

LAT 50°46'N LONG 1°18'W

YEAR 2026

HIGH WATERS - IMPORTANT NOTE. THE HIGH WATER DURATION AT COWES CAN OCCUR OVER AN EXTENDED TIME PERIOD, I.E. A "HIGH WATER STAND". THE PREDICTIONS GIVE THE TIME AND HEIGHT OF HIGH WATER CORRESPONDING TO THE BEGINNING OF THE STAND. USERS ARE ALSO ADVISED TO CONSULT HOURLY-HEIGHT PREDICTIONS (OR TIME INTERVALS OF LESS THAN AN HOUR) OWING TO THE COMPLEX SHAPE OF THE TIDAL CURVE BETWEEN THE TIMES AND HEIGHT OF HIGH AND LOW WATER.

ENGLAND - COWES

LAT 50°46'N LONG 1°18'W

TIME ZONE UT(GMT)

TIMES AND HEIGHTS OF HIGH AND LOW WATERS

YEAR 2026

MAY				JUNE				JULY				AUGUST			
Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m
1 F ○	0407 1.0 1040 4.1 1622 1.0 2236 4.2	16 SA ●	0334 0.8 0949 4.3 1554 0.7 2213 4.4	1 M	0454 1.2 1115 4.0 1709 1.4 2322 4.0	16 TU	0455 0.7 1137 4.3 1719 0.9 2334 4.4	1 W	0515 1.2 1141 4.0 1731 1.4 2342 4.0	16 TH	0534 0.6 1218 4.3 1755 0.9	1 SA	0601 0.9 1219 4.1 1818 1.1	16 SU	0044 4.3 0633 0.6 1316 4.3 1851 0.9
2 SA	0441 1.0 1053 4.1 1655 1.0 2311 4.2	17 SU	0420 0.6 1035 4.3 1641 0.7 2258 4.4	2 TU	0527 1.2 1154 4.0 1742 1.5 2354 4.0	17 W	0544 0.7 1232 4.3 1807 1.0	2 TH	0549 1.2 1216 4.0 1805 1.4	17 F	0026 4.4 0617 0.6 1304 4.3 1838 0.9	2 SU	0028 4.2 0634 0.9 1255 4.1 1851 1.1	17 M	0125 4.2 0709 0.8 1359 4.2 1929 1.1
3 SU	0513 1.0 1129 4.0 1726 1.2 2341 4.1	18 M	0506 0.6 1144 4.4 1728 0.8 2346 4.4	3 W	0559 1.3 1227 3.9 1814 1.5	18 TH	0024 4.3 0632 0.7 1255 4.2 1855 1.1	3 F	0017 4.0 0622 1.1 1248 4.0 1839 1.4	18 SA	0111 4.3 0659 0.7 1353 4.2 1919 1.0	3 M	0103 4.1 0708 0.9 1330 4.1 1926 1.1	18 TU	0210 4.1 0746 1.1 1448 4.1 2008 1.3
4 M	0543 1.1 1200 4.0 1756 1.3	19 TU	0553 0.6 1238 4.3 1815 0.9	4 TH	0027 3.9 0631 1.3 1301 3.9 1850 1.6	19 F	0134 4.2 0718 0.8 1350 4.1 1942 1.2	4 SA	0048 4.0 0656 1.1 1317 4.0 1915 1.4	19 SU	0157 4.2 0740 0.9 1408 4.1 2003 1.2	4 TU	0142 4.1 0743 1.0 1407 4.1 2005 1.2	19 W	0226 3.8 0826 1.4 1451 3.9 2050 1.6
5 TU	0009 4.1 0611 1.2 1233 3.9 1825 1.4	20 W	0032 4.3 0640 0.8 1344 4.2 1904 1.1	5 F	0103 3.9 0707 1.4 1337 3.8 1929 1.6	20 SA	0226 4.1 0807 1.0 1442 4.0 2033 1.4	5 SU	0122 4.0 0732 1.2 1355 4.0 1953 1.4	20 M	0247 4.0 0824 1.1 1457 4.0 2049 1.4	5 W	0224 4.2 0824 1.0 1452 4.0 2052 1.4	20 TH	0308 3.6 0910 1.8 1531 3.7 2141 2.0
6 W	0041 4.0 0641 1.3 1308 3.8 1858 1.6	21 TH	0122 4.1 0731 1.0 1402 4.0 1958 1.4	6 SA	0140 3.8 0748 1.4 1417 3.8 2014 1.7	21 SU	0323 3.9 0858 1.2 1535 3.9 2127 1.5	6 M	0202 3.9 0811 1.2 1437 3.9 2036 1.5	21 TU	0306 3.8 0911 1.4 1545 3.9 2141 1.7	6 TH	0316 3.8 0915 1.4 1554 3.9 2153 1.6	21 F	0355 3.4 1011 2.2 1621 3.5 2338 2.2
7 TH	0111 3.8 0715 1.4 1343 3.7 1936 1.8	22 F	0217 4.0 0826 1.2 1503 3.9 2057 1.6	7 SU	0222 3.7 0835 1.5 1505 3.7 2107 1.8	22 M	0345 3.7 0953 1.4 1634 3.9 2228 1.7	7 TU	0251 3.8 0857 1.3 1526 3.9 2127 1.6	22 W	0400 3.6 1007 1.7 1635 3.8 2246 1.9	7 F	0424 3.7 1024 1.7 1702 3.9 2312 1.7	22 SA	0557 3.4 1232 2.3 1808 3.4
