



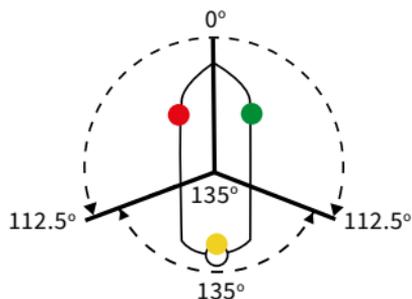
CORNWALL
COUNCIL
one and all • onen hag oll

Tide Tables 2026

For the Ports of Truro,
Penryn and Falmouth



Use the water safely!



**Be seen at night.
Display navigation lights**



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



**Wearing a
killcord
saves lives**



**Lifejackets
are useless
unless worn**



**Car or boat -
Don't drink
and drive**

Organisation	Phone	Call sign	VHF
Falmouth Harbour	01326 213537	Falmouth Harbour Radio	12
Truro Harbour	01872 324216	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	- 1hr. 7 mins.	Newquay	- 5 mins.
Bristol (Avonmouth)	+ 1 hr. 58 mins.	Padstow	+ 5 mins.
Cardiff	+ 1 hr. 42 mins.	Penzance (Newlyn)	- 22 mins.
Coverack	- 5 mins.	Portland	+ 1 hr. 35 mins.
Cherbourg	+ 2 hrs. 50 mins.	Perranporth	- 10 mins.
Cork	+ 35 mins.	Plymouth Breakwater	+ 24 mins.
Dublin	- 5 hrs. 42 mins.	Roscoff	- 11 mins.
Dartmouth	+ 58 mins.	Scillies (St. Mary's)	- 20 mins.
Dover	+ 6 hrs. 2 mins.	St. Agnes Head	- 11 mins.
Fowey	+ 18 mins.	St. Ives	- 15 mins.
Helford River Entrance	- 2 mins.	St. Peter Port	+ 1 hr. 19 mins.
Le Havre	+ 4 hrs. 55 mins.	St. Mawes	As Falmouth
Lorient	- 1 hr. 19 mins.	Truro	+ 8 mins.

Every care is taken in publishing this Tide Table, but the Publishers will not be responsible for any inaccuracies.

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Cornwall Harbours Board and Harbour Authority

In 2023 the Cornwall Harbours Harbour Revision Order was made bringing together all of Cornwall's Municipal Harbours under one legal structure. Through an MOU, with Cornwall Council, Cornwall Harbours Board was formed in September 2023. Cornwall Harbours Board, a Harbour Management Committee, is responsible for the operation of all of the municipal ports and harbours in Cornwall which includes Bude, Newquay, Portreath, St Ives, Penzance, Prince of Wales Pier (Falmouth), Penryn, Truro, Portscatho and Portwrinkle. Other assets that the Maritime Service are responsible for include Saltash and Downderry.

Cornwall Harbours Board consists of 12 members, with six being Councillors and six Independent Board members who are appointed following a skills audit. There are also non-voting, co-opted members, who are stakeholder representatives, appointed to it. Cornwall Harbours Board reports to the Full Council who are the Duty Holder.

Our harbours are of a varying size and operation, with some offering commercial facilities and others more related to the fishing industry or leisure market. The principle of the Harbour Revision Order is to create a self-sustaining portfolio of harbours. Our harbours are financed through income generated within the boundaries established in the Harbour Order of each harbour. Any surplus generated across the harbours is deposited into a reserve account that is ring fenced, meaning this can only be spent within the statutory harbour areas.

For more information on Cornwall Harbours Board, including regular news updates please see: **www.cornwallharbours.co.uk**



Maritime Section, Town Quay, Truro, TR1 2HJ

t: 01872 324216

e: harbouroffice@cornwall.gov.uk

Ports and Marine Facilities Safety Code April 2025

The Ports and Marine Facilities Safety Code sets out a national standard for every aspect of port and marine facility safety. Its aim is to enhance safety for everyone who works in, or uses, ports, harbours, marinas and other marine facilities.

The Code should be read in conjunction with its companion Guide to Good Practice on Port Marine Operations. Copies of both the Code and the Guide are available on the Department of Transport website.

The Code is based around 10 key measures identified as critical to the management of port and marine facility safety, which we are audited against.

	1 Duty Holder: whose members are typically, individually and collectively, accountable for compliance with the Code, and their organisation's performance in ensuring safe marine operations
	2 Designated Person: provides independent assurance about the operation of the organisation's marine safety management system and must have direct access to the Duty Holder.
	3 Legislation: the Duty Holder must be aware of and review the organisation's legal powers, duties and responsibilities based on applicable local and national legislation and seek additional powers if necessary to improve marine safety.
	4 Duties and Powers: organisations must comply with any statutory duties and responsibilities they have.
	5 Risk Assessment: organisations must ensure that risks are formally assessed and are eliminated or reduced to the lowest possible level, so far as is reasonably practicable, in accordance with good practice.
	6 Marine Safety Management System: organisations must operate an effective MSMS which is based on formal risk assessment.
	7 Review and Audit: organisations must review and audit performance against applicable requirements of the Code.
	8 Competence: organisations must use people who are appropriately trained, qualified and experienced to manage marine safety.
	9 Plan: organisations must publish a marine safety plan showing how the standards in the Code will be met and produce a report assessing performance against that plan at least every three years.
	10 Conservancy Duty: organisations must ensure their facilities are fit for purpose and have a duty of reasonable care to ensure that any vessel can utilise them safely.

A copy of our annual report and more information regarding our audit results can be found on the Cornwall Harbours Website:

<https://www.cornwallharbours.co.uk/document-centre/>

Port of Truro

The Port of Truro is 2,500 acres in size and has a significant number of leisure moorings together with visitor's pontoons and quays.

There are 1,500 moorings within the Port of Truro, these consists of deep water and tidal moorings, some which are managed by us, meaning the owner has no maintenance responsibilities. We also have approximately 150 beach berths at Malpas Road and Sunny Corner in Truro.

The Port offers commercial moorings on the River Fal for vessels up to 190m in length and boats can be craned in and out of the water at Lighterage Quay.

Port of Penryn

The Port of Penryn, a statutory Harbour Authority of approximately 100 acres in size, is located in the western part of the Fal Estuary. The Port of Penryn has over 400 moorings comprising of pontoons, swinging moorings and beach berths. There are also 3 marinas and a number of other mooring providers located within the port.

Penryn has shore accessed pontoons as Exchequer Quay and Ponsharden.

Exchequer Quay at Penryn is available for loading ship stores or other commercial equipment.

Prince of Wales Pier

The Prince of Wales Pier is a pier situated within Falmouth Inner Harbour with its own local legislation. It is used by ferries, trip boats, small fishing vessels and local leisure craft. It is approximately 150 metres in length with a solid and suspended section incorporating six sets of landing steps with a further set in the small dock.

The Pier in Falmouth is a central hub year-round ferry services to Flushing and St Mawes as well as seasonal tripping boats going up the River Fal and to the Helford Estuary. It is also a tourist attraction in its own right with events that take place on it together with those simply taking a walk along it. The inner basin on the Pier is a safe haven for visiting dinghies (tidal restrictions apply).

Visitors Moorings

A variety of visitor moorings are available, together with sheltered anchorages. There are four detached visitors' pontoons on the river, these can take vessels up to 18m. Our Marina at Malpas offers short term visitor moorings for boats or tenders. The wall berths on the Upper Quays in Truro are available for short term visitors and long-terms stays.

