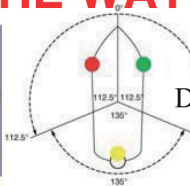


Tide Tables 2023

For the Ports of Falmouth,
Truro and Penryn



USE THE WATER SAFELY!



Be seen at night.
Display navigation
lights

Wearing a
killcord saves
lives



Be considerate - Don't
be a hazard to others
with speed or wash



Lifejackets are
useless unless
worn



Car or Boat don't
drink and drive

Harbour Authority Contact Information

Organisation	Phone	Call Sign	VHF
Falmouth Harbour	01326 213537	Falmouth Harbour Radio	12
Truro Harbour	01872 272130	Carrick 1	12
St Mawes Harbour	01326 270553	St Mawes Harbour	12
Falmouth Docks	01326 214666	Spindrift	11

Predictions of Tide Heights are referred uniformly to Chart Datum, which is approximately the level of the lowest spring tides.

GREENWICH MEAN TIME IS QUOTED THROUGHOUT

(Please add one hour for British Summer Time)

PHASES OF THE MOON

Full Moon ○ New Moon ● For other ports add or subtract time specified

Brest	- 1 hr. 7 mins.
Bristol (Avonmouth)	+ 1 hr. 58 mins.
Cardiff	+ 1 hr. 42 mins.
Coverack	- 5 mins.
Cherbourg	+2 hrs. 50 mins.
Cork	+35 mins.
Dublin	-5 hrs. 42 mins.
Dartmouth	+58 mins.
Dover	+6 hrs. 2 mins.
Fowey	+18 mins.
Helford River Entrance	-2 mins.
Le Havre	+4 hrs. 55 mins.
Lorient	-1 hr. 19 mins.
Newquay	- 5 mins.
Padstow	+ 5 mins.
Penzance (Newlyn)	- 22 mins.
Portland	+1 hr. 35 mins.
Perranporth	- 10 mins.
Plymouth Breakwater	+ 24 mins.
Roscoff	- 11 mins.
Scillies (St. Mary's)	- 20 mins.
St. Agnes Head	- 11 mins.
St. Ives	- 15 mins.
St. Peter Port	+ 1 hr. 19 mins.
St. Mawes	As Falmouth
Truro	+ 8 mins.
Ushant (Baie de Lampaul)	-1 hr. 5 mins.

Every care is taken in publishing this Tide Table, but the Publishers will not be responsible for any inaccuracies. Tidal information is reproduced by permission of the Controller of Her Majesty's Stationery Office and the UK Hydrographic Office (www.ukho.gov.uk) © Crown copyright. All rights reserved.

Printed by: www.nationwideprint.co.uk 01726 72548 Cover Picture: Nigel Knight

CORNWALL COUNCIL MARITIME SECTION

Cornwall Council is responsible for a number of local authority owned ports and harbours – Bude, Newquay, Portreath, St Ives, Penzance, Truro, Penryn, Prince of Wales Pier (Falmouth), Portscatho and Portwrinkle together with some maritime assets at Donderry and Saltash.

Most of these are statutory harbour undertakings, set up by individual harbour orders which enable construction of part or parts of the harbour and which also bring in some primary harbour legislation. These harbours are of a varying size and operation, with some offering commercial facilities and others more related to the fishing industry or leisure market.

What is of importance is the requirement of all of these harbours to be compliant with the Port Marine Safety Code. Harbours and ports in the UK fall under one of three categories of governance –private, trust or municipal.

Each of the three types is open to market forces and they should be independently run as stand-alone enterprises, free from government support or subsidy. The Municipal Port Review (May 2006) which has now been replaced by the Ports Good Governance Guidance (March 2018) states “like trust ports, municipal ports are operated for the benefit of stakeholders including the local community but, unlike trusts, they are not in general governed by an independent, bespoke, expert and directly accountable body”. The report goes on to recommend that local authorities should consider adopting the tried and tested benefits of the trust ports governance model, which are readily transferable to the municipal ports.

As a result of this review Cornwall Council has a Harbours Board consisting of six councillors and six independent members. The Harbours Board is responsible for the functions arising out of any byelaws made by the Council under the Harbour Orders including the determination of any fees and charges. (In relation to the determination of fees and charges such are to be recommended to Council).

The discharge of these functions within any policy and budget approved by Council is delegated as set out in the Memorandum of Understanding between the Harbours Board and the Council.

Those functions that fall within the duties of a Harbour Authority would include dredging, hydrographic surveying, provision of buoyage, beacons and navigational lighting, wreck removal, byelaw enforcement, maintain harbour patrols for the protection and regulation of navigation, notices to mariners etc

The Harbours Board will manage the harbours within the limits of the respective orders and legislation relating to harbours which would include (by way of example) management and regulation of moorings, beach berths (including numbers, locations, specifications, waiting lists etc.) and zoned areas so as to enforce the protection and regulation of navigation.

Harbour Office, Town Quay, Truro, Cornwall, TR1 2HJ.

Tel: (01872) 224231

Fax: (01872) 225346

E-mail: harbouroffice@cornwall.gov.uk
www.cornwallharbours.co.uk

USEFUL TELEPHONE NUMBERS

CORNWALL COUNCIL

Harbour Master (Truro):

(01872) 224231 or (01872) 272130

Harbour Master (Portscatho) (01872) 580243

Piermaster (Prince of Wales Pier)

(01326) 314189 during April to October

FALMOUTH HARBOUR COMMISSIONERS

Harbour Master (Falmouth): (01326) 213537

Leisure: (01326) 310990.

Pilotage Services: (01326) 211395

ST. MAWES HARBOUR:

Harbour Master (St. Mawes): (01326) 270553

H.M. COASTGUARD:

Emergency: 999.

All enquiries: (01326) 317575

H.M. CUSTOMS & EXCISE

National Yacht Line: 0845 723 1110

PORT HEALTH AUTHORITY (FALMOUTH AND TRURO) PORT HEALTH OFFICER:

(01872) 323090

POLICE:

Emergency: 999

Crimestoppers: 0800 555111

HOSPITALS

Treliske: (General enquiries): (01872) 250000

Falmouth: (01326) 430000

TOURIST INFORMATION:

Truro Tourist Information Centre: (01872) 274555

ENVIRONMENT AGENCY:

Incident No: 0800 807060

REMEMBER

1. No garbage of any description should be dumped overboard from any vessel. Please make sure you bag it up and take it ashore or use any of the floating waste & recycling facilities.
2. Make sure that you regularly inspect your mooring tackle for any signs of corrosion or wear, and make sure it is clearly marked.
3. Make sure that before you set off on any voyage you have adequate lifesaving equipment, Flares and you are wearing a kill cord.
4. Always check the weather forecast before you go.
5. Tides will be affected by rainfall, pressure systems and onshore/offshore winds.
6. Be on the lookout for any of the International Distress Signals.
7. Observe all speed limits in force. (8 knots north of Turnaware Bar. 5 knots in Mylor and Restronguet Creek. 8 knots in Penryn).
8. There are slipways at Penryn, Truro & Mylor, please contact the Harbour Office (Truro) if you wish to use them.
9. Fresh water can be supplied free of charge from Truro (Town Quay) and Trelissick Landing Stage.
10. Please make sure that you do not anchor in any fairway or in the vicinity of cables.
11. Always observe the collision regulations.
12. Ensure you keep a good lookout at all times.

MOORINGS - General Information

Subletting or non-use of moorings – This is only possible for a maximum period of two years with the prior permission of the Harbour Master. The Harbour Office must be given details of the owner and vessel to be using your mooring. Sub-lets may not be made at a profit, so only the mooring licence fee and an allowance for wear and tear on your mooring equipment may be charged. Managed Moorings (equipment provided by us) may not be sublet under any circumstances.

Siting of moorings – Your mooring contractor must contact our office in order for us to agree where to site your mooring position. The layout and distribution of moorings in the harbour is entirely at the discretion of the Harbour Office and it is an offence under byelaws to position or move a mooring except with the authorisation of the Harbour Office.