8 F	0147 3.6 0756 1.6 1425 3.6 2025 2.0	23 SA	0317 3.8 0926 1.4 1604 3.8 2202 1.7	8 M	0313 3.6 0932 1.6 1602 3.7 2210 1.8	23 TU	0448 3.6 1056 1.6 1734 3.8 2337 1.8	8 W	0342 3.7 0952 1.4 1629 3.9 2231 1.6	23 TH	0458 3.4 1117 2.0 1735 3.6	8 SA	0539 3.7 1148 1.8 1810 3.8	23 SU	0109 2.1 0645 3.4 1337 2.2 1906 3.4
9 SA	0231 3.5 0850 1.8 1526 3.5 2135 2.1	24 SU	0416 3.6 1033 1.6 1714 3.8 2315 1.8	9 TU	0416 3.5 1038 1.6 1709 3.8 2319 1.8	24 W	0551 3.5 1204 1.7 1834 3.8	9 TH	0449 3.7 1100 1.5 1731 3.9 2343 1.6	24 F	0007 2.0 0606 3.4 1238 2.1 1838 3.6	9 SU	0035 1.7 0650 3.7 1312 1.8 1929 3.8	24 M	0159 2.0 0759 3.6 1424 2.0 2018 3.6
10 SU	0350 3.4 1013 1.9 1647 3.5 2324 2.1	25 M	0531 3.5 1144 1.6 1828 3.8	10 W	0525 3.6 1145 1.6 1812 3.9	25 TH	0045 1.8 0657 3.5 1308 1.8 1928 3.8	10 F	0559 3.7 1211 1.6 1836 3.9	25 SA	0122 2.0 0723 3.4 1346 2.0 1949 3.6	10 M	0153 1.5 0814 3.9 1426 1.6 2040 4.0	25 TU	0240 1.7 0855 3.8 1502 1.8 2108 3.8
11 M	0518 3.4 1145 1.9 1756 3.6	26 TU	0027 1.8 0647 3.6 1250 1.6 1925 3.9	11 TH	0024 1.6 0636 3.7 1247 1.4 1913 4.0	26 F	0144 1.7 0758 3.6 1404 1.7 2021 3.8	11 SA	0052 1.5 0710 3.8 1320 1.5 1943 4.0	26 SU	0217 1.8 0828 3.6 1440 1.9 2045 3.7	11 TU	0257 1.2 0916 4.1 1525 1.3 2137 4.2	26 W	0317 1.5 0937 4.0 1536 1.5 2145 4.0
12 TU	0027 1.9 0616 3.5 1242 1.6 1904 3.8	27 W	0126 1.6 0744 3.7 1345 1.5 2013 4.0	12 F	0122 1.4 0736 3.9 1345 1.2 2012 4.1	27 SA	0235 1.6 0849 3.7 1454 1.7 2110 3.9	12 SU	0157 1.3 0816 3.9 1426 1.4 2048 4.1	27 M	0303 1.6 0921 3.8 1524 1.7 2134 3.9	12 W	0350 0.9 1011 4.3 1614 1.0 2224 4.3	27 TH	0351 1.2 1015 4.1 1609 1.3 2220 4.1
13 W	0115 1.6 0718 3.7 1332 1.4 1957 4.0	28 TH	0216 1.5 0830 3.8 1433 1.4 2055 4.0	13 SA	0217 1.1 0833 4.0 1441 1.1 2101 4.3	28 SU	0321 1.5 0938 3.8 1539 1.6 2155 4.0	13 M	0259 1.1 0917 4.1 1527 1.2 2142 4.2	28 TU	0343 1.4 1005 4.0 1602 1.5 2213 4.0	13 TH	0435 0.6 1115 4.4 1657 0.8 2325 4.4	28 F	0425 1.0 1047 4.2 1643 1.0 2255 4.2
14 TH	0202 1.3 0814 3.9 1420 1.1 2047 4.2	29 F	0300 1.3 0913 3.8 1517 1.3 2136 4.1	14 SU	0311 0.9 0931 4.2 1535 1.0 2155 4.4	29 M	0402 1.4 1024 3.9 1620 1.5 2233 4.0	14 TU	0356 0.9 1016 4.2 1622 1.0 2236 4.3	29 W	0419 1.2 1043 4.1 1637 1.4 2251 4.1	14 F	0517 0.5 1155 4.4 1737 0.7	29 SA	0500 0.8 1141 4.3 1717 0.9 2326 4.3
15 F	0248 1.0 0905 4.1 1508 0.8 2131 4.3	30 SA	0341 1.2 0955 3.9 1557 1.3 2214 4.1	15 M	0404 0.7 1023 4.3 1628 0.9 2245 4.4	30 TU	0440 1.3 1105 4.0 1657 1.5 2309 4.0	15 W	0447 0.7 1130 4.3 1711 0.9 2322 4.4	30 TH	0454 1.1 1114 4.1 1710 1.2 2321 4.1	15 SA	0004 4.4 0556 0.5 1235 4.4 1815 0.8	30 SU	0534 0.7 1212 4.3 1751 0.9
31 SU	0419 1.2 1036 4.0 1635 1.3 2248 4.1							31 F	0527 1.0 1149 4.1 1744 1.1 2356 4.2			31 M	0000 4.3 0608 0.7 1246 4.3 1825 0.9		