Public Slipways

Small craft can be launched from public slipways at Malpas, Sunny Corner, Mylor, Boscawen Park and Ponsharden.



WILDLIFE BEST PRACTICE

In order to safeguard and continue enjoying the wildlife we share our coastal waters with, it is important that we all adopt best practice to minimise any disturbance our boating activities may cause.

IF APPROACHED

If approached by wildlife maintain a steady course or remain stationary. Let wildlife decide when to leave

PROTECTED?

Contact the local Wildlife Trust & find out if the area you are visiting has protected habitats & wildlife

TIMING

View for up to 15 mins then move away slowly

DISTANCE

Keep a distance of 100m / 300ft or more when viewing

SLOW DOWN

Less than 5 knots or no-wake speed

BE PREDICTABLE

Avoid erratic movements & maintain a steady course

KEEP QUIET

Avoid revving engines & speak quietly to see more



INVASIVE SPECIES REMOVAL

Aquatic invasive plant and animal species can cause damage to your PWC and equipment, disrupt your boating activities and harm our local environment. To ensure we do not introduce or spread them round our UK waters follow these steps every time you recover your PWC:

CHECK

for any visible biofouling on your craft, remove & dispose of in the bin

CLEAN

your craft, equipment, clothing and trailer as well as flushing the engine with fresh water to remove hidden biofouling

AIR DRY

your craft, equipment, clothing & trailer for as long as possible. Species can survive several weeks in damp conditions

THEGREENBLUE.ORG.UK

RYA BRITISH MARINE
A joint environment initiative

PWP
Personal Watercraft Partnership

Truro Tidal Barrier

To alleviate flooding in Truro, the Environment Agency installed a tidal barrier at the northern end of Lighterage Quay. In 2024 the flood gates were replaced led by construction company Kier. The project consisted of new mitre gates, control systems, hydraulics and control tower. The project also saw the installation of a silt clearance system and improved fendering.

The structure is marked by lateral lights both upstream and downstream. When tide levels are expected to reach or exceed 5.4m (Falmouth Datum) the gate will be close by single pair of mitre gates. The gates operation may be owing to astronomically predicted tides, meteorological surge or a combination of both.

The gates will generally be closed to all traffic for a period of up to 2 hours 20 minutes before and after high water but 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 slowly rise owing to the inflow of water from rivers Kenwyn and Allen, however it will not be less than 4.3m (Falmouth Datum).



Three flashing red traffic control signals indicate the barrier is closed.

Environment Agency Incident Hotline 0800 807060

Use of Liquefied 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 on how to avoid fires afloat and how to make your own fire action plan.



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.



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



Crimestoppers is an independent charity

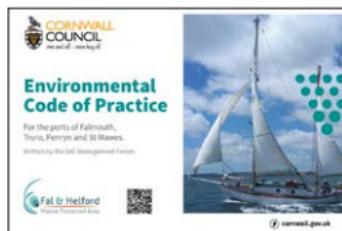


The Fal and Helford Estuaries Special Area of Conservation (SAC) is a particularly precious environment, known for its beaches and bays with seagrass beds, sandy gravels, reefs and maerl (calcified seaweed). The sheltered upper reaches with extensive mudflats are important for feeding wading birds and 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.

Email: Kerry.Holbrook@cornwall.gov.uk



Be part of the



PROTECT COLLECT DISPOSE

Antifouling Initiative

ENVIRONMENTAL BEST PRACTICE

PROTECT THE ENVIRONMENT

- Choose the right paint & work in a well-ventilated area
- Protect the ground and surrounding area
- Minimise paint dust by wet sanding

COLLECT PAINT DEBRIS

- Place tarpaulins under the vessel
- Use an industrial vacuum-cleaner linked to the paint scraper
- Capture old paint with 'paste-and-peel' techniques

DISPOSE OF WASTE

- Clean up and dispose of all hazardous waste correctly

For more
information,
please visit:

www.thegreenblue.org.uk

www.tyha.co.uk

www.safeantifouling.com

Please address any comments or
questions to
info@bcf.co.uk

DON'T FORGET PERSONAL PROTECTIVE EQUIPMENT (PPE)



RYA

BRITISH
MARINE



#ProtectCollectDispose



Lifeboats

Struggling in the water?

Floating greatly increases your chances of survival.

Relax and try to breathe normally

Tilt your head back with ears submerged

It's okay if your legs sink, we all float differently

Move your hands and legs to stay afloat

Remember it. Practise it.
FLOAT TO LIVE

Photo: RNLI

The RNLI is the charity that saves lives at sea

The Royal National Lifeboat Institution, a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHY 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ


#RESPECTTHEWATER

J251177565

Sailing Clubs

HELFDORD RIVER SAILING CLUB

T: **01326 231006** (Office)
E: admin@helfordriversc.co.uk
T: **01326 231606** (Clubhouse)
E: helfordriversc@gmail.com
www.helfordriversc.co.uk
Facebook: Helford River Sailing Club

ROYAL CORNWALL YACHT CLUB

T: **01326 312126**
E: admin@royalcornwallyachtclub.org
www.royalcornwallyachtclub.org
Facebook: The Royal Yacht Club

MYLOR YACHT CLUB

T: **01326 374391**
E: manager@myloryachtclub.org.uk
www.myloryachtclub.org.uk
Facebook: Mylor Yacht Club

ST. MAWES SAILING CLUB

T: **01326 270686**
Email: office@stmawessailing.co.uk
www.stmawessailing.co.uk
Facebook: St Mawes Sailing Club

RESTRONGUET SAILING CLUB

T: **01326 374536** (Clubhouse)
T: **07952 157316** (Administrator)
E: RSCsteward@outlook.com
www.restronguetsc.org
Facebook: Restronguet Sailing Club

FLUSHING SAILING CLUB

T: **01326 375980**
E: info@flushingsailingclub.co.uk
www.flushingsailingclub.co.uk
Facebook: Flushing Sailing Club

TRURO BOAT OWNERS ASSOCIATION

T: **07961 925156**
E: tboacontact@aol.com
www.tboa.org.uk
Facebook: Truro Boating Association

MARITIME EVENTS AND REGATTAS 2026

<p>RNLI Castle to Castle Swim Falmouth 23rd May www.rnli.org</p>	<p>Flushing Village Regatta 1st August www.pofsa.co.uk</p>
<p>Pilot Cutter Review 27th May - 1st June www.classic-sailing.co.uk</p>	<p>Falmouth Week 7th - 16th August www.falmouthweek.co.uk</p>
<p>Falmouth Classics Regatta 12th - 14th June www.falmouthclassics.org.uk</p>	<p>Falmouth Sailing Week 7th - 16th August www.falmouthworkingboats.btck.co.uk</p>
<p>Falmouth International Sea Shanty Festival 12th - 14th June www.falmouthseashanty.co.uk</p>	<p>Percuil Regatta 23rd August www.pofsa.co.uk</p>
<p>Loe Beach Regatta (St Feock and Pill Creek) 27th June www.loebeachregatta.com</p>	<p>Portscatho Regatta 28th - 30th August www.pofsa.co.uk</p>
<p>Falmouth Working Boat Association 3-5th July www.fwba.co.uk</p>	<p>Point & Penpol Regatta 12th September www.pofsa.co.uk</p>
<p>St Mawes Social Club Regatta 11th July www.pofsa.co.uk</p>	<p>Falmouth Oyster Festival TBC www.falmouthoysterfestival.co.uk</p>
<p>St Mawes Town Regatta 25th July www.pofsa.co.uk</p>	<p>Silver Oyster Race Mylor Yacht Club 5th November www.myloryachtclub.org.uk</p>

