 15:08 5.74 | 15:39 5.42 | 16:20 5.06 | 17:27 4.72 |
| 19:46 0.63 | 20:18 0.79 | 20:49 1.05 | 21:20 1.37 | 21:53 1.75 | 22:35 2.13 | 23:39 2.46 |
| 10         | 11         | 12         | 13         | 14         | 15         | 16 ○       |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m     | Time m     |
| 05:56 4.48 | 01:26 2.52 | 02:51 2.22 | 03:51 1.77 | 04:34 1.33 | 05:12 0.98 | 05:48 0.71 |
| 12:23 2.38 | 07:32 4.45 | 08:53 4.77 | 09:51 5.23 | 10:36 5.66 | 11:16 6.02 | 11:53 6.29 |
| 18:56 4.59 | 14:03 2.29 | 15:16 1.94 | 16:09 1.53 | 16:51 1.17 | 17:30 0.89 | 18:07 0.71 |
|            | 20:23 4.80 | 21:29 5.22 | 22:17 5.65 | 22:59 6.02 | 23:35 6.31 |            |
| 17         | 18         | 19         | 20         | 21         | 22         | 23 ☾       |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m     | Time m     |
| 00:11 6.53 | 00:47 6.67 | 01:24 6.71 | 02:03 6.64 | 02:45 6.43 | 03:33 6.08 | 04:31 5.65 |
| 06:26 0.54 | 07:05 0.47 | 07:46 0.51 | 08:29 0.66 | 09:15 0.91 | 10:06 1.22 | 11:06 1.55 |
| 12:30 6.47 | 13:08 6.57 | 13:47 6.57 | 14:29 6.45 | 15:15 6.21 | 16:10 5.87 | 17:19 5.51 |
| 18:45 0.62 | 19:25 0.61 | 20:06 0.71 | 20:50 0.91 | 21:38 1.20 | 22:33 1.55 | 23:42 1.85 |
| 24         | 25         | 26         | 27         | 28         | 29         | 30 ●       |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m     | Time m     |
| 05:48 5.25 | 01:09 1.97 | 02:45 1.79 | 03:51 1.43 | 04:39 1.13 | 05:19 0.93 | 05:55 0.81 |
| 12:20 1.79 | 07:22 5.11 | 08:44 5.29 | 09:49 5.57 | 10:41 5.81 | 11:22 5.98 | 11:58 6.09 |
| 18:46 5.31 | 13:52 1.79 | 15:17 1.53 | 16:14 1.22 | 16:57 0.99 | 17:35 0.86 | 18:09 0.79 |
|            | 20:12 5.42 | 21:23 5.71 | 22:19 5.98 | 23:03 6.17 | 23:40 6.29 |            |

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
National Oceanography Centre (www.noc.ac.uk): Copyright Reserved

## May 2022

| Sun        | Mon        | Tue        | Wed        | Thu        | Fri        | Sat        |
|------------|------------|------------|------------|------------|------------|------------|
| 1          | 2          | 3          | 4          | 5          | 6          | 7          |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m     | Time m     |
| 00:14 6.34 | 00:46 6.34 | 01:17 6.26 | 01:47 6.10 | 02:16 5.88 | 02:45 5.61 | 03:18 5.31 |
| 06:30 0.75 | 07:03 0.76 | 07:36 0.85 | 08:08 1.01 | 08:39 1.23 | 09:09 1.47 | 09:45 1.72 |
| 12:33 6.16 | 13:08 6.16 | 13:41 6.08 | 14:11 5.92 | 14:42 5.71 | 15:15 5.46 | 15:56 5.18 |
| 18:43 0.79 | 19:17 0.86 | 19:49 1.01 | 20:21 1.23 | 20:52 1.49 | 21:25 1.76 | 22:06 2.03 |
| 8          | 9 ☾        | 10         | 11         | 12         | 13         | 14         |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m     | Time m     |
| 04:03 4.98 | 05:17 4.69 | 00:26 2.35 | 01:55 2.15 | 02:58 1.77 | 03:48 1.37 | 04:33 1.03 |
| 10:30 1.96 | 11:36 2.14 | 06:42 4.63 | 07:56 4.84 | 08:59 5.21 | 09:50 5.61 | 10:36 5.95 |
| 16:58 4.92 | 18:14 4.81 | 13:06 2.13 | 14:22 1.89 | 15:19 1.55 | 16:08 1.24 | 16:51 0.99 |
| 23:02 2.27 |            | 19:28 4.93 | 20:34 5.25 | 21:29 5.64 | 22:14 6.01 | 22:57 6.31 |
| 15         | 16 ○       | 17         | 18         | 19         | 20         | 21         |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m     | Time m     |
| 05:15 0.78 | 05:57 0.64 | 00:20 6.64 | 01:03 6.66 | 01:48 6.57 | 02:35 6.36 | 03:28 6.05 |
| 11:19 6.23 | 12:02 6.43 | 06:42 0.58 | 07:28 0.62 | 08:17 0.74 | 09:07 0.93 | 10:01 1.17 |
| 17:34 0.83 | 18:18 0.74 | 12:46 6.53 | 13:32 6.54 | 14:20 6.43 | 15:13 6.21 | 16:11 5.92 |
| 23:38 6.52 |            | 19:03 0.74 | 19:51 0.82 | 20:40 0.98 | 21:32 1.21 | 22:28 1.47 |
| 22 ☾       | 23         | 24         | 25         | 26         | 27         | 28         |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m     | Time m     |
| 04:29 5.68 | 05:41 5.37 | 00:49 1.82 | 02:15 1.73 | 03:21 1.52 | 04:10 1.31 | 04:52 1.15 |
| 11:00 1.42 | 12:07 1.60 | 07:00 5.22 | 08:13 5.26 | 09:14 5.40 | 10:05 5.56 | 10:50 5.71 |
| 17:17 5.64 | 18:31 5.47 | 13:27 1.65 | 14:44 1.53 | 15:42 1.36 | 16:27 1.22 | 17:06 1.12 |
| 23:32 1.71 |            | 19:44 5.49 | 20:48 5.63 | 21:41 5.79 | 22:27 5.93 | 23:08 6.03 |
| 29         | 30 ●       | 31         |            |            |            |            |
| Time m     | Time m     | Time m     |            |            |            |            |
| 05:30 1.06 | 06:06 1.02 | 00:21 6.07 |            |            |            |            |
| 11:30 5.84 | 12:09 5.93 | 06:41 1.03 |            |            |            |            |
| 17:43 1.07 | 18:19 1.07 | 12:47 5.96 |            |            |            |            |
| 23:45 6.08 |            | 18:54 1.13 |            |            |            |            |