Numbering of buoys - It is a requirement of your mooring licence to mark your buoy with your mooring number so that it is clearly visible at all times. Unmarked moorings can be removed from the harbour, and licences revoked.

Changing boats – You must notify us if you intend to change your vessel so that we can update our database and ensure that the type and size of boat is suitable in that present location.

Vessels to have names on them – The Harbour Byelaws require that all vessels should be conspicuously marked with their name or other means of identification.

If you have any queries please contact **Paul Ferris**, Moorings Officer on 01872 272130



**CRIME DOESN'T
RESPECT OUR BORDERS**

IF YOU SEE ANYTHING SUSPICIOUS
ABOUT WHERE, WHEN OR HOW A VESSEL
AND CREW ARE OPERATING. REPORT IT.

Call the Police on 101, quote KRAKEN

You can contact Crimestoppers anonymously on 0800 555 111
In an emergency always dial 999

 Border Force  NCA  NPCC

Crimestoppers is an independent charity

MOORING & ANCHORING CHAIN

The best choice for anchoring and mooring chain is short link chain. This is, excluding stud chain, the heaviest and strongest of chains as well as being the most flexible. By definition, short link chain has a link of outside dimensions not exceeding 5 times the material diameter in length and 3.5 times in width necessitating the fitting of large end links by the manufacturer. It should be noted that these are maximum dimensions only and if chain is needed to fit a windlass gypsy wheel it is unlikely that the short link will be suitable. Calibrated chain is designed to be used with a windlass, a manufacturing process involving making the chain deliberately short and then stretching it to its final dimensions.

ADDITIONAL COMPONENTS There is a wide range of other components which could be used in a mooring system and it is important to ensure that those used are of equivalent strength to the chain. Using components which will fit a chain, with no regard to relative strengths is all too common. As an example, given similar materials, a conventional shackle which will fit directly into short link chain can at best be only about half the strength of the chain. Compatibility of materials is vital too - the problems of dissimilar materials and electrolysis are only too well known.

SHACKLES By far the most popular shackle types are the dees and bows. Dee shackles are usual where two components are to be connected, whereas bow shackles are most suitable as three way connectors. Needless to say, all shackle pins should be 'moused' using galvanised seizing wire.

SWIVELS There are various designs available and the user should ensure that the swivel chosen will accept the correct size shackle or shackle pin. Like shackles, there are two popular types: the chain swivel for joining two components and mooring swivels for joining three. Mooring swivels are designed to take a shackle pin at one end and shackle eyes at the other.

MAINTENANCE Although maintenance should be based on regular inspection, the precise procedure to be followed for any mooring depends on local conditions. If a mooring is exposed to strong tidal conditions and rough weather it will naturally wear more quickly. Normal wear and tear is not, however, the only cause of damage to mooring components. Corrosion, erosion and electrolysis can all be responsible for rapid and dramatic removal of metal. Consequently moorings on new sites need to be monitored carefully until a wear pattern can be established.

If possible moorings should be lifted for winter storage, or alternatively the riser may be sunk and marked with a buoy. Either of these procedures can double a moorings effective life. Another useful tip is to position the swivel, which wears rapidly, at the top of riser, where it can be inspected in situ. Finally, no time should be lost in making an inspection of a mooring where movement has been detected or suspected.

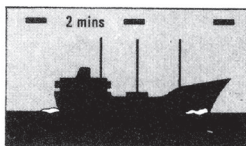
The degree of wear that can be safely permitted before replacement again varies with individual circumstances. A ground chain will often be far larger than strength requirements dictated, as it is bought primarily for its weight. Risers, however, have to be supported by a buoy and so tend to be nearer to the minimum acceptable size. As a guide one should not allow more than 15% reduction below the chain diameter. Remember that the ends of a link wear more rapidly. Badly rusted chain should never be used, particularly if the surface has been removed to expose the grain of the metal.

Information supplied by Seaware Ltd., Penryn

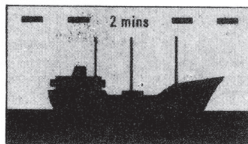
METEOROLOGY BEAUFORT WIND SCALE

Beaufort Scale Number	Description and limit of wind speed in knots	Sea Criterion
0	Calm Less than 1	Sea like a mirror.
1	Light air 1 - 3	Ripples with the appearance of scales are formed but without foam crests.
2	Light breeze 4 - 6	Small wavelets, still short but more pronounced, crests have a glassy appearance and do not break.
3	Gentle breeze 7 - 10	Large wavelets. Crests begin to break. Foam of glassy appearance. Perhaps scattered white horses.
4	Moderate breeze 11 - 16	Small waves, becoming longer; fairly frequent white horses.
5	Fresh breeze 17 - 21	Moderate waves, taking a more pronounced long form; many white horses are formed. (Chance of some spray).
6	Strong breeze 22 - 27	Large waves begin to form; the white foam crests are more extensive everywhere (Probably some spray).
7	Near gale 28 - 33	Sea heaps up and white foam from breaking waves begins to be blown in streaks along the direction of the wind (Spindrift begins to be seen).
8	Gale 34 - 40	Moderately high waves of greater length; edges of the crest break into spindrift. The foam is blown in well marked streaks along the direction of the wind.
9	Strong gale 41 - 47	High waves. Dense streaks of foam along the direction of the wind. Sea begins to roll. Spray may affect visibility.
10	Storm 48 - 55	Very high waves with long overhanging crests. The resulting foam in great patches is blown in dense white streaks along the direction of the wind. On the whole the surface of the sea takes a white appearance. The rolling of the sea becomes heavy and shocklike. Visibility affected.
11	Violent Storm 56 - 63	Exceptionally high waves. (Small and medium sized ships might be for a time lost to view behind the waves). The sea is completely covered with long white patches of foam lying along the direction of the wind. Everywhere the edges of the wave crests are blown into froth. Visibility affected.
12	Hurricane 64 - 71	The air is filled with foam and spray. Sea completely white with driving spray; visibility very seriously affected.

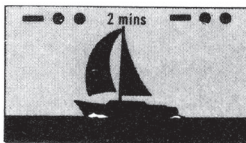
In FOG these are the signals you may hear:



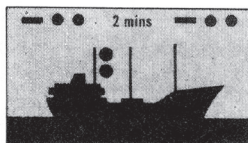
Under way and making way



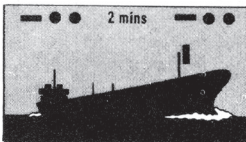
Under way, but stopped



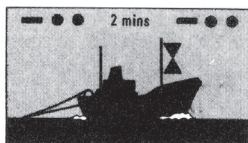
Sailing vessel



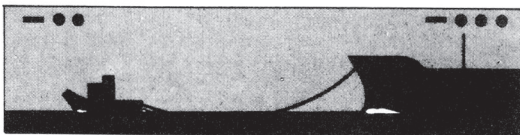
Vessel not under command



Vessel constrained by her draught

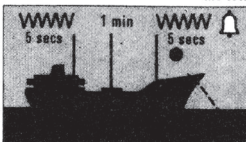


A vessel fishing

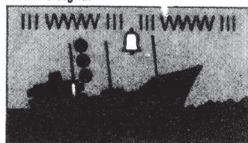


A vessel towing

A vessel under tow sounds a signal of one prolonged followed by three short blasts immediately following the towing vessel's signal



A vessel at anchor.
Vessel over 325 ft (100 metres) also sounds gong aft following bell



A vessel aground.
(III : Distinct strokes of bell)
(WWW : Rapid ringing)

WEATHER FORECASTS

BBC RADIO 4 weather bulletins daily on FM and long wave

00.48 hrs and 05.20 hrs (long wave and FM)

12.01 hrs and 17.54 hrs (normally long wave only)

RADIO CORNWALL WEATHER FORECAST TIMES

Breakfast runs – Full 5 day forecast at 06.15, 07.15, 08.15 and 09.15 am

Also shorter summary at 06.38, 07.38, 08.38 and 09.38 am

There is also a full 5 day forecast update at 13.03

– just after the news and again at 17.15 and 18.30

V.H.F. CHANNELS

Cornwall Council:

Harbour Masters Office, Truro: (Carrick 1) Ch. 16 12

Harbour Masters Launch (Carrick 2) Ch. 16 12

FALMOUTH HARBOUR RADIO: Ch. 16 14 13 12 6

H.M. COASTGUARDS: Ch. 16 (initial call) Ch. 73 67 10

PORT HEALTH: Ch. 16 69

FALMOUTH MARINA, MYLOR YACHT HARBOUR, ROYAL CORNWALL YACHT CLUB AND HELFORD RIVER S.C.: Ch. 37 (M) or 80

UK SHIPPING FORECAST AREAS

with effect from 4 February 2002



Truro Tidal Barrier

To alleviate flooding in Truro, the Environment Agency controls the tidal barrier at the north end of Lighterage Quay. When tide levels are expected to reach or exceed 5.4m (Falmouth Datum) owing to the combination of meteorological surge and astronomically predicted tides, the Truro River will be closed off by a single pair of mitre gates. The gates will be closed to all traffic for a period up to 2 hours 20 minutes before and after high water, the actual duration of the closure will vary, depending on the quantity of rainfall run off expected in the rivers Kenwyn and Allen.

During periods of closure the water level upstream of the barrier will rise owing to the inflow of water from rivers Kenwyn and Allen, however it will not be less than 4.3m (Falmouth Datum).

Environment Agency Incident Hotline 0800 807060

USE OF LIQUIFIED PETROLEUM GAS (LPG) ON PLEASURE CRAFT – EXPLOSIONS, FIRES AND ACCIDENTS RESULTING FROM GAS LEAKS

- Fire, explosion and asphyxiation are the possible dangers from LPG use on vessels due to leakage of gas, defective fittings, flame failure or inappropriate installation.
- Gas is heavier than air and may accumulate in bilges and other non-ventilated spaces. Even without ignition it may asphyxiate occupants of vessels.
- Gas canisters and bottles should be stored in lockers that are ventilated to the outside in case of leaks, preferably on deck. Provision of an automatic gas detector and alarm is advised.
- All piping leading into the vessel should be approved rigid copper or stainless steel tube construction with appropriate fittings. Necessary flexible lengths of tubing should be as short as possible and comply with the appropriate British Standard.
- There are a number of issues regarding solid fuel stoves which boat owners should be aware of including the risk of carbon monoxide poisoning and the potential for fire caused by the significant heat thrown out by these appliances. You are advised to seek advice from the very useful website [www.boatsafetyscheme.org/Stay Safe](http://www.boatsafetyscheme.org/StaySafe) on how to avoid fires afloat and how to make your own fire action plan.

Pressure Washing of Boats

The Environment Agency are focussing on boat wash down facilities around the estuary over the next 12 months and trying to promote best practice whilst at the same time ensuring that the regulations are followed.

Cornwall Council, the Environment Agency and Cornwall Marine Network are working together to understand the full nature of the problem and look at ways in which boat owners can be compliant with the regulations and avoid polluting the waters with contaminated wash down water.

We have always advised that before pressure washing tarpaulins should be laid out to catch any arisings from the operation but this may also need to be improved upon.

There are a range of alternative methods from purpose built wash down areas with interceptors to sandbagged areas lined with geotextile material to retain solids and dispose of the pollutants in the appropriate way.

The RYA has produced a very helpful document titled 'The Green Guide to Boat Wash Down Systems'.

Boat owners should therefore satisfy themselves that when their boats are being pressure washed by themselves or others that any contaminants should be collected and disposed of in the proper manner.

Any local business owners involved in boat wash down who could benefit from advice on low cost options and possible grant support to ensure compliance with the regulations should please contact Cornwall Marine Network on 01326 211382.

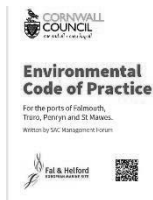


The Fal and Helford Estuaries Special Area of Conservation (SAC) is a particularly precious environment, known for its beaches and bays with seagrass beds, sandy gravels, reefs and maerl (calcified seaweed). The sheltered upper reaches with extensive mudflats are important for feeding wading birds and schools of young fish. An integral part of our lives; valuable for tourism, fishing and shellfisheries. *This marine life affects our life.* These waterways are busy places, take care when in this environment not to pollute, disturb or otherwise endanger marine habitats and wildlife. The SAC Management Forum have created this guide to a code of practice especially for this area.



Scan the QR code to the Fal and Helford MPA page for resources to help care for the SAC, including the Environmental Code of Practice for the Ports of Falmouth, Truro, Penryn and St Mawes.

Susan.1.scott@cornwall.gov.uk





Lifeboats

YOUR LIFE IS PRECIOUS

Always wear your lifejacket

**USELESS
UNLESS
WORN**

Find out more at
RNLI.org/Sailing

The RNLI is the charity that saves lives at sea
Royal National Lifeboat Institution, a charity registered in England
and Wales (209603) and Scotland (SC037736). Registered charity
number 20003326 in the Republic of Ireland

Photo: Shutterstock.com

**RESPECT
THE WATER**





CORNWALL
FIRE & RESCUE SERVICE
A service of Cornwall Council

Avoiding Fire Afloat

What to do if fire breaks out...

Act quickly - have everybody ready to leave the craft and get them off the boat as soon as you can

Call the Fire and Rescue Service - we'll need your location, use landmarks if possible

Turn off gas cylinders valves and close any fuel system valves that are safe to reach

Warn the occupants of adjacent craft, the harbour navigation authority and marina staff as appropriate
Remember the risk of accidents happening is greater when alcohol has been consumed

If in doubt get out, stay out, dial 999

For free fire safety advice call 0800 3581 999 or visit our website for more information:

www.cornwall.gov.uk/fire

Carbon Monoxide Detector – The Silent Killer

If you have any fuel burning appliances aboard, an engine or generator, fit a suitable audible carbon monoxide alarm meeting BS EN 50291 -2 for an added re-assurance.

USEFUL ADDRESSES

ENVIRONMENT AGENCY

For advice on 'salmon fishing' regulations within the river Fal, please telephone:
03708 506506

THE ROYAL YACHTING ASSOCIATION

RYA House, Ensign Way, Hamble,
Southampton SO31 4YA

Tel: 023 8060 4100 - Fax: 02380604299

E-mail: enquiries@rya.org.uk

(Addresses of sailing schools, yacht clubs and windsurfing centre)

OFCOM

Riverside House, 2a Southwark Bridge
Road, London SE1 9HA

Tel: 0207 981 3040 Fax: 0207 981 3333

(MMO) MARINE MANAGEMENT ORGANISATION

Office 1 Chy Gallos, Hayle Marine
Renewables Business Park, North Quay,
Hayle, Cornwall TR27 4DD

**Tel: (24 hour answer phone):
01736 757303**

E-mail: western@marinemangement.org.uk

(IFCA) INSHORE FISHERIES & CONSERVATION AUTHORITY

Office 2 Chy Gallos, Hayle Marine
Renewables Business Park, North Quay,
Hayle, Cornwall TR27 4DD

- For advice on 'sea fishing' regulations within the river Fal, please telephone:

Tel: 01736 336842 Fax: 01736 336661

E-mail: enquiries@cornwall-ifca.gov.uk

SAILING CLUBS

HELFDOR RIVER SAILING CLUB

Tel: 01326 231006/231460

Website: www.helfordriversc.co.uk

Office email: admin@helfordriversc.co.uk

Clubhouse: helfordriversc@gmail.com

MYLOR YACHT CLUB

Tel: 01326 374391

Website: www.myloryachtclub.org.uk

RESTRONGUET SAILING CLUB

Tel: 01326 374536

Website: www.restronguetsc.org

E-mail: info@restronguetsc.org.uk

ROYAL CORNWALL YACHT CLUB

Tel: 01326 312126

Website: www.royalcornwallyachtclub.org

E-mail: admin@royalcornwallyachtclub.org

ST. MAWES SAILING CLUB

Tel: 01326 270686

Website: www.stmawessailing.co.uk

E-mail: office@stmawessailing.co.uk

FLUSHING SAILING CLUB

Tel: 01326 374043

Website: www.flushingsailingclub.co.uk

E-mail: flushingsailingclub@pofsa.co.uk

TRURO BOATING ASSOCIATION

Tel: 07961 925156

Website: www.tboa.org.uk

Email: tboacontact@aol.com

Facebook: Truro Boating Association

MARITIME EVENTS AND REGATTAS 2023

Pilot Cutter Review

May 24th – 28th

www.classic-sailing.co.uk

Point & Penpol Regatta

June 3rd

www.pofsa.co.uk

Falmouth Classics Regatta

June 16th – 18th

www.falmouthclassics.org.uk

Falmouth International

Sea Shanty Festival

June 16th – 18th

www.falmouthseashanty.co.uk

National Armed Forces Day Events

June 23rd – 25th

www.forcesconnectsouthwest.org.uk

Loe Beach Regatta

July 1st

www.pofsa.co.uk

St Mawes Social Club Regatta

July 8th

www.pofsa.co.uk

Flushing Regatta

July 22nd

www.pofsa.co.uk

St Mawes Town Regatta

July 29th

www.pofsa.co.uk

Falmouth Working Boat Championships

August 4th – 13th

www.falmouthworkingboats.btck.co.uk

Falmouth Week

August 6th – 12th

www.falmouthweek.co.uk

Tall Ships Race

August 18th

www.classicboat.co.uk

Portscatho Regatta

August 26th

www.pofsa.co.uk

Percuil Regatta

August 27th

www.pofsa.co.uk

Falmouth Oyster Festival

T.B.C.

www.falmouthoysterfestival.co.uk

SWIMMERS - BE SEEN BY BOATS



The sea is shared

Wear a bright swim hat

Consider a towfloat in high boat traffic areas or when swimming off shore

Swim happy, swim safe.

Let lifeguards know your swim plans for longer swims.

www.outdoorswimmingsociety.com/survive

#outdoorswimmingsociety #sharetheswimlove

The
Outdoor
Swimming
Society



TRURO BOAT SERVICES

Truro Boat Services is an independent marine business working with boat owners in Cornwall.

Services include:

- **Inboard and outboard engine servicing and repairs.**
- **Boat cleaning and antifouling.**
- **Innovative water recycling system.**
- **Lifting of vessels in Newham, Truro.**
- **Boat Storage.**

Contact us:

07980 731193

contact@truroboatservices.com

truroboatservices.com



First Aid & Fire Training

Accredited online or practical training courses for either
your location or our fire training facility in Falmouth

First Aid Training

- 0.5 - 1-day Emergency First Aid at Work Course
- 3-day First Aid at Work Course
- 1 or 3 Yearly Update Courses

Fire Prevention & Extinguisher Training

- Fire Awareness Training
- Fire Marshal/Fire Wardens Training
- 0.5 day Practical Fire Extinguisher Training

Call us or visit our website for availability!

T 01326 211311

www.safetytrainingunitfalmouth.co.uk



Falmouth
Safety Training Units



In Partnership with



FALMOUTH HARBOUR MARINE SERVICES MOBILE MARINE ENGINEERING AND DIESEL FUEL CLEANING

Inboards/Outboards
Installation, Servicing
Repairs, Maintenance,
Welding/Fabrication and
Diesel Fuel Cleaning,
Marine
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JANUARY 2023

FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 SU	00 24	4.1	12 45	4.3	06 38	1.6	19 20	1.5
2 M	01 31	4.1	13 52	4.2	07 47	1.6	20 27	1.4
3 TU	02 30	4.3	14 50	4.3	08 55	1.5	21 25	1.3
4 W	03 19	4.4	15 39	4.4	09 51	1.3	22 15	1.2
5 TH	04 02	4.6	16 23	4.5	10 40	1.1	22 59	1.1
6 F ○	04 42	4.8	17 03	4.6	11 23	1.0	23 39	1.0
7 SA	05 21	4.9	17 42	4.7			12 03	1.0
8 SU	05 59	4.9	18 19	4.7	00 14	1.0	12 38	0.9
9 M	06 35	5.0	18 54	4.6	00 47	1.0	13 10	1.0
10 TU	07 08	4.9	19 28	4.6	01 17	1.1	13 39	1.0
11 W	07 39	4.8	19 59	4.5	01 46	1.1	14 07	1.1
12 TH	08 10	4.7	20 31	4.4	02 16	1.2	14 39	1.2
13 F	08 43	4.6	21 06	4.3	02 49	1.3	15 15	1.3
14 SA	09 23	4.5	21 52	4.2	03 29	1.5	15 59	1.5
15 SU ☾	10 16	4.4	22 55	4.1	04 17	1.6	16 54	1.6
16 M	11 21	4.3			05 20	1.7	18 03	1.7
17 TU	00 04	4.1	12 33	4.3	06 36	1.7	19 21	1.6
18 W	01 17	4.2	13 48	4.3	07 56	1.6	20 35	1.4
19 TH	02 28	4.4	14 59	4.5	09 09	1.3	21 42	1.2
20 F	03 31	4.7	16 01	4.7	10 14	1.0	22 42	0.9
21 SA ●	04 27	5.0	16 57	4.9	11 14	0.7	23 39	0.6
22 SU	05 19	5.2	17 50	5.0			12 09	0.4
23 M	06 11	5.4	18 41	5.1	00 30	0.4	12 58	0.2
24 TU	06 59	5.5	19 28	5.0	01 17	0.3	13 44	0.1
25 W	07 44	5.4	20 10	4.9	02 01	0.3	14 27	0.2
26 TH	08 26	5.3	20 51	4.8	02 42	0.4	15 08	0.4
27 F	09 07	5.0	21 31	4.5	03 21	0.7	15 48	0.7
28 SA ☽	09 49	4.7	22 15	4.3	04 02	1.0	16 30	1.1
29 SU	10 36	4.3	23 09	4.0	04 49	1.3	17 19	1.5
30 M	11 35	4.0			05 44	1.6	18 18	1.7
31 TU	00 22	3.9	13 01	3.9	06 52	1.8	19 31	1.8

Time Zone UT(GMT)

All times are G.M.T. for
non-shaded areas add 1 hour

FEBRUARY 2023

FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 W	01 52	4.0	14 24	3.9	08 10	1.8	20 48	1.7
2 TH	02 56	4.2	15 22	4.1	09 25	1.6	21 51	1.5
3 F	03 44	4.4	16 08	4.3	10 22	1.3	22 41	1.3
4 SA	04 26	4.7	16 49	4.5	11 07	1.1	23 23	1.1
5 SU ○	05 06	4.8	17 28	4.7	11 47	0.9		
6 M	05 44	5.0	18 05	4.7	00 00	0.9	12 23	0.8
7 TU	06 20	5.0	18 40	4.7	00 32	0.9	12 53	0.8
8 W	06 52	5.0	19 11	4.7	01 00	0.9	13 20	0.8
9 TH	07 20	4.9	19 37	4.7	01 27	0.9	13 46	0.8
10 F	07 44	4.9	19 57	4.6	01 55	0.9	14 15	0.9
11 SA	08 05	4.8	20 12	4.5	02 26	1.0	14 46	1.0
12 SU ☾	08 28	4.7	20 44	4.4	02 59	1.1	15 22	1.2
13 M	09 09	4.5	21 37	4.2	03 39	1.3	16 06	1.4
14 TU	10 18	4.2	23 09	4.0	04 32	1.6	17 07	1.7
15 W	11 56	4.1			05 46	1.8	18 34	1.8
16 TH	00 45	4.1	13 27	4.1	07 24	1.7	20 11	1.7
17 F	02 09	4.3	14 48	4.3	08 55	1.4	21 31	1.3
18 SA	03 18	4.6	15 53	4.6	10 06	1.0	22 35	0.9
19 SU	04 15	5.0	16 47	4.9	11 06	0.6	23 30	0.5
20 M ●	05 06	5.3	17 37	5.1	11 59	0.2		
21 TU	05 55	5.5	18 24	5.2	00 19	0.2	12 45	-0.0
22 W	06 40	5.6	19 06	5.2	01 03	0.0	13 27	-0.1
23 TH	07 22	5.5	19 43	5.1	01 43	0.0	14 06	0.0
24 F	07 59	5.3	20 16	5.0	02 19	0.2	14 40	0.3
25 SA	08 33	5.1	20 49	4.7	02 53	0.5	15 13	0.7
26 SU	09 06	4.7	21 25	4.4	03 27	0.9	15 46	1.1
27 M ☾	09 43	4.3	22 10	4.1	04 05	1.3	16 26	1.6
28 TU	10 33	3.9	23 12	3.8	04 55	1.7	17 22	1.9