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 a family run business based on Lighterage Quay in Truro and offers a range of services including:

- Lifting of vessels
- Storage
- Engine servicing and repairs
- Software diagnostics
- Environmentally friendly boat cleaning through our recycling system

Contact us:

07980 731193 Nick

07598 948696 Mike

contact@truroboatservices.com



ambipar

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- ✓ Media & Crisis Communications Training
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General enquiries: +44 (0) 203 981 4388

Mobilisation number: +44 (0) 1202 653 558 

sales.response@ambipar.com

FALMOUTH HARBOUR MARINE SERVICES MOBILE MARINE ENGINEERING AND DIESEL FUEL CLEANING

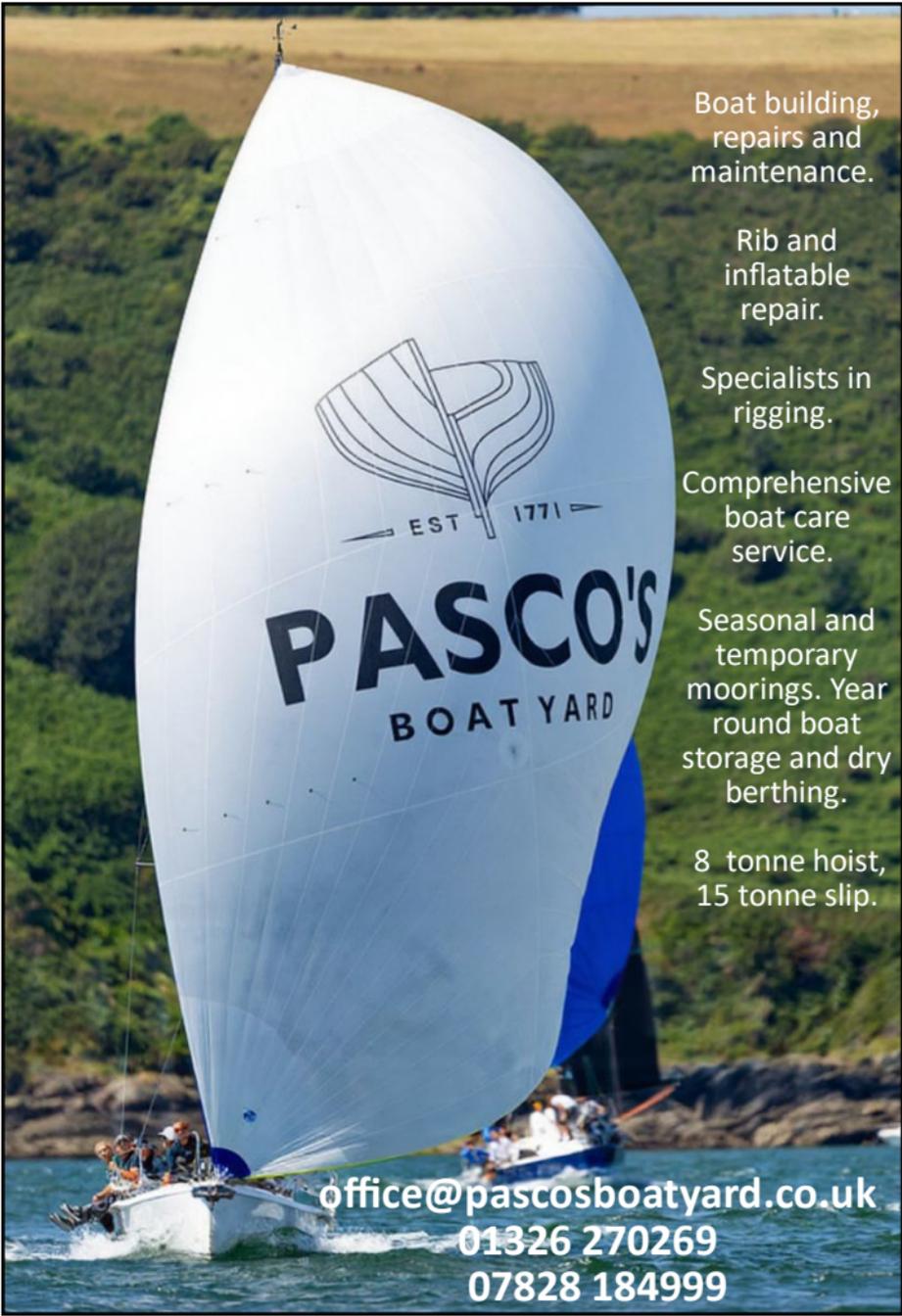
Inboard Engine
Installation, Servicing,
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Welding & Fabrication

**Marine Fuel Cleaning
& Domestic
Heating Oil Cleaning/
Polishing**

**Tel +44 (0)1326 315795
Mobile 07968 214226**

15 Polmennor Road
FALMOUTH
Cornwall
TR11 5UX
www.fhms.co.uk
email@fhms.co.uk

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come to you
ashore or afloat*



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storage and dry
berthing.

8 tonne hoist,
15 tonne slip.

office@pascosboatyard.co.uk

01326 270269

07828 184999

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 TH	02 49	4.6	15 18	4.6	09 29	1.2	21 59	1.0
2 F	03 49	4.8	16 18	4.8	10 33	0.9	22 59	0.8
3 SA ☉	04 43	5.0	17 13	4.9	11 31	0.6	23 54	0.6
4 SU	05 34	5.2	18 04	4.9			12 24	0.5
5 M	06 23	5.3	18 52	4.9	00 43	0.5	13 11	0.4
6 TU	07 07	5.3	19 34	4.8	01 28	0.5	13 55	0.4
7 W	07 48	5.2	20 13	4.7	02 09	0.6	14 35	0.5
8 TH	08 27	5.0	20 51	4.6	02 47	0.8	15 13	0.8
9 F	09 05	4.8	21 30	4.4	03 24	1.0	15 51	1.1
10 SA ☾	09 45	4.5	22 15	4.2	04 03	1.3	16 30	1.4
11 SU	10 31	4.3	23 08	4.0	04 46	1.6	17 17	1.6
12 M	11 26	4.0			05 40	1.8	18 15	1.8
13 TU	00 12	3.9	12 36	3.9	06 46	2.0	19 23	1.9
14 W	01 31	4.0	14 02	4.0	07 56	1.9	20 29	1.7
15 TH	02 41	4.2	15 07	4.1	09 01	1.7	21 26	1.5
16 F	03 34	4.4	15 56	4.3	09 55	1.5	22 16	1.3
17 SA	04 18	4.6	16 39	4.5	10 43	1.2	23 00	1.1
18 SU ●	04 58	4.8	17 18	4.6	11 26	1.0	23 41	1.0
19 M	05 35	4.9	17 56	4.7			12 06	0.9
20 TU	06 10	5.0	18 32	4.7	00 19	0.9	12 42	0.8
21 W	06 44	5.0	19 06	4.7	00 55	0.8	13 17	0.7
22 TH	07 17	5.1	19 38	4.7	01 30	0.8	13 52	0.7
23 F	07 51	5.0	20 08	4.6	02 04	0.8	14 27	0.7
24 SA	08 25	4.9	20 40	4.6	02 40	0.9	15 04	0.9
25 SU	09 03	4.8	21 24	4.4	03 19	1.0	15 45	1.1
26 M ☽	09 54	4.5	22 26	4.2	04 05	1.2	16 36	1.3
27 TU	11 02	4.3	23 46	4.1	05 03	1.5	17 41	1.6
28 W			12 27	4.1	06 19	1.7	19 04	1.7
29 TH	01 18	4.1	13 58	4.1	07 52	1.6	20 37	1.5
30 F	02 39	4.3	15 14	4.3	09 22	1.4	21 54	1.2
31 SA	03 42	4.7	16 14	4.6	10 30	1.0	22 55	0.9

