

## King Tide Data 2026

Key Low Tides in 2026 include:

January: January 3–5  
Tuesday, March 17 through Sunday, March 22  
Thursday, April 16 through Tuesday, April 21  
Thursday, May 14 through Tuesday, May 19  
Thursday, June 11 through Thursday, June 18  
Thursday, July 9 through Thursday, July 16  
Monday, August 10 through Saturday, August 15  
November 24 through Saturday, November 28  
Tuesday, December 22 through Monday, December 28.

### Winter Low Tide Cycles

Lower-than-average tides are also common during the winter months (November to May) due to the moon's closer proximity to Earth. Specific dates for extreme low tides often mirror the King Tide cycles, which occur when the moon is at its perigee (closest point to Earth).

Early 2026: January 3–5.

Late 2026: November 30 – December 2 and December 29–31.

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Key High Tides in 2026 include

### Perigean spring tides KING TIDES

Perigean spring tides in 2026 for the Connecticut East Coast are expected to bring exceptionally high tides, with primary risks in early January, late November, and late December. Peak, high-impact dates

Key 2026 Perigean Spring Tide Dates (East Coast):

January 3–5, 2026

November 30 – December 2, 2026

December 29–31, 2026

These events occur when the moon is closest to Earth (perigee) during a new or full moon, maximizing gravitational pull. Coastal flooding is most likely during these times, particularly in low-lying areas, with risks elevated if accompanied by storms

### Spring tides

During the full moon and new moon phases, the Moon and the Sun are aligned and their effects combined, producing the spring tides. On the tide tables we can see the high tidal coefficient of the tides when both celestial bodies are aligned. There is a proven increase in the activity of fish during spring tides, above all if these coincide with sunrise or sunset, and these are the most propitious days for fishing