HIGH WATERS - IMPORTANT NOTE. THE HIGH WATER DURATION AT COWES CAN OCCUR OVER AN EXTENDED TIME PERIOD, I.E. A "HIGH WATER STAND". THE PREDICTIONS GIVE THE TIME AND HEIGHT OF HIGH WATER CORRESPONDING TO THE BEGINNING OF THE STAND. USERS ARE ALSO ADVISED TO CONSULT HOURLY-HEIGHT PREDICTIONS (OR TIME INTERVALS OF LESS THAN AN HOUR) OWING TO THE COMPLEX SHAPE OF THE TIDAL CURVE BETWEEN THE TIMES AND HEIGHT OF HIGH AND LOW WATER.

ENGLAND - COWES

LAT 50°46'N LONG 1°18'W

TIME ZONE UT(GMT)

TIMES AND HEIGHTS OF HIGH AND LOW WATERS

YEAR 2026

SEPTEMBER				OCTOBER				NOVEMBER				DECEMBER			
Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m
1	0036 4.3	16	0135 4.1	1	0059 4.3	16	0200 4.0	1	0239 4.0	16	0215 3.7	1	0333 4.0	16	0242 3.9
0641 0.8		0709 1.2		0655 1.0		0710 1.7		0836 1.8		0813 2.1		0928 1.7		0840 1.9	
TU 1304 4.3		W 1328 4.1		TH 1319 4.3		F 1327 4.0		SU 1500 3.9		M 1420 3.6		TU 1543 3.8		W 1446 3.7	
1859 1.0		1927 1.3		1918 1.1		1926 1.6		☾ 2110 1.7		2035 1.9		☾ 2157 1.6		2101 1.7	
2	0117 4.2	17	0145 3.9	2	0144 4.1	17	0149 3.7	2	0347 3.9	17	0311 3.7	2	0441 4.0	17	0331 3.8
0716 1.0		0743 1.5		0739 1.4		0745 1.9		0952 2.0		0912 2.3		1035 1.9		0934 1.9	
W 1341 4.2		TH 1401 3.9		F 1408 4.1		SA 1356 3.7		M 1604 3.7		TU 1510 3.4		W 1652 3.7		TH 1542 3.6	
1937 1.1		2002 1.6		2007 1.4		2004 1.9		2230 1.8		☾ 2141 2.1		2305 1.7		☾ 2158 1.8	
3	0201 4.1	18	0219 3.6	3	0239 3.9	18	0227 3.5	3	0508 3.8	18	0421 3.6	3	0556 4.0	18	0431 3.8
0756 1.2		0818 1.9		0835 1.7		0828 2.3		1122 2.0		1044 2.3		1147 1.9		1039 2.0	
TH 1427 4.1		F 1435 3.7		SA 1506 3.8		SU 1428 3.4		TU 1725 3.6		W 1630 3.4		TH 1809 3.7		F 1650 3.6	
2023 1.4		☾ 2040 2.0		☾ 2113 1.7		☾ 2052 2.2		2355 1.8		2313 2.1				2307 1.8	
4	0254 3.9	19	0258 3.4	4	0354 3.7	19	0328 3.4	4	0641 4.0	19	0529 3.7	4	0014 1.7	19	0535 3.8
0847 1.5		0901 2.3		0957 2.1		1204 2.5		1244 1.9		1208 2.2		0656 4.0		1150 1.9	
F 1525 3.9		SA 1540 3.5		SU 1619 3.6		M 1633 3.4		W 1859 3.8		TH 1745 3.5		F 1256 1.8		SA 1803 3.7	
☾ 2125 1.7		2353 2.3		2250 1.9								1917 3.8			
5	0401 3.7	20	0453 3.4	5	0520 3.7	20	0010 2.3	5	0104 1.7	20	0019 1.9	5	0118 1.7	20	0015 1.7
1000 1.9		1230 2.5		1156 2.1		0516 3.5		0742 4.1		0639 3.9		0752 4.1		0643 4.0	
SA 1635 3.7		SU 1728 3.4		M 1744 3.6		TU 1250 2.3		TH 1340 1.7		F 1254 1.9		SA 1353 1.7		SU 1253 1.7	