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

Time Zone UT(GMT)

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 SU ○	04 35	4.9	17 05	4.8	11 26	0.6	23 48	0.6
2 M	05 23	5.2	17 52	4.9			12 16	0.3
3 TU	06 07	5.3	18 33	5.0	00 33	0.4	12 59	0.2
4 W	06 48	5.3	19 10	5.0	01 14	0.3	13 38	0.2
5 TH	07 25	5.3	19 44	4.9	01 50	0.4	14 12	0.3
6 F	07 59	5.1	20 17	4.8	02 21	0.5	14 42	0.6
7 SA	08 30	4.9	20 49	4.6	02 51	0.8	15 09	0.9
8 SU	09 02	4.6	21 23	4.4	03 18	1.1	15 35	1.3
9 M ☾	09 37	4.3	22 06	4.1	03 46	1.5	16 05	1.6
10 TU	10 25	4.0	23 03	3.9	04 22	1.8	16 51	1.9
11 W	11 30	3.8			05 30	2.1	18 15	2.1
12 TH	00 20	3.8	12 59	3.7	07 05	2.1	19 43	2.0
13 F	02 07	3.9	14 45	3.9	08 25	1.9	20 54	1.8
14 SA	03 12	4.2	15 39	4.2	09 29	1.6	21 51	1.5
15 SU	03 57	4.5	16 21	4.5	10 21	1.3	22 39	1.1
16 M	04 36	4.8	16 59	4.7	11 06	0.9	23 22	0.9
17 TU ●	05 12	5.0	17 35	4.8	11 47	0.7		
18 W	05 48	5.1	18 11	4.9	00 01	0.7	12 24	0.5
19 TH	06 23	5.2	18 45	4.9	00 38	0.5	12 59	0.4
20 F	06 57	5.2	19 16	4.9	01 13	0.5	13 33	0.4
21 SA	07 30	5.2	19 43	4.9	01 46	0.5	14 07	0.5
22 SU	08 00	5.0	20 11	4.8	02 20	0.6	14 40	0.7
23 M	08 33	4.8	20 50	4.5	02 56	0.8	15 17	1.0
24 TU ☽	09 18	4.5	21 47	4.2	03 38	1.1	16 03	1.3
25 W	10 30	4.1	23 18	4.0	04 34	1.5	17 07	1.7
26 TH			12 16	3.8	05 54	1.8	18 41	1.9
27 F	01 09	4.0	13 59	3.9	07 52	1.8	20 40	1.7
28 SA	02 33	4.3	15 13	4.2	09 25	1.3	21 53	1.3

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

Time Zone UT(GMT)

MARCH 2026

FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 SU	03 33	4.6	16 06	4.5	10 24	0.9	22 47	0.8
2 M	04 21	4.9	16 51	4.8	11 14	0.5	23 34	0.5
3 TU ○	05 04	5.2	17 30	5.0	11 58	0.2		
4 W	05 45	5.3	18 07	5.1	00 15	0.3	12 37	0.1
5 TH	06 22	5.3	18 41	5.1	00 51	0.2	13 12	0.2
6 F	06 57	5.2	19 13	5.0	01 24	0.3	13 42	0.3
7 SA	07 28	5.1	19 44	4.9	01 51	0.5	14 07	0.6
8 SU	07 57	4.9	20 13	4.7	02 16	0.8	14 27	0.9
9 M	08 24	4.6	20 41	4.5	02 36	1.1	14 45	1.2
10 TU	08 55	4.3	21 17	4.2	02 55	1.4	15 08	1.5
11 W ☾	09 40	4.0	22 12	4.0	03 25	1.7	15 43	1.9
12 TH	10 46	3.7	23 26	3.8	04 16	2.0	16 53	2.2
13 F			12 09	3.6	06 11	2.2	18 58	2.2
14 SA	01 02	3.8	14 13	3.8	07 48	2.0	20 20	1.9
15 SU	02 37	4.1	15 11	4.1	08 57	1.6	21 21	1.5
16 M	03 25	4.5	15 52	4.4	09 51	1.2	22 11	1.1
17 TU	04 04	4.8	16 28	4.7	10 37	0.9	22 56	0.8
18 W	04 40	5.0	17 04	4.9	11 19	0.6	23 37	0.5
19 TH ●	05 17	5.2	17 41	5.0	11 59	0.4		
20 F	05 56	5.3	18 18	5.1	00 16	0.4	12 36	0.2
21 SA	06 34	5.3	18 52	5.1	00 52	0.3	13 12	0.2
22 SU	07 10	5.2	19 23	5.0	01 27	0.3	13 46	0.4
23 M	07 44	5.0	19 55	4.9	02 02	0.4	14 20	0.6
24 TU	08 20	4.7	20 37	4.6	02 38	0.7	14 57	1.0
25 W ☽	09 09	4.3	21 37	4.3	03 22	1.1	15 45	1.4
26 TH	10 29	3.9	23 15	4.0	04 21	1.5	16 54	1.8
27 F			12 23	3.7	05 51	1.8	18 39	2.0
28 SA	01 02	4.0	13 56	3.9	07 59	1.7	20 35	1.6
29 SU	02 19	4.3	15 00	4.2	09 12	1.2	21 37	1.2
30 M	03 15	4.6	15 47	4.6	10 05	0.8	22 26	0.8
31 TU	04 00	4.9	16 26	4.8	10 51	0.5	23 09	0.5

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

Time Zone UT(GMT)