Time Zone UT(GMT)

All times are G.M.T. for
non-shaded areas add 1 hour

MARCH 2023
FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 W	11 50	3.6			06 05	2.0	18 39	2.1
2 TH	01 06	3.8	14 03	3.7	07 31	2.1	20 11	2.0
3 F	02 33	4.0	15 04	4.0	09 04	1.8	21 30	1.7
4 SA	03 24	4.3	15 50	4.3	10 03	1.4	22 21	1.4
5 SU	04 06	4.6	16 30	4.5	10 47	1.1	23 02	1.1
6 M	04 45	4.8	17 07	4.7	11 25	0.9	23 38	0.9
7 TU ○	05 22	5.0	17 43	4.8	11 59	0.7		
8 W	05 57	5.0	18 17	4.8	00 09	0.8	12 28	0.6
9 TH	06 28	5.0	18 47	4.8	00 38	0.7	12 55	0.6
10 F	06 55	5.0	19 10	4.8	01 05	0.7	13 22	0.6
11 SA	07 17	4.9	19 23	4.8	01 33	0.7	13 50	0.7
12 SU	07 32	4.8	19 39	4.7	02 02	0.8	14 20	0.8
13 M	07 55	4.7	20 12	4.5	02 34	0.9	14 53	1.1
14 TU	08 35	4.4	21 03	4.3	03 12	1.2	15 34	1.4
15 W ☾	09 44	4.1	22 41	4.0	04 02	1.5	16 33	1.7
16 TH	11 42	3.9			05 19	1.8	18 07	1.9
17 F	00 28	4.0	13 21	3.9	07 12	1.8	20 02	1.8
18 SA	01 57	4.3	14 43	4.2	08 50	1.4	21 23	1.3
19 SU	03 05	4.6	15 43	4.6	09 57	0.9	22 23	0.8
20 M	03 59	5.0	16 32	4.9	10 52	0.4	23 15	0.4
21 TU ●	04 47	5.3	17 17	5.1	11 40	0.1		
22 W	05 33	5.5	17 59	5.2	00 00	0.1	12 24	-0.1
23 TH	06 16	5.5	18 38	5.3	00 42	-0.0	13 03	-0.1
24 F	06 55	5.4	19 12	5.2	01 19	0.0	13 39	0.1
25 SA	07 30	5.2	19 44	5.0	01 52	0.2	14 10	0.4
26 SU	08 01	4.9	20 14	4.8	02 23	0.5	14 38	0.8
27 M	08 31	4.6	20 47	4.5	02 54	0.9	15 07	1.2
28 TU	09 05	4.2	21 28	4.2	03 27	1.4	15 39	1.6
29 W ☾	09 53	3.9	22 26	3.9	04 11	1.8	16 29	2.0
30 TH	11 04	3.6	23 56	3.7	05 24	2.1	17 56	2.2
31 F			13 34	3.6	06 53	2.1	19 28	2.2

Time Zone UT(GMT)

 All times are G.M.T. for
non-shaded areas add 1 hour

APRIL 2023

FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 SA	01 59	3.9	14 38	3.9	08 26	1.9	20 52	1.8
2 SU	02 54	4.2	15 23	4.2	09 28	1.5	21 46	1.4
3 M	03 37	4.5	16 02	4.5	10 12	1.1	22 27	1.1
4 TU	04 16	4.8	16 38	4.7	10 50	0.9	23 04	0.9
5 W	04 51	4.9	17 13	4.8	11 25	0.7	23 38	0.7
6 TH ○	05 25	5.0	17 45	4.9	11 57	0.6		
7 F	05 58	5.0	18 15	4.9	00 10	0.6	12 27	0.5
8 SA	06 28	5.0	18 41	4.9	00 40	0.6	12 57	0.5
9 SU	06 53	4.9	19 01	4.9	01 11	0.6	13 28	0.6
10 M	07 15	4.8	19 26	4.8	01 43	0.7	13 59	0.8
11 TU	07 45	4.6	20 05	4.6	02 17	0.9	14 34	1.1
12 W	08 34	4.3	21 07	4.3	02 57	1.2	15 19	1.4
13 TH ☾	10 02	4.0	22 44	4.1	03 52	1.5	16 24	1.8
14 F	11 43	3.8			05 17	1.7	18 03	1.9
15 SA	00 19	4.1	13 16	4.0	07 09	1.6	19 51	1.7
16 SU	01 43	4.3	14 30	4.3	08 36	1.2	21 05	1.2
17 M	02 47	4.7	15 24	4.6	09 37	0.8	22 02	0.8
18 TU	03 39	5.0	16 10	4.9	10 29	0.4	22 51	0.4
19 W	04 25	5.2	16 51	5.1	11 15	0.2	23 36	0.2
20 TH ●	05 08	5.3	17 31	5.2	11 58	0.1		
21 F	05 50	5.3	18 08	5.2	00 16	0.1	12 36	0.1
22 SA	06 28	5.2	18 42	5.1	00 52	0.2	13 10	0.3
23 SU	07 03	5.0	19 15	5.0	01 26	0.4	13 41	0.6
24 M	07 34	4.8	19 46	4.8	01 57	0.7	14 09	0.9
25 TU	08 04	4.5	20 20	4.6	02 28	1.0	14 37	1.3
26 W	08 40	4.2	21 01	4.3	03 00	1.4	15 07	1.7
27 TH ☽	09 28	3.9	21 55	4.0	03 40	1.8	15 54	2.0
28 F	10 33	3.7	23 06	3.9	04 48	2.0	17 15	2.2
29 SA			12 21	3.6	06 11	2.1	18 40	2.1
30 SU	00 54	3.9	13 53	3.9	07 29	1.9	19 54	1.9

Time Zone UT(GMT)

All times are G.M.T. for
non-shaded areas add 1 hour

MAY 2023

FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 M	02 08	4.2	14 43	4.2	08 33	1.6	20 53	1.6
2 TU	02 56	4.4	15 23	4.4	09 23	1.2	21 41	1.2
3 W	03 35	4.6	15 59	4.6	10 06	1.0	22 23	1.0
4 TH	04 12	4.8	16 34	4.8	10 45	0.8	23 03	0.8
5 F ○	04 48	4.9	17 08	4.9	11 23	0.6	23 41	0.6
6 SA	05 25	5.0	17 43	5.0			12 00	0.6
7 SU	06 03	5.0	18 18	5.0	00 17	0.6	12 36	0.6
8 M	06 41	4.9	18 54	5.0	00 54	0.6	13 12	0.7
9 TU	07 19	4.8	19 34	4.8	01 31	0.7	13 49	0.8
10 W	08 04	4.5	20 23	4.7	02 12	0.9	14 30	1.1
11 TH	09 01	4.3	21 26	4.4	02 59	1.1	15 22	1.4
12 F ☾	10 14	4.1	22 43	4.3	04 01	1.4	16 32	1.6
13 SA	11 39	4.0			05 23	1.5	17 57	1.6
14 SU	00 05	4.3	12 59	4.1	06 50	1.4	19 22	1.5
15 M	01 20	4.4	14 05	4.3	08 05	1.1	20 33	1.2
16 TU	02 22	4.7	14 58	4.6	09 07	0.8	21 31	0.9
17 W	03 14	4.9	15 43	4.8	09 59	0.6	22 22	0.6
18 TH	04 00	5.0	16 24	4.9	10 46	0.5	23 08	0.5
19 F ●	04 44	5.0	17 03	5.0	11 30	0.4	23 50	0.5
20 SA	05 25	5.0	17 41	5.0			12 09	0.5
21 SU	06 04	4.9	18 17	5.0	00 27	0.5	12 45	0.7
22 M	06 40	4.8	18 52	4.9	01 03	0.7	13 18	0.9
23 TU	07 14	4.6	19 26	4.8	01 37	0.9	13 48	1.1
24 W	07 47	4.4	20 01	4.6	02 09	1.1	14 18	1.4
25 TH	08 23	4.2	20 40	4.4	02 42	1.4	14 51	1.6
26 F	09 08	4.0	21 28	4.2	03 21	1.6	15 33	1.8
27 SA ☽	10 05	3.9	22 27	4.1	04 13	1.8	16 33	2.0
28 SU	11 13	3.8	23 34	4.1	05 19	1.9	17 44	2.0
29 M			12 27	3.9	06 27	1.8	18 52	1.9
30 TU	00 43	4.1	13 34	4.1	07 30	1.6	19 54	1.7
31 W	01 47	4.3	14 26	4.3	08 27	1.4	20 49	1.4