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
National Oceanography Centre (www.noc.ac.uk): Copyright Reserved

## June 2022

| Sun        | Mon        | Tue         | Wed         | Thu        | Fri        | Sat        |
|------------|------------|-------------|-------------|------------|------------|------------|
|            |            |             | <b>1</b>    | <b>2</b>   | <b>3</b>   | <b>4</b>   |
|            |            |             | Time m      | Time m     | Time m     | Time m     |
|            |            |             | 00:55 6.01  | 01:26 5.90 | 01:57 5.76 | 02:29 5.61 |
|            |            |             | 07:14 1.09  | 07:46 1.19 | 08:19 1.29 | 08:53 1.41 |
|            |            |             | 13:22 5.92  | 13:55 5.83 | 14:27 5.71 | 15:02 5.57 |
|            |            |             | 19:27 1.24  | 20:00 1.37 | 20:33 1.51 | 21:09 1.65 |
| <b>5</b>   | <b>6</b>   | <b>7 ☾</b>  | <b>8</b>    | <b>9</b>   | <b>10</b>  | <b>11</b>  |
| Time m     | Time m     | Time m      | Time m      | Time m     | Time m     | Time m     |
| 03:06 5.44 | 03:51 5.24 | 04:51 5.05  | 05:59 4.96  | 00:56 1.96 | 02:03 1.74 | 03:00 1.45 |
| 09:30 1.54 | 10:13 1.68 | 11:06 1.81  | 12:12 1.87  | 07:05 5.02 | 08:07 5.23 | 09:05 5.53 |
| 15:45 5.40 | 16:37 5.24 | 17:38 5.15  | 18:39 5.19  | 13:24 1.80 | 14:27 1.61 | 15:21 1.39 |
| 21:49 1.80 | 22:38 1.94 | 23:40 2.02  |             | 19:41 5.36 | 20:39 5.64 | 21:33 5.94 |
| <b>12</b>  | <b>13</b>  | <b>14 ☉</b> | <b>15</b>   | <b>16</b>  | <b>17</b>  | <b>18</b>  |
| Time m     | Time m     | Time m      | Time m      | Time m     | Time m     | Time m     |
| 03:52 1.18 | 04:42 0.96 | 05:33 0.82  | 00:01 6.53  | 00:50 6.57 | 01:40 6.52 | 02:32 6.37 |
| 09:59 5.84 | 10:51 6.13 | 11:41 6.34  | 06:24 0.74  | 07:17 0.71 | 08:09 0.74 | 09:00 0.83 |
| 16:14 1.18 | 17:06 1.02 | 17:57 0.92  | 12:33 6.48  | 13:25 6.52 | 14:18 6.47 | 15:11 6.32 |
| 22:23 6.21 | 23:12 6.41 |             | 18:50 0.87  | 19:42 0.87 | 20:33 0.95 | 21:24 1.08 |
| <b>19</b>  | <b>20</b>  | <b>21 ☾</b> | <b>22</b>   | <b>23</b>  | <b>24</b>  | <b>25</b>  |
| Time m     | Time m     | Time m      | Time m      | Time m     | Time m     | Time m     |
| 03:26 6.14 | 04:21 5.86 | 05:21 5.56  | 00:15 1.65  | 01:26 1.73 | 02:36 1.69 | 03:35 1.58 |
| 09:51 0.98 | 10:45 1.17 | 11:41 1.38  | 06:24 5.32  | 07:29 5.19 | 08:31 5.18 | 09:27 5.28 |
| 16:05 6.11 | 17:02 5.87 | 18:01 5.66  | 12:43 1.54  | 13:50 1.63 | 14:56 1.62 | 15:51 1.54 |
| 22:16 1.27 | 23:12 1.48 |             | 19:02 5.53  | 20:03 5.49 | 20:59 5.54 | 21:51 5.63 |
| <b>26</b>  | <b>27</b>  | <b>28</b>   | <b>29 ●</b> | <b>30</b>  |            |            |
| Time m     | Time m     | Time m      | Time m      | Time m     |            |            |
| 04:24 1.45 | 05:08 1.34 | 05:47 1.27  | 00:05 5.83  | 00:41 5.82 |            |            |
| 10:20 5.44 | 11:08 5.61 | 11:53 5.75  | 06:24 1.24  | 06:58 1.23 |            |            |
| 16:39 1.45 | 17:23 1.37 | 18:02 1.33  | 12:32 5.84  | 13:09 5.87 |            |            |
| 22:39 5.73 | 23:24 5.80 |             | 18:38 1.33  | 19:12 1.36 |            |            |