2255 1.9						1746 3.4		1957 4.0		1857 3.7		2008 3.9		1907 3.8	
6	0520 3.6	21	0048 2.2	6	0033 1.8	21	0052 2.1	6	0157 1.5	21	0109 1.7	6	0212 1.6	21	0116 1.6
1146 2.1		0601 3.4		0701 3.8		0630 3.6		0826 4.2		0734 4.0		0836 4.1		0739 4.1	
SU 1754 3.6		M 1320 2.3		TU 1320 1.9		W 1324 2.1		F 1425 1.4		SA 1339 1.6		SU 1441 1.5		M 1350 1.4	
		1842 3.4		1924 3.8		1847 3.5		2040 4.1		1953 3.9		2058 4.0		2006 4.0	
7	0037 1.8	22	0132 2.1	7	0140 1.6	22	0127 1.9	7	0243 1.3	22	0156 1.4	7	0259 1.5	22	0214 1.4
0653 3.7		0722 3.6		0811 4.1		0735 3.9		0907 4.3		0820 4.2		0917 4.2		0838 4.2	
M 1323 1.9		TU 1359 2.1		W 1411 1.6		TH 1353 1.9		SA 1508 1.2		SU 1424 1.3		M 1525 1.4		TU 1445 1.2	
1928 3.8		1940 3.5		2021 4.0		1949 3.7		2122 4.2		2041 4.1		2139 4.0		2104 4.2	
8	0154 1.6	23	0209 1.8	8	0229 1.3	23	0202 1.6	8	0324 1.2	23	0243 1.2	8	0343 1.5	23	0310 1.2
0816 3.9		0822 3.8		0852 4.3		0822 4.1		0943 4.4		0905 4.4		1000 4.2		0933 4.4	
TU 1427 1.6		W 1432 1.8		TH 1454 1.3		F 1425 1.6		SU 1547 1.1		M 1509 1.0		TU 1606 1.3		W 1539 0.9	
2037 4.0		2034 3.8		2104 4.2		2036 4.0		2158 4.2		2127 4.3		2221 4.1		2157 4.3	
9	0249 1.2	24	0244 1.5	9	0312 1.0	24	0239 1.3	9	0403 1.1	24	0330 1.0	9	0424 1.4	24	0404 1.0
0911 4.2		0902 4.0		0930 4.4		0902 4.2		1018 4.4		0950 4.5		1038 4.2		1022 4.5	
W 1515 1.3		TH 1504 1.5		F 1534 1.0		SA 1501 1.2		M 1624 1.1		TU 1555 0.8		W 1645 1.3		TH 1632 0.8	
2126 4.2		2115 4.0		2146 4.3		2115 4.2		☀ 2236 4.2		☾ 2212 4.4		☀ 2305 4.2		☾ 2254 4.4	
10	0335 0.9	25	0318 1.2	10	0352 0.9	25	0318 1.0	10	0440 1.2	25	0417 0.9	10	0502 1.5	25	0456 1.0
0955 4.3		0942 4.2		1031 4.5		0938 4.4		1053 4.3		1034 4.5		1115 4.2		1111 4.5	
TH 1558 1.0		F 1537 1.2		SA 1612 0.9		SU 1539 1.0		TU 1659 1.1		W 1642 0.7		TH 1721 1.3		F 1722 0.7	
2207 4.4		2148 4.2		☀ 2241 4.4		2154 4.4		2312 4.2		2300 4.5		2345 4.2			
11	0416 0.7	26	0353 0.9	11	0429 0.8	26	0357 0.8	11	0514 1.3	26	0504 0.9	11	0537 1.5	26	0005 4.5
1054 4.4		1013 4.3		1104 4.5		1016 4.5		1129 4.3		1121 4.5		1147 4.2		0546 0.9	
F 1637 0.8		SA 1612 1.0		SU 1648 0.9		M 1619 0.8		W 1732 1.2		TH 1729 0.8		F 1754 1.3		SA 1159 4.5	
☀ 2303 4.4		☾ 2224 4.3		2316 4.4		☾ 2237 4.5		2346 4.1		2351 4.4				1811 0.7	
12	0454 0.6	27	0429 0.7	12	0503 0.9	27	0438 0.7	12	0547 1.4	27	0552 1.0	12	0020 4.1	27	0058 4.4