Time Zone UT(GMT)

All times are G.M.T. for
non-shaded areas add 1 hour

JUNE 2023

FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 TH	02 40	4.5	15 10	4.5	09 18	1.1	21 39	1.1
2 F	03 26	4.7	15 52	4.7	10 05	0.9	22 27	0.9
3 SA	04 12	4.8	16 34	4.9	10 51	0.8	23 14	0.7
4 SU ○	04 58	4.9	17 19	5.0	11 37	0.7		
5 M	05 46	4.9	18 05	5.1	00 00	0.6	12 21	0.7
6 TU	06 35	4.9	18 52	5.1	00 44	0.6	13 04	0.7
7 W	07 23	4.8	19 40	5.0	01 30	0.6	13 49	0.8
8 TH	08 13	4.6	20 31	4.9	02 17	0.7	14 37	0.9
9 F	09 08	4.5	21 27	4.7	03 09	0.9	15 30	1.1
10 SA ☾	10 10	4.3	22 31	4.6	04 07	1.0	16 30	1.3
11 SU	11 18	4.2	23 39	4.5	05 10	1.2	17 35	1.3
12 M			12 27	4.2	06 15	1.2	18 41	1.3
13 TU	00 47	4.5	13 31	4.3	07 23	1.2	19 49	1.2
14 W	01 50	4.5	14 27	4.4	08 27	1.1	20 53	1.1
15 TH	02 47	4.6	15 16	4.6	09 25	1.0	21 50	1.0
16 F	03 37	4.6	16 00	4.7	10 17	0.9	22 41	0.9
17 SA	04 23	4.7	16 41	4.8	11 04	0.9	23 27	0.8
18 SU ●	05 05	4.7	17 21	4.9	11 47	0.9		
19 M	05 46	4.7	18 00	4.9	00 08	0.9	12 25	0.9
20 TU	06 25	4.6	18 37	4.9	00 47	0.9	13 01	1.0
21 W	07 01	4.6	19 12	4.8	01 22	1.0	13 33	1.2
22 TH	07 35	4.5	19 47	4.7	01 55	1.1	14 04	1.3
23 F	08 10	4.4	20 22	4.6	02 27	1.3	14 34	1.4
24 SA	08 48	4.3	21 01	4.5	02 59	1.4	15 09	1.6
25 SU	09 32	4.1	21 47	4.3	03 38	1.5	15 51	1.7
26 M ☽	10 24	4.1	22 41	4.3	04 26	1.6	16 45	1.8
27 TU	11 21	4.0	23 40	4.2	05 23	1.7	17 47	1.8
28 W			12 22	4.1	06 26	1.7	18 54	1.7
29 TH	00 42	4.3	13 23	4.2	07 31	1.6	19 59	1.6
30 F	01 47	4.4	14 24	4.4	08 33	1.4	21 01	1.3

Time Zone UT(GMT)

All times are G.M.T. for
non-shaded areas add 1 hour

JULY 2023

FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 SA	02 49	4.5	15 19	4.7	09 31	1.2	21 59	1.1
2 SU	03 46	4.7	16 12	4.9	10 27	1.0	22 55	0.9
3 M ○	04 41	4.8	17 03	5.1	11 21	0.8	23 49	0.7
4 TU	05 36	4.9	17 55	5.2			12 13	0.7
5 W	06 29	4.9	18 46	5.3	00 41	0.5	13 03	0.6
6 TH	07 20	4.9	19 36	5.3	01 31	0.4	13 51	0.6
7 F	08 09	4.9	20 24	5.2	02 19	0.4	14 37	0.6
8 SA	08 58	4.7	21 14	5.0	03 06	0.5	15 23	0.7
9 SU	09 48	4.6	22 05	4.8	03 53	0.7	16 11	0.9
10 M ☾	10 42	4.4	23 01	4.6	04 43	0.9	17 03	1.2
11 TU	11 41	4.3			05 36	1.2	17 59	1.4
12 W	00 04	4.4	12 48	4.2	06 36	1.4	19 03	1.5
13 TH	01 15	4.2	13 56	4.2	07 42	1.5	20 14	1.5
14 F	02 23	4.2	14 54	4.4	08 51	1.4	21 23	1.4
15 SA	03 19	4.3	15 43	4.5	09 52	1.3	22 22	1.3
16 SU	04 08	4.4	16 26	4.7	10 45	1.2	23 12	1.1
17 M ●	04 51	4.5	17 06	4.8	11 31	1.1	23 56	1.0
18 TU	05 32	4.6	17 45	4.9			12 11	1.1
19 W	06 11	4.6	18 23	4.9	00 34	1.0	12 47	1.1
20 TH	06 48	4.6	18 58	4.9	01 09	1.0	13 18	1.1
21 F	07 22	4.6	19 30	4.9	01 38	1.0	13 46	1.2
22 SA	07 54	4.6	20 00	4.8	02 05	1.1	14 12	1.2
23 SU	08 23	4.5	20 30	4.7	02 32	1.2	14 40	1.3
24 M	08 53	4.4	21 03	4.6	03 03	1.3	15 14	1.4
25 TU ☽	09 30	4.3	21 46	4.4	03 40	1.4	15 55	1.6
26 W	10 21	4.2	22 45	4.3	04 26	1.6	16 48	1.7
27 TH	11 27	4.1	23 56	4.2	05 26	1.7	17 57	1.8
28 F			12 39	4.2	06 40	1.7	19 17	1.8
29 SA	01 11	4.3	13 53	4.4	07 57	1.6	20 33	1.5
30 SU	02 27	4.4	15 00	4.6	09 08	1.4	21 42	1.2
31 M	03 33	4.6	15 58	4.9	10 13	1.1	22 45	0.9

Time Zone UT(GMT)