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
National Oceanography Centre (www.noc.ac.uk): Copyright Reserved

## July 2022

| Sun        | Mon        | Tue        | Wed         | Thu         | Fri        | Sat        |
|------------|------------|------------|-------------|-------------|------------|------------|
| <b>31</b>  |            |            |             |             | <b>1</b>   | <b>2</b>   |
| Time m     |            |            |             |             | Time m     | Time m     |
| 01:31 5.99 |            |            |             |             | 01:14 5.81 | 01:45 5.79 |
| 07:46 1.00 |            |            |             |             | 07:30 1.22 | 08:04 1.21 |
| 13:58 6.09 |            |            |             |             | 13:42 5.86 | 14:16 5.84 |
| 20:00 1.14 |            |            |             |             | 19:45 1.37 | 20:18 1.39 |
| <b>3</b>   | <b>4</b>   | <b>5</b>   | <b>6</b>    | <b>7 ☾</b>  | <b>8</b>   | <b>9</b>   |
| Time m     | Time m     | Time m     | Time m      | Time m      | Time m     | Time m     |
| 02:19 5.77 | 02:56 5.71 | 03:37 5.59 | 04:23 5.43  | 05:17 5.29  | 00:06 1.76 | 01:13 1.72 |
| 08:39 1.21 | 09:16 1.26 | 09:55 1.36 | 10:39 1.50  | 11:29 1.64  | 06:15 5.22 | 07:20 5.26 |
| 14:51 5.80 | 15:29 5.73 | 16:12 5.63 | 16:59 5.54  | 17:53 5.48  | 12:30 1.73 | 13:38 1.72 |
| 20:54 1.42 | 21:33 1.48 | 22:17 1.59 | 23:07 1.70  |             | 18:51 5.50 | 19:54 5.61 |
| <b>10</b>  | <b>11</b>  | <b>12</b>  | <b>13 ☉</b> | <b>14</b>   | <b>15</b>  | <b>16</b>  |
| Time m     | Time m     | Time m     | Time m      | Time m      | Time m     | Time m     |
| 02:17 1.57 | 03:18 1.37 | 04:19 1.17 | 05:20 0.97  | 06:16 0.79  | 00:41 6.53 | 01:34 6.55 |
| 08:27 5.43 | 09:33 5.71 | 10:34 6.02 | 11:31 6.30  | 12:26 6.50  | 07:09 0.66 | 07:59 0.59 |
| 14:42 1.60 | 15:45 1.43 | 16:49 1.24 | 17:48 1.05  | 18:42 0.90  | 13:20 6.61 | 14:13 6.62 |
| 20:59 5.80 | 21:59 6.04 | 22:56 6.26 | 23:49 6.43  |             | 19:33 0.82 | 20:21 0.81 |
| <b>17</b>  | <b>18</b>  | <b>19</b>  | <b>20 ☾</b> | <b>21</b>   | <b>22</b>  | <b>23</b>  |
| Time m     | Time m     | Time m     | Time m      | Time m      | Time m     | Time m     |
| 02:25 6.48 | 03:14 6.31 | 04:02 6.04 | 04:49 5.71  | 05:41 5.37  | 00:32 1.75 | 01:39 1.90 |
| 08:47 0.62 | 09:33 0.74 | 10:18 0.95 | 11:04 1.22  | 11:54 1.52  | 06:39 5.09 | 07:45 4.94 |
| 15:02 6.53 | 15:48 6.35 | 16:34 6.10 | 17:20 5.81  | 18:12 5.54  | 12:51 1.78 | 13:58 1.94 |
| 21:08 0.89 | 21:55 1.05 | 22:43 1.27 | 23:34 1.52  |             | 19:11 5.32 | 20:16 5.23 |
| <b>24</b>  | <b>25</b>  | <b>26</b>  | <b>27</b>   | <b>28 ●</b> | <b>29</b>  | <b>30</b>  |
| Time m     | Time m     | Time m     | Time m      | Time m      | Time m     | Time m     |
| 02:54 1.90 | 03:58 1.77 | 04:49 1.60 | 05:31 1.44  | 06:08 1.31  | 00:27 5.81 | 00:59 5.90 |
| 08:53 4.99 | 09:57 5.19 | 10:53 5.46 | 11:39 5.69  | 12:19 5.85  | 06:41 1.19 | 07:13 1.09 |
| 15:15 1.93 | 16:19 1.79 | 17:08 1.62 | 17:48 1.48  | 18:24 1.38  | 12:53 5.95 | 13:26 6.03 |
| 21:20 5.28 | 22:18 5.42 | 23:09 5.58 | 23:51 5.71  |             | 18:55 1.30 | 19:27 1.22 |