APRIL 2026

FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 W	04 40	5.1	17 02	5.0	11 32	0.3	23 49	0.4
2 TH ○	05 18	5.1	17 36	5.0			12 09	0.3
3 F	05 54	5.1	18 11	5.1	00 23	0.3	12 41	0.3
4 SA	06 28	5.1	18 43	5.0	00 54	0.4	13 09	0.5
5 SU	06 59	4.9	19 14	4.9	01 21	0.6	13 33	0.7
6 M	07 27	4.8	19 41	4.8	01 44	0.8	13 52	1.0
7 TU	07 55	4.5	20 09	4.6	02 02	1.1	14 10	1.2
8 W	08 26	4.3	20 43	4.3	02 24	1.3	14 35	1.5
9 TH	09 10	4.0	21 36	4.1	02 56	1.6	15 11	1.8
10 F ☾	10 15	3.8	22 46	3.9	03 45	1.9	16 12	2.1
11 SA	11 32	3.7			05 23	2.1	18 10	2.2
12 SU	00 04	3.9	13 01	3.8	07 02	1.9	19 36	1.9
13 M	01 28	4.1	14 19	4.1	08 14	1.6	20 40	1.6
14 TU	02 32	4.5	15 07	4.4	09 11	1.2	21 34	1.2
15 W	03 19	4.8	15 47	4.7	10 00	0.8	22 22	0.8
16 TH	04 02	5.0	16 28	4.9	10 46	0.6	23 07	0.5
17 F ●	04 45	5.2	17 09	5.1	11 30	0.4	23 50	0.3
18 SA	05 29	5.2	17 50	5.2			12 12	0.3
19 SU	06 14	5.2	18 31	5.2	00 31	0.2	12 51	0.3
20 M	06 56	5.1	19 11	5.1	01 10	0.3	13 29	0.4
21 TU	07 38	4.9	19 53	4.9	01 49	0.5	14 07	0.7
22 W	08 23	4.6	20 40	4.6	02 31	0.7	14 50	1.0
23 TH	09 19	4.2	21 44	4.3	03 20	1.1	15 43	1.4
24 F ☽	10 41	3.9	23 13	4.1	04 25	1.5	16 55	1.7
25 SA			12 17	3.8	05 53	1.6	18 29	1.8
26 SU	00 43	4.1	13 34	4.0	07 31	1.5	20 02	1.5
27 M	01 53	4.3	14 33	4.3	08 41	1.2	21 04	1.2
28 TU	02 47	4.6	15 18	4.5	09 33	0.9	21 54	0.9
29 W	03 31	4.8	15 56	4.7	10 18	0.7	22 37	0.7
30 TH	04 11	4.9	16 31	4.8	10 59	0.6	23 16	0.6

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

Time Zone UT(GMT)

MAY 2026

FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 F ○	04 49	4.9	17 06	4.9	11 36	0.6	23 52	0.6
2 SA ○	05 26	4.9	17 41	5.0			12 09	0.6
3 SU	06 01	4.8	18 16	4.9	00 24	0.7	12 38	0.8
4 M	06 34	4.7	18 48	4.9	00 53	0.8	13 03	0.9
5 TU	07 04	4.6	19 17	4.7	01 18	1.0	13 26	1.1
6 W	07 34	4.5	19 47	4.6	01 41	1.1	13 50	1.3
7 TH	08 08	4.3	20 24	4.4	02 08	1.3	14 19	1.5
8 F	08 52	4.1	21 12	4.2	02 44	1.5	14 59	1.7
9 SA ☾	09 50	3.9	22 14	4.1	03 34	1.7	15 58	1.9
10 SU	10 57	3.9	23 22	4.1	04 50	1.8	17 24	2.0
11 M			12 08	4.0	06 12	1.8	18 43	1.8
12 TU	00 29	4.3	13 14	4.2	07 22	1.5	19 51	1.5
13 W	01 34	4.5	14 13	4.4	08 24	1.2	20 50	1.2
14 TH	02 32	4.7	15 04	4.7	09 20	0.9	21 45	0.9
15 F	03 25	4.9	15 53	4.9	10 12	0.7	22 37	0.6
16 SA ●	04 16	5.1	16 40	5.1	11 02	0.5	23 26	0.4
17 SU	05 07	5.1	17 29	5.2	11 50	0.4		
18 M	05 59	5.1	18 18	5.2	00 13	0.3	12 35	0.4
19 TU	06 49	5.0	19 06	5.1	01 00	0.4	13 20	0.5
20 W	07 38	4.8	19 54	5.0	01 46	0.5	14 05	0.7
21 TH	08 28	4.6	20 44	4.8	02 34	0.7	14 53	1.0
22 F	09 24	4.3	21 43	4.6	03 26	1.0	15 46	1.2
23 SA ☽	10 33	4.1	22 53	4.4	04 25	1.2	16 48	1.4
24 SU	11 47	4.0			05 32	1.3	17 55	1.5
25 M	00 07	4.3	12 55	4.1	06 42	1.4	19 06	1.5
26 TU	01 13	4.3	13 52	4.2	07 49	1.3	20 12	1.4
27 W	02 10	4.4	14 40	4.4	08 48	1.2	21 09	1.2
28 TH	02 58	4.5	15 22	4.5	09 37	1.0	21 57	1.1
29 F	03 41	4.6	16 01	4.7	10 21	1.0	22 40	1.0
30 SA	04 22	4.6	16 39	4.8	11 00	0.9	23 20	0.9
31 SU ○	05 01	4.6	17 17	4.8	11 37	0.9	23 57	0.9

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

Time Zone UT(GMT)

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 M	05 38	4.6	17 53	4.8			12 11	1.0
2 TU	06 15	4.6	18 28	4.8	00 30	1.0	12 41	1.1
3 W	06 48	4.5	19 00	4.7	01 00	1.1	13 11	1.2
4 TH	07 21	4.5	19 32	4.7	01 29	1.2	13 40	1.3
5 F	07 56	4.4	20 08	4.6	02 01	1.2	14 14	1.4
6 SA	08 35	4.3	20 50	4.5	02 39	1.3	14 54	1.5
7 SU	09 22	4.2	21 42	4.4	03 24	1.4	15 43	1.6
8 M ☾	10 19	4.1	22 41	4.4	04 20	1.5	16 44	1.7
9 TU	11 21	4.1	23 44	4.4	05 24	1.5	17 52	1.6
10 W			12 24	4.2	06 31	1.4	19 00	1.5
11 TH	00 48	4.5	13 27	4.4	07 37	1.3	20 07	1.3
12 F	01 53	4.6	14 29	4.6	08 40	1.1	21 10	1.1
13 SA	02 56	4.8	15 27	4.8	09 41	0.9	22 11	0.8
14 SU	03 56	4.9	16 22	5.0	10 39	0.8	23 09	0.6
15 M ●	04 54	4.9	17 16	5.1	11 35	0.6		
16 TU	05 50	5.0	18 10	5.2	00 04	0.5	12 27	0.5
17 W	06 44	5.0	19 00	5.2	00 56	0.4	13 17	0.5
18 TH	07 34	4.9	19 49	5.2	01 46	0.4	14 05	0.6
19 F	08 23	4.7	20 36	5.0	02 34	0.5	14 50	0.7
20 SA	09 10	4.6	21 24	4.8	03 20	0.7	15 36	0.9
21 SU ☽	10 00	4.4	22 16	4.6	04 08	0.9	16 24	1.2
22 M	10 54	4.2	23 12	4.4	04 57	1.1	17 15	1.4
23 TU	11 53	4.1			05 49	1.4	18 10	1.5
24 W	00 14	4.2	12 56	4.1	06 47	1.5	19 11	1.6
25 TH	01 20	4.1	13 56	4.2	07 47	1.5	20 14	1.6
26 F	02 21	4.2	14 49	4.3	08 47	1.5	21 14	1.5
27 SA	03 13	4.3	15 35	4.5	09 40	1.4	22 06	1.3
28 SU	03 59	4.4	16 18	4.6	10 27	1.3	22 52	1.2
29 M ○	04 42	4.5	16 58	4.8	11 10	1.2	23 34	1.1
30 TU	05 22	4.6	17 37	4.8	11 49	1.1		

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

Time Zone UT(GMT)