All times are G.M.T. for
non-shaded areas add 1 hour

AUGUST 2023**FALMOUTH**

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 TU ○	04 31	4.8	16 52	5.2	11 12	0.8	23 43	0.6
2 W	05 26	5.0	17 43	5.4			12 07	0.6
3 TH	06 18	5.1	18 34	5.5	00 35	0.3	12 56	0.4
4 F	07 07	5.2	19 21	5.5	01 23	0.2	13 41	0.3
5 SA	07 52	5.1	20 06	5.4	02 07	0.1	14 23	0.3
6 SU	08 34	5.0	20 48	5.2	02 48	0.3	15 03	0.5
7 M	09 13	4.8	21 29	4.9	03 28	0.6	15 43	0.8
8 TU ☾	09 54	4.5	22 13	4.5	04 09	0.9	16 27	1.2
9 W	10 43	4.3	23 09	4.2	04 54	1.3	17 19	1.5
10 TH	11 51	4.1			05 49	1.7	18 22	1.8
11 F	00 36	3.9	13 28	4.0	06 57	1.9	19 41	1.9
12 SA	02 06	3.9	14 38	4.2	08 22	1.9	21 12	1.7
13 SU	03 07	4.1	15 29	4.4	09 39	1.7	22 15	1.5
14 M	03 55	4.3	16 11	4.7	10 33	1.4	23 02	1.2
15 TU	04 36	4.5	16 50	4.9	11 17	1.2	23 42	1.0
16 W ●	05 14	4.7	17 28	5.0	11 55	1.1		
17 TH	05 52	4.8	18 05	5.0	00 17	0.9	12 28	1.0
18 F	06 29	4.8	18 39	5.0	00 48	0.9	12 57	1.0
19 SA	07 02	4.8	19 08	5.0	01 14	0.9	13 21	1.0
20 SU	07 30	4.8	19 33	4.9	01 37	0.9	13 45	1.0
21 M	07 52	4.7	19 54	4.8	02 02	1.0	14 11	1.1
22 TU	08 08	4.6	20 14	4.7	02 30	1.1	14 42	1.2
23 W	08 29	4.5	20 45	4.5	03 02	1.3	15 17	1.4
24 TH ☾	09 13	4.3	21 44	4.3	03 41	1.5	16 03	1.7
25 F	10 39	4.2	23 24	4.1	04 34	1.8	17 11	1.9
26 SA			12 11	4.1	05 55	2.0	18 48	1.9
27 SU	00 54	4.1	13 36	4.3	07 35	1.9	20 22	1.7
28 M	02 19	4.3	14 49	4.7	08 58	1.6	21 36	1.2
29 TU	03 27	4.6	15 47	5.0	10 05	1.1	22 37	0.8
30 W	04 22	4.9	16 38	5.4	11 03	0.7	23 32	0.4
31 TH ○	05 12	5.1	17 27	5.6	11 54	0.4		

Time Zone UT(GMT)All times are G.M.T. for
non-shaded areas add 1 hour

SEPTEMBER 2023
FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 F	06 01	5.3	18 15	5.7	00 20	0.1	12 40	0.2
2 SA	06 45	5.4	18 59	5.7	01 05	-0.0	13 22	0.1
3 SU	07 25	5.3	19 40	5.5	01 45	0.0	14 00	0.2
4 M	08 01	5.2	20 17	5.2	02 22	0.2	14 36	0.4
5 TU	08 34	4.9	20 51	4.9	02 56	0.6	15 11	0.8
6 W ☾	09 09	4.6	21 27	4.4	03 31	1.1	15 50	1.3
7 TH	09 52	4.3	22 14	4.0	04 11	1.6	16 39	1.8
8 F	10 52	4.0	23 41	3.7	05 04	2.0	17 45	2.1
9 SA			13 00	3.9	06 18	2.2	19 15	2.2
10 SU	01 52	3.7	14 18	4.1	08 00	2.2	21 09	1.9
11 M	02 52	4.0	15 09	4.4	09 28	1.8	22 00	1.5
12 TU	03 36	4.3	15 51	4.7	10 15	1.5	22 40	1.2
13 W	04 15	4.6	16 28	4.9	10 54	1.2	23 16	1.0
14 TH	04 51	4.8	17 04	5.1	11 29	1.0	23 49	0.8
15 F ●	05 27	4.9	17 39	5.1			12 01	0.9
16 SA	06 02	5.0	18 12	5.1	00 18	0.8	12 28	0.9
17 SU	06 34	5.0	18 41	5.1	00 43	0.8	12 53	0.9
18 M	07 01	4.9	19 04	5.0	01 08	0.8	13 18	0.9
19 TU	07 19	4.8	19 21	4.9	01 34	0.9	13 45	1.0
20 W	07 30	4.8	19 37	4.7	02 02	1.0	14 15	1.1
21 TH	07 53	4.6	20 10	4.5	02 32	1.2	14 49	1.4
22 F ☾	08 39	4.4	21 14	4.2	03 09	1.5	15 33	1.7
23 SA	10 19	4.2	23 14	4.0	04 01	1.9	16 43	2.0
24 SU	11 57	4.1			05 30	2.1	18 39	2.0
25 M	00 50	4.0	13 25	4.3	07 28	2.0	20 18	1.6
26 TU	02 16	4.3	14 37	4.7	08 51	1.5	21 27	1.1
27 W	03 18	4.7	15 33	5.1	09 53	1.1	22 23	0.6
28 TH	04 07	5.0	16 21	5.4	10 46	0.6	23 13	0.3
29 F ○	04 52	5.3	17 07	5.6	11 34	0.3	23 58	0.1
30 SA	05 36	5.4	17 51	5.7			12 18	0.1

Time Zone UT(GMT)

All times are G.M.T. for
non-shaded areas add 1 hour

OCTOBER 2023**FALMOUTH**

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 SU	06 17	5.4	18 33	5.6	00 40	0.0	12 57	0.1
2 M	06 54	5.4	19 11	5.4	01 18	0.1	13 34	0.3
3 TU	07 28	5.2	19 45	5.1	01 52	0.4	14 07	0.6
4 W	08 00	5.0	20 16	4.7	02 24	0.8	14 41	1.0
5 TH	08 33	4.7	20 50	4.3	02 55	1.3	15 17	1.4
6 F ☾	09 14	4.4	21 37	3.9	03 31	1.7	16 03	1.9
7 SA	10 11	4.0	22 53	3.6	04 22	2.1	17 12	2.2
8 SU	11 55	3.9			05 42	2.4	18 43	2.3
9 M	01 26	3.7	13 46	4.0	07 20	2.3	20 35	2.0
10 TU	02 25	4.0	14 40	4.4	08 51	2.0	21 25	1.6
11 W	03 09	4.3	15 22	4.7	09 39	1.6	22 03	1.2
12 TH	03 47	4.6	15 59	4.9	10 17	1.2	22 38	1.0
13 F	04 22	4.8	16 35	5.0	10 53	1.0	23 12	0.8
14 SA ●	04 57	5.0	17 09	5.1	11 26	0.9	23 43	0.8
15 SU	05 31	5.0	17 41	5.1	11 57	0.8		
16 M	06 02	5.0	18 12	5.1	00 11	0.7	12 25	0.8
17 TU	06 30	5.0	18 40	5.0	00 40	0.8	12 54	0.8
18 W	06 54	4.9	19 04	4.8	01 09	0.9	13 24	0.9
19 TH	07 17	4.8	19 28	4.7	01 39	1.0	13 56	1.1
20 F	07 49	4.7	20 11	4.4	02 12	1.2	14 33	1.3
21 SA	08 50	4.4	21 38	4.1	02 52	1.6	15 22	1.6
22 SU ☾	10 18	4.2	23 12	3.9	03 50	1.9	16 41	1.9
23 M	11 46	4.2			05 26	2.1	18 33	1.9
24 TU	00 43	4.0	13 09	4.4	07 14	1.9	20 02	1.5
25 W	02 02	4.3	14 18	4.8	08 32	1.4	21 06	1.0
26 TH	02 59	4.7	15 12	5.1	09 31	1.0	21 59	0.6
27 F	03 45	5.0	15 59	5.3	10 22	0.6	22 47	0.4
28 SA ○	04 28	5.2	16 44	5.4	11 09	0.4	23 32	0.2
29 SU	05 09	5.3	17 26	5.4	11 52	0.3		
30 M	05 48	5.3	18 07	5.3	00 12	0.2	12 31	0.3
31 TU	06 24	5.3	18 44	5.1	00 50	0.4	13 08	0.4