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
National Oceanography Centre (www.noc.ac.uk): Copyright Reserved

## August 2022

| Sun        | Mon        | Tue        | Wed        | Thu        | Fri         | Sat         |
|------------|------------|------------|------------|------------|-------------|-------------|
|            | <b>1</b>   | <b>2</b>   | <b>3</b>   | <b>4</b>   | <b>5</b> ☾  | <b>6</b>    |
|            | Time m     | Time m     | Time m     | Time m     | Time m      | Time m      |
|            | 02:03 6.04 | 02:38 6.03 | 03:14 5.92 | 03:53 5.76 | 04:37 5.57  | 05:32 5.39  |
|            | 08:21 0.96 | 08:56 1.00 | 09:32 1.13 | 10:09 1.32 | 10:52 1.54  | 11:49 1.75  |
|            | 14:31 6.11 | 15:05 6.09 | 15:41 6.00 | 16:20 5.88 | 17:07 5.73  | 18:05 5.58  |
|            | 20:36 1.13 | 21:13 1.18 | 21:53 1.31 | 22:36 1.48 | 23:28 1.65  |             |
| <b>7</b>   | <b>8</b>   | <b>9</b>   | <b>10</b>  | <b>11</b>  | <b>12</b> ☉ | <b>13</b>   |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m      | Time m      |
| 00:34 1.76 | 01:45 1.75 | 02:57 1.60 | 04:12 1.33 | 05:16 1.02 | 06:09 0.73  | 00:35 6.57  |
| 06:39 5.27 | 08:02 5.33 | 09:20 5.62 | 10:27 6.00 | 11:26 6.35 | 12:20 6.61  | 06:57 0.53  |
| 13:02 1.89 | 14:18 1.85 | 15:36 1.66 | 16:48 1.36 | 17:44 1.06 | 18:33 0.82  | 13:11 6.76  |
| 19:17 5.50 | 20:37 5.60 | 21:47 5.85 | 22:47 6.15 | 23:43 6.40 |             | 19:18 0.68  |
| <b>14</b>  | <b>15</b>  | <b>16</b>  | <b>17</b>  | <b>18</b>  | <b>19</b> ☾ | <b>20</b>   |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m      | Time m      |
| 01:23 6.64 | 02:08 6.60 | 02:51 6.44 | 03:31 6.17 | 04:11 5.81 | 04:53 5.41  | 05:45 5.02  |
| 07:42 0.43 | 08:24 0.45 | 09:06 0.60 | 09:45 0.87 | 10:24 1.21 | 11:06 1.61  | 11:58 1.99  |
| 13:57 6.79 | 14:39 6.71 | 15:19 6.52 | 15:56 6.24 | 16:34 5.89 | 17:17 5.51  | 18:13 5.13  |
| 20:02 0.65 | 20:45 0.71 | 21:27 0.89 | 22:09 1.16 | 22:51 1.49 | 23:41 1.84  |             |
| <b>21</b>  | <b>22</b>  | <b>23</b>  | <b>24</b>  | <b>25</b>  | <b>26</b>   | <b>27</b> ● |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m      | Time m      |
| 00:44 2.14 | 02:05 2.25 | 03:30 2.11 | 04:27 1.82 | 05:10 1.53 | 05:45 1.27  | 00:07 5.94  |
| 06:54 4.75 | 08:20 4.74 | 09:37 5.00 | 10:35 5.37 | 11:20 5.71 | 11:57 5.95  | 06:18 1.07  |
| 13:09 2.27 | 14:40 2.31 | 16:00 2.08 | 16:51 1.77 | 17:29 1.51 | 18:01 1.30  | 12:30 6.13  |
| 19:29 4.88 | 20:52 4.90 | 22:00 5.15 | 22:53 5.45 | 23:33 5.72 |             | 18:32 1.13  |
| <b>28</b>  | <b>29</b>  | <b>30</b>  | <b>31</b>  |            |             |             |
| Time m     | Time m     | Time m     | Time m     |            |             |             |
| 00:38 6.11 | 01:09 6.25 | 01:41 6.32 | 02:13 6.30 |            |             |             |
| 06:50 0.91 | 07:23 0.81 | 07:57 0.79 | 08:31 0.87 |            |             |             |
| 13:02 6.26 | 13:32 6.35 | 14:03 6.40 | 14:34 6.38 |            |             |             |
| 19:04 0.99 | 19:37 0.90 | 20:12 0.89 | 20:48 0.98 |            |             |             |