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 W	06 00	4.6	18 13	4.8	00 12	1.1	12 25	1.1
2 TH	06 36	4.6	18 46	4.8	00 46	1.1	12 58	1.1
3 F	07 10	4.6	19 18	4.8	01 19	1.0	13 31	1.1
4 SA	07 42	4.5	19 51	4.8	01 52	1.0	14 05	1.2
5 SU	08 15	4.5	20 26	4.8	02 27	1.1	14 41	1.2
6 M	08 51	4.4	21 08	4.7	03 06	1.1	15 21	1.3
7 TU ☾	09 35	4.4	21 59	4.6	03 50	1.2	16 09	1.4
8 W	10 32	4.3	23 00	4.5	04 42	1.3	17 07	1.5
9 TH	11 39	4.3			05 44	1.4	18 15	1.5
10 F	00 09	4.4	12 52	4.3	06 54	1.5	19 30	1.5
11 SA	01 26	4.4	14 07	4.5	08 08	1.4	20 46	1.3
12 SU	02 42	4.5	15 15	4.7	09 21	1.2	21 58	1.1
13 M	03 48	4.7	16 14	5.0	10 28	1.0	23 02	0.8
14 TU ●	04 47	4.8	17 08	5.2	11 29	0.7		
15 W	05 43	4.9	18 00	5.3	00 00	0.5	12 23	0.5
16 TH	06 34	5.0	18 49	5.4	00 52	0.3	13 11	0.4
17 F	07 21	5.0	19 34	5.3	01 38	0.2	13 55	0.4
18 SA	08 03	4.9	20 15	5.2	02 21	0.3	14 35	0.5
19 SU	08 40	4.8	20 53	5.0	03 00	0.5	15 13	0.7
20 M	09 17	4.6	21 30	4.7	03 37	0.8	15 50	1.0
21 TU ☽	09 56	4.4	22 11	4.4	04 16	1.1	16 31	1.4
22 W	10 43	4.2	23 00	4.1	04 58	1.5	17 20	1.7
23 TH	11 41	4.0			05 49	1.7	18 18	1.9
24 F	00 05	3.9	13 00	4.0	06 51	1.9	19 27	2.0
25 SA	01 41	3.9	14 20	4.1	08 00	1.9	20 36	1.8
26 SU	02 52	4.0	15 16	4.4	09 05	1.7	21 38	1.6
27 M	03 42	4.3	16 01	4.6	10 00	1.5	22 30	1.4
28 TU	04 26	4.5	16 42	4.8	10 48	1.3	23 15	1.2
29 W ○	05 06	4.6	17 20	4.9	11 30	1.1	23 55	1.0
30 TH	05 44	4.7	17 55	5.0			12 09	1.0
31 F	06 20	4.7	18 28	5.0	00 30	0.9	12 43	0.9

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

Time Zone UT(GMT)

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 SA	06 53	4.8	18 59	5.0	01 03	0.8	13 16	0.9
2 SU	07 24	4.8	19 30	5.0	01 35	0.8	13 48	0.9
3 M	07 51	4.7	20 01	5.0	02 09	0.8	14 21	0.9
4 TU	08 18	4.7	20 34	4.9	02 43	0.9	14 57	1.0
5 W	08 54	4.6	21 18	4.7	03 20	1.1	15 38	1.2
6 TH ☾	09 47	4.4	22 20	4.4	04 05	1.3	16 30	1.5
7 F	11 03	4.2	23 44	4.2	05 03	1.6	17 39	1.7
8 SA			12 34	4.2	06 20	1.7	19 08	1.7
9 SU	01 18	4.2	14 01	4.4	07 52	1.7	20 42	1.5
10 M	02 42	4.3	15 11	4.7	09 19	1.4	21 58	1.1
11 TU	03 47	4.6	16 07	5.0	10 27	1.1	22 59	0.7
12 W ●	04 41	4.9	16 58	5.3	11 23	0.7	23 52	0.4
13 TH	05 30	5.0	17 45	5.4			12 12	0.4
14 F	06 16	5.1	18 29	5.5	00 38	0.2	12 56	0.3
15 SA	06 56	5.2	19 09	5.4	01 20	0.1	13 35	0.3
16 SU	07 32	5.1	19 45	5.3	01 57	0.2	14 10	0.4
17 M	08 04	5.0	20 17	5.1	02 30	0.5	14 41	0.7
18 TU	08 36	4.8	20 48	4.8	03 00	0.8	15 12	1.1
19 W	09 09	4.6	21 21	4.4	03 30	1.2	15 44	1.4
20 TH ☽	09 49	4.3	22 05	4.1	04 02	1.6	16 22	1.8
21 F	10 41	4.0	23 06	3.8	04 46	2.0	17 23	2.1
22 SA	11 56	3.9			05 57	2.2	18 45	2.2
23 SU	00 44	3.7	13 53	4.0	07 20	2.2	20 06	2.1
24 M	02 34	3.9	14 56	4.3	08 36	2.0	21 15	1.8
25 TU	03 25	4.2	15 41	4.6	09 36	1.6	22 08	1.4
26 W	04 07	4.5	16 20	4.9	10 25	1.3	22 52	1.1
27 TH	04 45	4.7	16 56	5.0	11 08	1.1	23 31	0.9
28 F ○	05 20	4.8	17 30	5.1	11 46	0.9		
29 SA	05 56	4.9	18 04	5.2	00 06	0.7	12 21	0.8
30 SU	06 29	5.0	18 36	5.2	00 40	0.6	12 55	0.7
31 M	06 59	5.0	19 07	5.2	01 13	0.6	13 27	0.7

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

Time Zone UT(GMT)

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 TU	07 26	4.9	19 37	5.1	01 46	0.6	14 00	0.8
2 W	07 52	4.9	20 08	4.9	02 19	0.8	14 34	0.9
3 TH	08 27	4.7	20 51	4.6	02 54	1.1	15 13	1.2
4 F ☾	09 21	4.4	22 00	4.2	03 36	1.4	16 04	1.6
5 SA	10 48	4.2	23 42	4.0	04 35	1.8	17 20	1.9
6 SU			12 32	4.1	06 03	2.0	19 11	1.9
7 M	01 26	4.0	14 00	4.4	07 59	1.9	20 51	1.5
8 TU	02 45	4.3	15 06	4.7	09 21	1.4	21 55	1.0
9 W	03 42	4.7	15 57	5.1	10 19	1.0	22 47	0.6
10 TH	04 29	4.9	16 41	5.3	11 08	0.6	23 34	0.3
11 F ●	05 10	5.1	17 23	5.5	11 53	0.4		
12 SA	05 49	5.2	18 03	5.5	00 16	0.2	12 32	0.3
13 SU	06 25	5.2	18 39	5.4	00 54	0.2	13 08	0.3
14 M	06 58	5.2	19 12	5.2	01 27	0.4	13 39	0.5
15 TU	07 29	5.1	19 42	5.0	01 56	0.6	14 07	0.8
16 W	07 59	4.9	20 10	4.7	02 21	1.0	14 33	1.1
17 TH	08 30	4.7	20 42	4.4	02 43	1.3	14 55	1.5
18 F ☽	09 06	4.4	21 25	4.1	03 05	1.7	15 20	1.9
19 SA	09 58	4.1	22 27	3.8	03 35	2.0	16 09	2.2
20 SU	11 08	3.9	23 53	3.7	04 50	2.3	18 03	2.4
21 M			12 59	4.0	06 41	2.4	19 33	2.2
22 TU	02 07	3.9	14 25	4.3	08 03	2.1	20 44	1.8
23 W	02 59	4.2	15 12	4.6	09 06	1.7	21 36	1.4
24 TH	03 39	4.5	15 50	4.9	09 54	1.3	22 20	1.1
25 F	04 15	4.8	16 24	5.1	10 37	1.0	23 00	0.8
26 SA ○	04 49	5.0	16 59	5.2	11 18	0.8	23 38	0.6
27 SU	05 24	5.1	17 35	5.3	11 56	0.6		
28 M	05 59	5.1	18 11	5.3	00 14	0.5	12 31	0.5
29 TU	06 33	5.2	18 47	5.2	00 49	0.5	13 06	0.5
30 W	07 06	5.1	19 22	5.1	01 24	0.6	13 41	0.7