Time Zone UT(GMT)All times are G.M.T. for
non-shaded areas add 1 hour

NOVEMBER 2023
FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 W	06 59	5.2	19 18	4.9	01 24	0.7	13 42	0.7
2 TH	07 32	5.0	19 50	4.6	01 56	1.0	14 16	1.1
3 F	08 07	4.7	20 26	4.3	02 28	1.4	14 52	1.5
4 SA	08 48	4.4	21 13	4.0	03 03	1.7	15 35	1.8
5 SU ☾	09 41	4.2	22 20	3.7	03 50	2.1	16 38	2.1
6 M	10 53	4.0			05 02	2.3	17 57	2.2
7 TU	00 24	3.7	12 42	4.0	06 25	2.3	19 19	2.0
8 W	01 39	3.9	13 52	4.2	07 43	2.0	20 24	1.7
9 TH	02 29	4.2	14 41	4.5	08 43	1.7	21 12	1.4
10 F	03 10	4.5	15 22	4.7	09 29	1.4	21 53	1.1
11 SA	03 47	4.7	15 59	4.9	10 10	1.1	22 31	0.9
12 SU	04 23	4.9	16 35	5.0	10 49	1.0	23 07	0.8
13 M ●	04 57	5.0	17 11	5.0	11 25	0.8	23 42	0.8
14 TU	05 31	5.0	17 47	5.0			12 01	0.8
15 W	06 06	5.1	18 24	4.9	00 17	0.8	12 36	0.8
16 TH	06 42	5.0	19 02	4.8	00 52	0.8	13 12	0.8
17 F	07 20	4.9	19 44	4.6	01 28	1.0	13 50	1.0
18 SA	08 05	4.8	20 36	4.4	02 07	1.2	14 34	1.2
19 SU	09 02	4.6	21 43	4.2	02 53	1.4	15 30	1.5
20 M ☽	10 11	4.4	23 01	4.1	03 56	1.7	16 45	1.6
21 TU	11 26	4.4			05 17	1.8	18 10	1.6
22 W	00 21	4.1	12 41	4.5	06 42	1.7	19 28	1.3
23 TH	01 32	4.3	13 48	4.7	07 56	1.4	20 33	1.1
24 F	02 30	4.6	14 45	4.9	08 59	1.1	21 29	0.8
25 SA	03 19	4.8	15 35	5.0	09 53	0.8	22 19	0.6
26 SU	04 03	5.0	16 21	5.1	10 42	0.6	23 05	0.6
27 M ○	04 44	5.1	17 04	5.1	11 27	0.6	23 48	0.6
28 TU	05 24	5.1	17 45	5.0			12 09	0.6
29 W	06 02	5.1	18 24	4.9	00 27	0.7	12 48	0.7
30 TH	06 38	5.1	19 00	4.7	01 03	0.9	13 24	0.9

All times are G.M.T. for
non-shaded areas add 1 hour

Time Zone UT(GMT)

DECEMBER 2023

FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 F	07 14	4.9	19 34	4.5	01 37	1.1	14 00	1.1
2 SA	07 50	4.8	20 11	4.3	02 10	1.3	14 35	1.4
3 SU	08 29	4.6	20 54	4.1	02 44	1.6	15 13	1.6
4 M	09 15	4.4	21 49	3.9	03 23	1.8	16 00	1.8
5 TU ☾	10 10	4.2	22 56	3.9	04 14	2.0	16 59	2.0
6 W	11 16	4.1			05 21	2.1	18 07	1.9
7 TH	00 12	3.9	12 26	4.1	06 31	2.1	19 13	1.8
8 F	01 22	4.0	13 33	4.3	07 37	1.9	20 13	1.6
9 SA	02 17	4.3	14 29	4.4	08 35	1.6	21 04	1.4
10 SU	03 04	4.5	15 17	4.6	09 26	1.4	21 50	1.1
11 M	03 45	4.7	16 01	4.8	10 13	1.1	22 34	1.0
12 TU ●	04 25	4.9	16 44	4.9	10 58	0.9	23 18	0.8
13 W	05 06	5.0	17 28	4.9	11 42	0.8		
14 TH	05 50	5.1	18 14	4.9	00 00	0.8	12 25	0.7
15 F	06 33	5.1	19 00	4.8	00 43	0.8	13 09	0.7
16 SA	07 19	5.1	19 47	4.7	01 26	0.8	13 54	0.8
17 SU	08 06	5.0	20 37	4.6	02 10	0.9	14 41	0.9
18 M	08 57	4.9	21 32	4.4	02 58	1.1	15 33	1.0
19 TU ☽	09 54	4.7	22 35	4.3	03 52	1.2	16 31	1.2
20 W	10 56	4.6	23 42	4.2	04 53	1.4	17 34	1.3
21 TH			12 03	4.5	05 59	1.5	18 41	1.3
22 F	00 50	4.2	13 11	4.4	07 09	1.4	19 51	1.3
23 SA	01 55	4.3	14 15	4.5	08 19	1.3	20 55	1.2
24 SU	02 52	4.5	15 13	4.6	09 23	1.2	21 52	1.0
25 M	03 42	4.7	16 03	4.6	10 19	1.0	22 43	0.9
26 TU	04 26	4.8	16 49	4.7	11 09	0.9	23 29	0.9
27 W ○	05 07	4.9	17 31	4.7	11 54	0.8		
28 TH	05 47	5.0	18 11	4.7	00 11	0.9	12 35	0.8
29 F	06 25	5.0	18 48	4.7	00 49	0.9	13 12	0.9
30 SA	07 02	5.0	19 23	4.6	01 23	1.0	13 47	1.0
31 SU	07 37	4.9	19 58	4.5	01 55	1.1	14 18	1.1

Time Zone UT(GMT)

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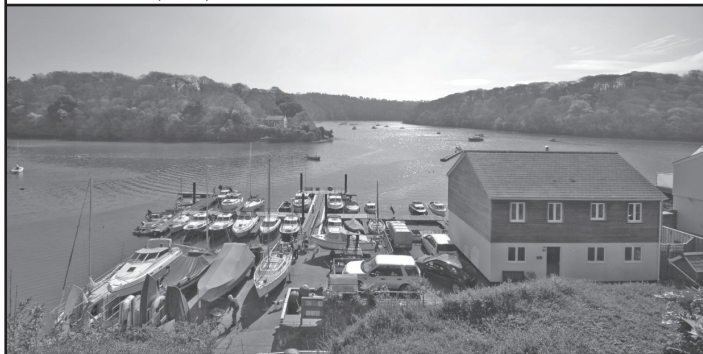
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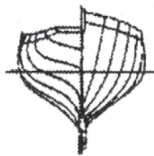
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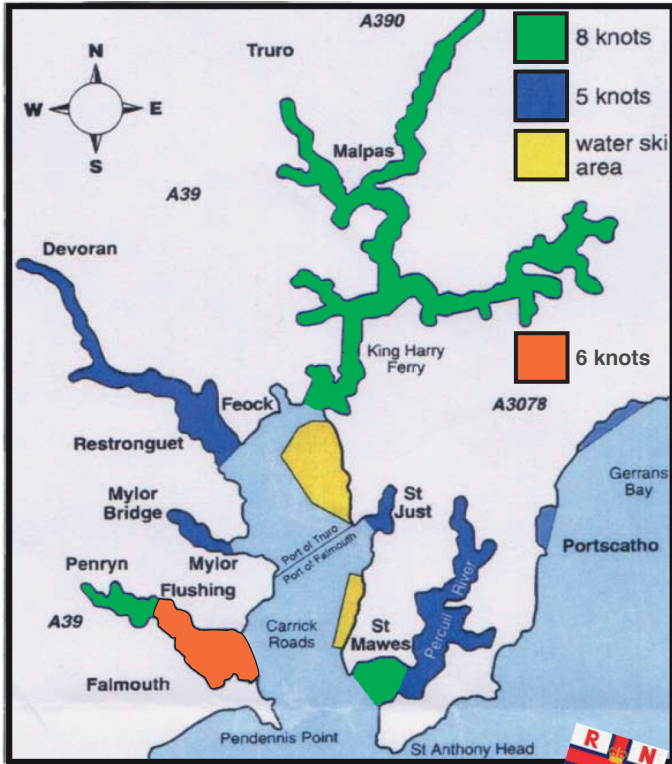
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SOS: Carry a means of calling for help. **Training:** Essential for you and crew.

If you would like this information in another format or language please contact:

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