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
National Oceanography Centre (www.noc.ac.uk): Copyright Reserved

## September 2022

| Sun         | Mon        | Tue        | Wed        | Thu        | Fri        | Sat         |
|-------------|------------|------------|------------|------------|------------|-------------|
|             |            |            |            | <b>1</b>   | <b>2</b>   | <b>3</b> ☾  |
|             |            |            |            | Time m     | Time m     | Time m      |
|             |            |            |            | 02:46 6.20 | 03:23 6.02 | 04:05 5.79  |
|             |            |            |            | 09:05 1.05 | 09:40 1.28 | 10:23 1.56  |
|             |            |            |            | 15:07 6.28 | 15:44 6.11 | 16:30 5.85  |
|             |            |            |            | 21:26 1.16 | 22:06 1.39 | 22:58 1.66  |
| <b>4</b>    | <b>5</b>   | <b>6</b>   | <b>7</b>   | <b>8</b>   | <b>9</b>   | <b>10</b> ☉ |
| Time m      | Time m     | Time m     | Time m     | Time m     | Time m     | Time m      |
| 04:59 5.52  | 00:06 1.88 | 01:27 1.95 | 02:55 1.77 | 04:14 1.38 | 05:10 0.97 | 05:56 0.66  |
| 11:22 1.86  | 06:14 5.28 | 07:53 5.29 | 09:16 5.64 | 10:23 6.08 | 11:20 6.46 | 12:08 6.71  |
| 17:30 5.55  | 12:42 2.07 | 14:10 2.04 | 15:42 1.73 | 16:45 1.31 | 17:34 0.96 | 18:17 0.72  |
|             | 18:56 5.33 | 20:29 5.42 | 21:43 5.76 | 22:44 6.13 | 23:35 6.43 |             |
| <b>11</b>   | <b>12</b>  | <b>13</b>  | <b>14</b>  | <b>15</b>  | <b>16</b>  | <b>17</b> ☾ |
| Time m      | Time m     | Time m     | Time m     | Time m     | Time m     | Time m      |
| 00:22 6.61  | 01:04 6.69 | 01:43 6.65 | 02:20 6.49 | 02:56 6.22 | 03:32 5.86 | 04:08 5.45  |
| 06:38 0.47  | 07:18 0.41 | 07:57 0.47 | 08:34 0.66 | 09:09 0.96 | 09:44 1.33 | 10:20 1.76  |
| 12:51 6.84  | 13:30 6.85 | 14:07 6.76 | 14:41 6.56 | 15:14 6.26 | 15:47 5.88 | 16:24 5.43  |
| 18:57 0.59  | 19:38 0.57 | 20:17 0.66 | 20:54 0.87 | 21:31 1.18 | 22:08 1.56 | 22:49 1.97  |
| <b>18</b>   | <b>19</b>  | <b>20</b>  | <b>21</b>  | <b>22</b>  | <b>23</b>  | <b>24</b>   |
| Time m      | Time m     | Time m     | Time m     | Time m     | Time m     | Time m      |
| 04:54 5.04  | 06:01 4.68 | 01:14 2.54 | 02:48 2.40 | 03:55 2.02 | 04:39 1.60 | 05:15 1.25  |
| 11:06 2.19  | 12:20 2.54 | 07:35 4.58 | 09:07 4.87 | 10:06 5.30 | 10:50 5.72 | 11:26 6.04  |
| 17:15 4.97  | 18:33 4.61 | 14:00 2.60 | 15:29 2.30 | 16:21 1.88 | 16:59 1.50 | 17:31 1.19  |
| 23:48 2.35  |            | 20:17 4.61 | 21:35 4.95 | 22:26 5.38 | 23:04 5.77 | 23:38 6.08  |
| <b>25</b> ● | <b>26</b>  | <b>27</b>  | <b>28</b>  | <b>29</b>  | <b>30</b>  |             |
| Time m      | Time m     | Time m     | Time m     | Time m     | Time m     |             |
| 05:48 0.99  | 00:10 6.30 | 00:41 6.45 | 01:12 6.51 | 01:45 6.49 | 02:20 6.39 |             |
| 11:59 6.27  | 06:21 0.83 | 06:55 0.76 | 07:29 0.79 | 08:04 0.89 | 08:40 1.08 |             |
| 18:03 0.97  | 12:29 6.43 | 12:59 6.53 | 13:30 6.58 | 14:02 6.54 | 14:38 6.42 |             |
|             | 18:36 0.82 | 19:10 0.76 | 19:45 0.79 | 20:22 0.92 | 21:01 1.13 |             |