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

Time Zone UT(GMT)

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 TH	07 39	5.0	19 59	4.8	01 58	0.8	14 17	0.9
2 F	08 20	4.7	20 49	4.4	02 35	1.1	14 58	1.2
3 SA ☾	09 21	4.4	22 07	4.1	03 20	1.5	15 54	1.6
4 SU	10 49	4.2	23 51	3.9	04 25	1.9	17 21	1.9
5 M			12 28	4.2	06 04	2.0	19 19	1.8
6 TU	01 27	4.0	13 50	4.4	07 57	1.8	20 41	1.4
7 W	02 36	4.4	14 50	4.8	09 06	1.3	21 37	0.9
8 TH	03 26	4.7	15 37	5.1	09 58	0.9	22 24	0.6
9 F	04 07	5.0	16 19	5.2	10 44	0.6	23 08	0.4
10 SA ●	04 44	5.1	16 57	5.3	11 26	0.4	23 47	0.3
11 SU	05 19	5.2	17 34	5.3			12 04	0.4
12 M	05 53	5.2	18 10	5.2	00 23	0.4	12 38	0.5
13 TU	06 26	5.2	18 42	5.1	00 54	0.6	13 08	0.7
14 W	06 58	5.1	19 11	4.9	01 22	0.8	13 36	0.9
15 TH	07 28	4.9	19 41	4.6	01 46	1.1	14 00	1.2
16 F	07 59	4.7	20 14	4.4	02 07	1.4	14 21	1.5
17 SA	08 36	4.5	20 58	4.1	02 28	1.7	14 47	1.8
18 SU ☽	09 25	4.2	21 59	3.9	03 00	2.0	15 33	2.1
19 M	10 30	4.0	23 16	3.8	03 59	2.3	17 10	2.3
20 TU	11 48	4.0			05 53	2.4	18 46	2.1
21 W	01 00	3.9	13 19	4.2	07 17	2.1	19 58	1.8
22 TH	02 13	4.2	14 22	4.5	08 22	1.8	20 53	1.4
23 F	02 57	4.5	15 06	4.8	09 15	1.4	21 41	1.1
24 SA	03 35	4.8	15 46	5.0	10 02	1.1	22 25	0.8
25 SU	04 12	5.0	16 25	5.2	10 46	0.8	23 07	0.6
26 M ○	04 50	5.1	17 07	5.3	11 28	0.6	23 48	0.5
27 TU	05 30	5.2	17 50	5.3			12 09	0.5
28 W	06 12	5.2	18 33	5.2	00 28	0.5	12 49	0.5
29 TH	06 53	5.2	19 17	5.0	01 06	0.6	13 28	0.6
30 F	07 36	5.1	20 03	4.7	01 45	0.8	14 10	0.9
31 SA	08 25	4.8	20 59	4.4	02 28	1.1	14 58	1.2

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

Time Zone UT(GMT)

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 SU ☾	09 25	4.6	22 13	4.1	03 18	1.5	15 59	1.5
2 M	10 43	4.3	23 44	4.0	04 26	1.8	17 21	1.7
3 TU			12 08	4.3	05 53	1.9	18 54	1.6
4 W	01 05	4.1	13 23	4.4	07 24	1.7	20 09	1.3
5 TH	02 09	4.3	14 22	4.7	08 33	1.4	21 06	1.0
6 F	02 58	4.6	15 10	4.8	09 27	1.1	21 53	0.8
7 SA	03 38	4.8	15 52	5.0	10 14	0.8	22 36	0.7
8 SU	04 14	5.0	16 31	5.0	10 56	0.7	23 16	0.6
9 M ●	04 49	5.0	17 07	5.0	11 34	0.7	23 52	0.7
10 TU	05 24	5.1	17 43	5.0			12 09	0.7
11 W	05 59	5.1	18 17	4.9	00 24	0.8	12 41	0.8
12 TH	06 33	5.0	18 49	4.7	00 53	1.0	13 11	1.0
13 F	07 06	4.9	19 21	4.6	01 20	1.2	13 38	1.2
14 SA	07 38	4.8	19 57	4.4	01 45	1.4	14 03	1.4
15 SU	08 15	4.6	20 39	4.2	02 12	1.6	14 34	1.6
16 M	08 59	4.4	21 32	4.0	02 47	1.8	15 18	1.8
17 TU ☽	09 56	4.2	22 38	3.9	03 38	2.0	16 23	2.0
18 W	11 01	4.2	23 48	4.0	04 55	2.1	17 45	2.0
19 TH			12 08	4.3	06 16	2.0	18 58	1.8
20 F	00 57	4.1	13 14	4.4	07 28	1.8	20 02	1.5
21 SA	01 58	4.4	14 13	4.7	08 29	1.5	20 58	1.2
22 SU	02 49	4.6	15 06	4.9	09 23	1.2	21 49	0.9
23 M	03 36	4.9	15 55	5.0	10 15	0.9	22 38	0.7
24 TU ○	04 22	5.1	16 45	5.1	11 04	0.7	23 26	0.6
25 W	05 09	5.2	17 35	5.1	11 52	0.5		
26 TH	05 58	5.3	18 25	5.1	00 12	0.6	12 38	0.5
27 F	06 46	5.3	19 15	4.9	00 57	0.6	13 25	0.5
28 SA	07 34	5.2	20 04	4.7	01 42	0.7	14 12	0.7
29 SU	08 23	5.0	20 58	4.5	02 29	0.9	15 02	0.9
30 M	09 18	4.8	22 00	4.3	03 20	1.2	15 58	1.1

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

Time Zone UT(GMT)