1130 4.4		1107 4.4		1138 4.4		1055 4.5		1200 4.2		1210 4.5		0611 1.6		0634 1.0	
SA 1713 0.7		SU 1648 0.8		M 1721 0.9		TU 1700 0.7		TH 1803 1.3		F 1817 0.8		SA 1222 4.1		SU 1247 4.4	
2340 4.4		2302 4.4		2353 4.3		2314 4.5						1826 1.3		1857 0.7	
13	0530 0.6	28	0505 0.7	13	0536 1.0	28	0519 0.8	13	0026 4.1	28	0108 4.4	13	0054 4.1	28	0153 4.4
1206 4.4		1141 4.5		1152 4.3		1136 4.5		0619 1.6		0641 1.2		0643 1.6		0719 1.1	
SU 1747 0.8		M 1724 0.7		TU 1753 1.0		W 1741 0.8		F 1232 4.1		SA 1257 4.3		SU 1250 4.0		M 1357 4.3	
		2339 4.4				2359 4.4		1834 1.4		1906 1.0		1859 1.4		1943 0.9	
14	0016 4.3	29	0541 0.7	14	0030 4.2	29	0601 0.9	14	0100 4.0	29	0134 4.2	14	0128 4.0	29	0212 4.2
0604 0.8		1219 4.5		0607 1.2		1221 4.5		0652 1.7		0733 1.4		M 0718 1.7		TU 0807 1.2	
M 1242 4.4		TU 1800 0.8		W 1222 4.3		TH 1823 0.9		SA 1305 4.0		SU 1348 4.2		M 1328 3.9		TU 1450 4.1	
1821 0.9				1823 1.2				1908 1.6		1959 1.2		1934 1.5		2030 1.1	
15	0054 4.2	30	0019 4.4	15	0040 4.1	30	0045 4.3	15	0135 3.9	30	0229 4.1	15	0203 3.9	30	0306 4.1
0637 1.0		0617 0.8		0638 1.4		0645 1.2		0729 1.9		0828 1.6		0756 1.8		0857 1.4	
TU 1319 4.3		W 1239 4.4		TH 1253 4.1		F 1306 4.3		SU 1339 3.8		M 1445 4.0		TU 1402 3.8		W 1551 4.0	
1854 1.1		1837 0.9		1855 1.4		1910 1.1		1947 1.8		2055 1.4		2014 1.6		☾ 2121 1.3	
				31	0138 4.2							31	0401 4.0		
					0735 1.5								0953 1.6		
					SA 1358 4.1								TH 1613 3.7		
					2004 1.4								2220 1.6		

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COWES

British Summer Time: 01:00 29 March 2026 – 01:00 25 October 2026

The High Water period at Cowes sometimes occurs over an extended time period, where the shape of the curve can show a flat period (where the rate of change of tidal rise and fall slows down, i.e. a 'Stand'). Where this feature is particularly marked, occasionally this will show a tendency towards a weak 'double High Water' (but is far less evident than the double High Water which occurs at Southampton). The predictions give the time and height of High Water corresponding to the beginning of this 'Stand' period.

Cowes Inner Fairway: A strong cross-current of up to 1.5 knots may be experienced between 2.5 hours before to the time of HW at Cowes in the Inner Fairway between 2A buoy and 4A beacon.