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
National Oceanography Centre (www.noc.ac.uk): Copyright Reserved

## October 2022

| Sun        | Mon         | Tue         | Wed        | Thu        | Fri        | Sat        |
|------------|-------------|-------------|------------|------------|------------|------------|
| <b>30</b>  | <b>31</b>   |             |            |            |            | <b>1</b>   |
| Time m     | Time m      |             |            |            |            | Time m     |
| 01:45 6.30 | 02:36 6.01  |             |            |            |            | 02:59 6.21 |
| 08:09 1.37 | 09:03 1.65  |             |            |            |            | 09:18 1.33 |
| 14:03 6.18 | 14:58 5.81  |             |            |            |            | 15:18 6.18 |
| 20:36 1.43 | 21:34 1.71  |             |            |            |            | 21:45 1.42 |
| <b>2</b>   | <b>3</b> ☾  | <b>4</b>    | <b>5</b>   | <b>6</b>   | <b>7</b>   | <b>8</b>   |
| Time m     | Time m      | Time m      | Time m     | Time m     | Time m     | Time m     |
| 03:44 5.94 | 04:42 5.59  | 06:09 5.31  | 01:19 2.05 | 02:58 1.79 | 04:06 1.34 | 04:56 0.95 |
| 10:06 1.64 | 11:12 1.96  | 12:34 2.16  | 07:48 5.37 | 09:08 5.74 | 10:13 6.17 | 11:04 6.50 |
| 16:07 5.84 | 17:13 5.44  | 18:52 5.21  | 14:15 2.06 | 15:39 1.65 | 16:34 1.21 | 17:18 0.90 |
| 22:40 1.73 | 23:52 1.99  |             | 20:25 5.38 | 21:37 5.76 | 22:35 6.13 | 23:21 6.40 |
| <b>9</b> ☉ | <b>10</b>   | <b>11</b>   | <b>12</b>  | <b>13</b>  | <b>14</b>  | <b>15</b>  |
| Time m     | Time m      | Time m      | Time m     | Time m     | Time m     | Time m     |
| 05:36 0.71 | 00:01 6.55  | 00:38 6.61  | 01:14 6.57 | 01:50 6.43 | 02:24 6.19 | 02:57 5.87 |
| 11:47 6.68 | 06:15 0.59  | 06:51 0.58  | 07:27 0.67 | 08:02 0.87 | 08:35 1.15 | 09:07 1.50 |
| 17:57 0.72 | 12:23 6.76  | 12:58 6.75  | 13:31 6.65 | 14:03 6.45 | 14:35 6.16 | 15:05 5.80 |
|            | 18:33 0.64  | 19:10 0.65  | 19:47 0.77 | 20:21 0.99 | 20:54 1.29 | 21:27 1.65 |
| <b>16</b>  | <b>17</b> ☾ | <b>18</b>   | <b>19</b>  | <b>20</b>  | <b>21</b>  | <b>22</b>  |
| Time m     | Time m      | Time m      | Time m     | Time m     | Time m     | Time m     |
| 03:32 5.51 | 04:13 5.13  | 05:15 4.79  | 00:16 2.60 | 01:52 2.50 | 03:04 2.14 | 03:56 1.71 |
| 09:41 1.87 | 10:22 2.26  | 11:25 2.60  | 06:39 4.62 | 08:14 4.80 | 09:21 5.22 | 10:08 5.66 |
| 15:39 5.38 | 16:25 4.94  | 17:43 4.57  | 13:11 2.69 | 14:36 2.41 | 15:36 1.97 | 16:18 1.53 |
| 22:03 2.02 | 22:51 2.37  |             | 19:17 4.51 | 20:47 4.82 | 21:44 5.29 | 22:25 5.73 |
| <b>23</b>  | <b>24</b>   | <b>25</b> ● | <b>26</b>  | <b>27</b>  | <b>28</b>  | <b>29</b>  |
| Time m     | Time m      | Time m      | Time m     | Time m     | Time m     | Time m     |
| 04:37 1.33 | 05:14 1.06  | 05:49 0.91  | 00:10 6.51 | 00:44 6.58 | 01:22 6.58 | 02:01 6.49 |
| 10:45 6.03 | 11:20 6.31  | 11:53 6.49  | 06:24 0.86 | 07:01 0.88 | 07:40 0.98 | 08:22 1.14 |
| 16:55 1.18 | 17:30 0.93  | 18:05 0.80  | 12:26 6.61 | 13:01 6.65 | 13:38 6.60 | 14:18 6.45 |
| 23:01 6.09 | 23:35 6.35  |             | 18:42 0.76 | 19:20 0.82 | 20:01 0.96 | 20:45 1.17 |

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
National Oceanography Centre (www.noc.ac.uk): Copyright Reserved