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 TU ☾	10 20	4.6	23 10	4.1	04 17	1.4	17 00	1.3
2 W	11 29	4.4			05 21	1.5	18 07	1.4
3 TH	00 21	4.1	12 38	4.4	06 30	1.6	19 16	1.4
4 F	01 25	4.2	13 42	4.4	07 40	1.5	20 20	1.3
5 SA	02 20	4.4	14 36	4.5	08 44	1.4	21 15	1.2
6 SU	03 06	4.5	15 24	4.6	09 37	1.2	22 02	1.1
7 M	03 47	4.7	16 06	4.6	10 24	1.1	22 44	1.0
8 TU	04 25	4.8	16 45	4.7	11 06	1.0	23 23	1.0
9 W ●	05 03	4.9	17 23	4.7	11 45	1.0	23 59	1.0
10 TH	05 40	5.0	18 00	4.7			12 21	1.0
11 F	06 17	5.0	18 36	4.7	00 32	1.0	12 53	1.0
12 SA	06 51	4.9	19 09	4.6	01 03	1.1	13 23	1.1
13 SU	07 24	4.8	19 44	4.5	01 31	1.2	13 52	1.2
14 M	07 57	4.7	20 20	4.4	02 01	1.4	14 24	1.3
15 TU	08 35	4.6	21 01	4.2	02 36	1.5	15 02	1.4
16 W	09 19	4.5	21 52	4.1	03 17	1.6	15 48	1.6
17 TH ☽	10 13	4.4	22 53	4.1	04 08	1.7	16 46	1.7
18 F	11 15	4.3	23 57	4.1	05 12	1.8	17 54	1.7
19 SA			12 19	4.4	06 25	1.8	19 06	1.6
20 SU	01 02	4.2	13 26	4.5	07 38	1.6	20 14	1.4
21 M	02 06	4.4	14 32	4.6	08 46	1.4	21 17	1.2
22 TU	03 07	4.7	15 33	4.8	09 48	1.1	22 15	0.9
23 W	04 02	4.9	16 30	4.9	10 46	0.8	23 10	0.7
24 TH ○	04 55	5.1	17 25	5.0	11 41	0.6		
25 F	05 47	5.3	18 18	5.0	00 03	0.6	12 33	0.4
26 SA	06 38	5.4	19 08	5.0	00 53	0.5	13 22	0.3
27 SU	07 26	5.3	19 55	4.9	01 40	0.5	14 09	0.4
28 M	08 12	5.2	20 41	4.7	02 25	0.6	14 54	0.5
29 TU	08 57	5.1	21 27	4.5	03 09	0.7	15 39	0.7
30 W ☾	09 44	4.8	22 16	4.3	03 53	1.0	16 26	1.0
31 TH	10 35	4.5	23 12	4.1	04 41	1.3	17 16	1.3

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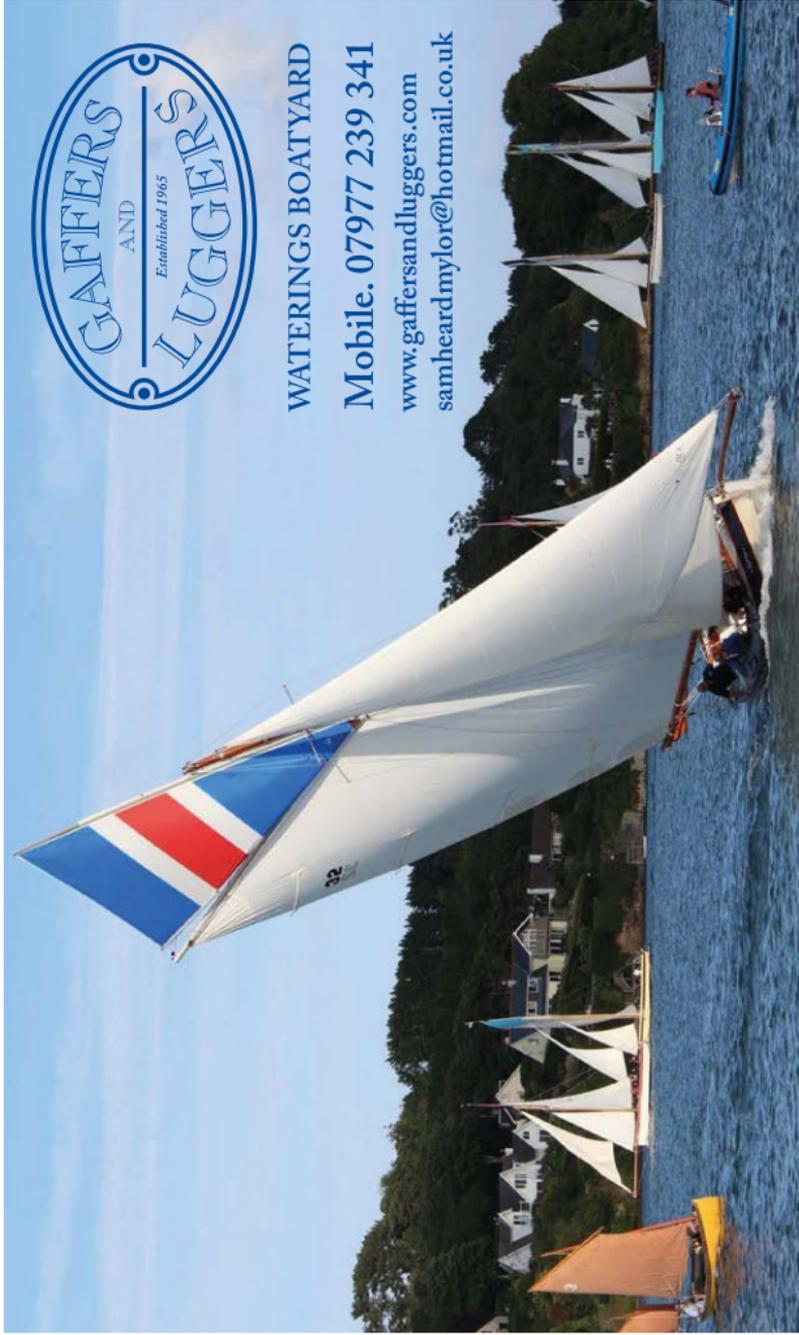
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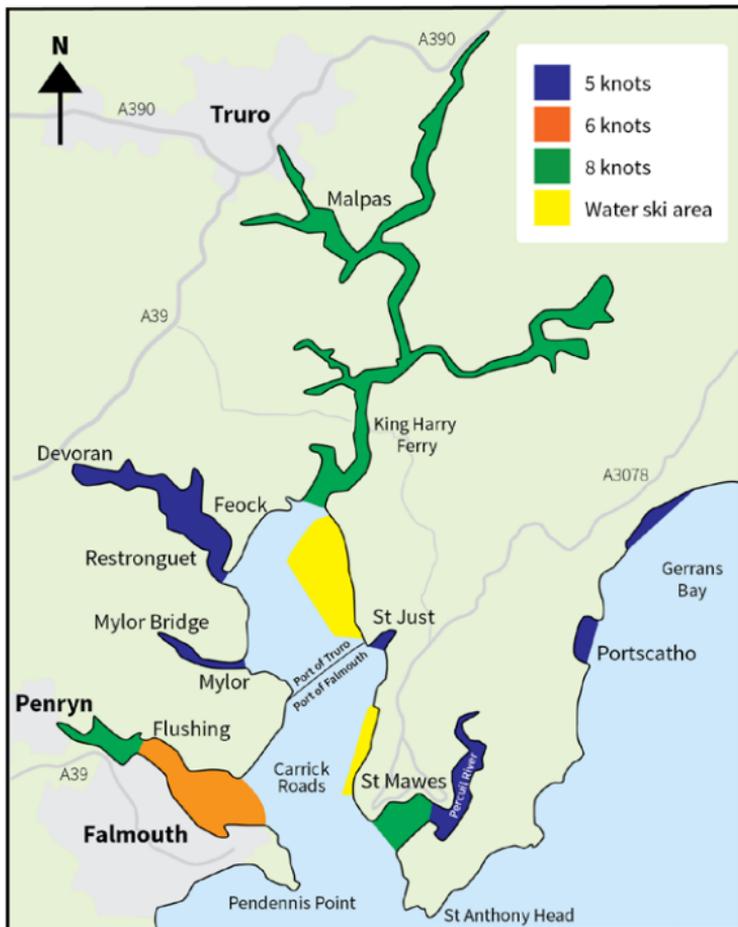
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Engine and Fuel: Check fuel and engine.

Training: Essential for you and crew.

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