## November 2022

| Sun        | Mon        | Tue        | Wed         | Thu        | Fri        | Sat        |
|------------|------------|------------|-------------|------------|------------|------------|
|            |            | <b>1</b> ☾ | <b>2</b>    | <b>3</b>   | <b>4</b>   | <b>5</b>   |
|            |            | Time m     | Time m      | Time m     | Time m     | Time m     |
|            |            | 03:42 5.68 | 05:08 5.46  | 00:11 1.96 | 01:43 1.71 | 02:45 1.35 |
|            |            | 10:07 1.93 | 11:27 2.08  | 06:35 5.52 | 07:50 5.81 | 08:49 6.13 |
|            |            | 16:11 5.43 | 17:44 5.26  | 13:06 1.95 | 14:21 1.59 | 15:12 1.24 |
|            |            | 22:44 1.94 |             | 19:09 5.42 | 20:17 5.72 | 21:12 6.00 |
| <b>6</b>   | <b>7</b>   | <b>8</b> ☉ | <b>9</b>    | <b>10</b>  | <b>11</b>  | <b>12</b>  |
| Time m     | Time m     | Time m     | Time m      | Time m     | Time m     | Time m     |
| 03:33 1.07 | 04:12 0.91 | 04:49 0.85 | 05:24 0.88  | 06:00 0.98 | 00:25 6.25 | 00:59 6.08 |
| 09:38 6.36 | 10:17 6.49 | 10:53 6.54 | 11:27 6.52  | 12:01 6.42 | 06:33 1.14 | 07:06 1.36 |
| 15:55 1.00 | 16:33 0.87 | 17:09 0.83 | 17:45 0.87  | 18:20 0.99 | 12:34 6.24 | 13:05 6.01 |
| 21:56 6.20 | 22:35 6.33 | 23:12 6.38 | 23:49 6.36  |            | 18:54 1.18 | 19:25 1.41 |
| <b>13</b>  | <b>14</b>  | <b>15</b>  | <b>16</b> ☾ | <b>17</b>  | <b>18</b>  | <b>19</b>  |
| Time m     | Time m     | Time m     | Time m      | Time m     | Time m     | Time m     |
| 01:32 5.85 | 02:07 5.59 | 02:47 5.30 | 03:43 5.03  | 04:52 4.86 | 06:06 4.90 | 01:06 2.14 |
| 07:39 1.61 | 08:12 1.87 | 08:51 2.14 | 09:44 2.39  | 11:06 2.53 | 12:36 2.38 | 07:17 5.17 |
| 13:37 5.73 | 14:11 5.42 | 14:54 5.09 | 16:01 4.80  | 17:20 4.68 | 18:36 4.82 | 13:40 2.04 |
| 19:57 1.65 | 20:32 1.89 | 21:16 2.14 | 22:19 2.34  | 23:51 2.36 |            | 19:43 5.17 |
| <b>20</b>  | <b>21</b>  | <b>22</b>  | <b>23</b> ● | <b>24</b>  | <b>25</b>  | <b>26</b>  |
| Time m     | Time m     | Time m     | Time m      | Time m     | Time m     | Time m     |
| 02:03 1.82 | 02:51 1.50 | 03:33 1.26 | 04:14 1.10  | 04:55 1.02 | 05:39 1.00 | 00:07 6.57 |
| 08:13 5.55 | 08:58 5.92 | 09:39 6.22 | 10:18 6.44  | 10:58 6.58 | 11:39 6.64 | 06:25 1.03 |
| 14:30 1.65 | 15:13 1.31 | 15:54 1.06 | 16:34 0.92  | 17:16 0.87 | 18:02 0.89 | 12:23 6.60 |
| 20:35 5.57 | 21:19 5.93 | 22:00 6.22 | 22:41 6.42  | 23:23 6.54 |            | 18:50 0.97 |
| <b>27</b>  | <b>28</b>  | <b>29</b>  | <b>30</b> ☾ |            |            |            |
| Time m     | Time m     | Time m     | Time m      |            |            |            |
| 00:53 6.52 | 01:44 6.36 | 02:39 6.13 | 03:44 5.87  |            |            |            |
| 07:14 1.13 | 08:04 1.28 | 08:58 1.49 | 09:57 1.72  |            |            |            |
| 13:08 6.46 | 13:59 6.23 | 14:57 5.92 | 16:06 5.61  |            |            |            |
| 19:40 1.10 | 20:32 1.27 | 21:28 1.48 | 22:31 1.65  |            |            |            |

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
National Oceanography Centre (www.noc.ac.uk): Copyright Reserved

## December 2022

| Sun        | Mon        | Tue        | Wed        | Thu        | Fri         | Sat        |
|------------|------------|------------|------------|------------|-------------|------------|
|            |            |            |            | <b>1</b>   | <b>2</b>    | <b>3</b>   |
|            |            |            |            | Time m     | Time m      | Time m     |
|            |            |            |            | 04:55 5.68 | 06:08 5.65  | 01:07 1.65 |
|            |            |            |            | 11:09 1.87 | 12:33 1.85  | 07:14 5.76 |
|            |            |            |            | 17:23 5.42 | 18:36 5.41  | 13:48 1.66 |
|            |            |            |            | 23:46 1.73 |             | 19:41 5.53 |
| <b>4</b>   | <b>5</b>   | <b>6</b>   | <b>7</b>   | <b>8</b> ☉ | <b>9</b>    | <b>10</b>  |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m      | Time m     |
| 02:12 1.48 | 03:02 1.32 | 03:45 1.22 | 04:25 1.18 | 05:03 1.20 | 05:39 1.26  | 00:10 6.04 |
| 08:13 5.92 | 09:02 6.07 | 09:47 6.17 | 10:27 6.22 | 11:05 6.21 | 11:42 6.14  | 06:14 1.35 |
| 14:43 1.43 | 15:30 1.26 | 16:10 1.16 | 16:49 1.12 | 17:26 1.15 | 18:01 1.22  | 12:17 6.03 |
| 20:38 5.69 | 21:26 5.85 | 22:11 5.98 | 22:53 6.06 | 23:32 6.08 |             | 18:35 1.31 |
| <b>11</b>  | <b>12</b>  | <b>13</b>  | <b>14</b>  | <b>15</b>  | <b>16</b> ☾ | <b>17</b>  |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m      | Time m     |
| 00:44 5.96 | 01:18 5.84 | 01:52 5.71 | 02:31 5.55 | 03:17 5.37 | 04:11 5.21  | 05:11 5.15 |
| 06:47 1.46 | 07:19 1.57 | 07:54 1.69 | 08:31 1.84 | 09:16 2.01 | 10:13 2.16  | 11:27 2.19 |
| 12:48 5.91 | 13:20 5.77 | 13:55 5.61 | 14:36 5.42 | 15:27 5.20 | 16:29 5.02  | 17:34 4.98 |
| 19:06 1.40 | 19:39 1.48 | 20:15 1.58 | 20:56 1.72 | 21:44 1.89 | 22:45 2.02  | 23:58 2.03 |
| <b>18</b>  | <b>19</b>  | <b>20</b>  | <b>21</b>  | <b>22</b>  | <b>23</b> ● | <b>24</b>  |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m      | Time m     |
| 06:13 5.23 | 01:03 1.91 | 01:58 1.71 | 02:51 1.50 | 03:42 1.32 | 04:33 1.16  | 05:26 1.04 |
| 12:39 2.05 | 07:14 5.45 | 08:11 5.74 | 09:02 6.04 | 09:50 6.29 | 10:38 6.47  | 11:26 6.59 |
| 18:39 5.10 | 13:36 1.80 | 14:28 1.53 | 15:18 1.29 | 16:09 1.11 | 17:01 0.97  | 17:53 0.88 |
|            | 19:41 5.36 | 20:38 5.68 | 21:29 5.99 | 22:20 6.25 | 23:09 6.45  | 23:59 6.56 |
| <b>25</b>  | <b>26</b>  | <b>27</b>  | <b>28</b>  | <b>29</b>  | <b>30</b> ☾ | <b>31</b>  |
| Time m     | Time m     | Time m     | Time m     | Time m     | Time m      | Time m     |
| 06:17 0.97 | 00:51 6.59 | 01:44 6.52 | 02:38 6.36 | 03:32 6.14 | 04:28 5.90  | 05:27 5.71 |
| 12:15 6.62 | 07:07 0.95 | 07:57 1.02 | 08:47 1.18 | 09:39 1.40 | 10:38 1.62  | 11:46 1.77 |
| 18:44 0.82 | 13:05 6.57 | 13:57 6.41 | 14:51 6.16 | 15:48 5.86 | 16:48 5.56  | 17:52 5.34 |
|            | 19:34 0.83 | 20:24 0.91 | 21:15 1.07 | 22:08 1.28 | 23:06 1.49  |            |

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
National Oceanography Centre (www.noc.ac.uk): Copyright Reserved

## Brighton & Hove beaches

Please respect all local Byelaws. During the summer months, swim between the Red and Yellow flags.

### BBQ info:

- Please only BBQ on designated beach after 6pm
- Raise BBQ off the stones
- Leave the area cold, clean, and safe for others
- No open fires

### Dogs:

1 May to 30 September: Dogs are allowed on designated beaches marked with a banner - Please look for these on the lamp posts along Hove promenade.

1 October to 30 April: Dogs are allowed on all beaches Please keep your dog under control at all times and clean up after them.

### Cycling:

Please use seafront cycling lanes - not the promenade.

### Useful numbers

Seafront Office 01273 292715

Emergency 999

Non-emergency Police 101 / NHS 111

RSPCA 0300 1234 999

For any emergency on the coast call 999 and ask for the Coastguard.

For trapped, injured or stranded wildlife:

Sometimes the RSPCA may not be able to come for wildlife, especially if it is not contained or they are busy. In these cases please call the Seafront Office - we have local links for all types of wildlife including marine mammals such as seals and cetaceans.

**Please help us to keep our coastlines clean and safe for people and wildlife and protect our marine environment for future generations.**