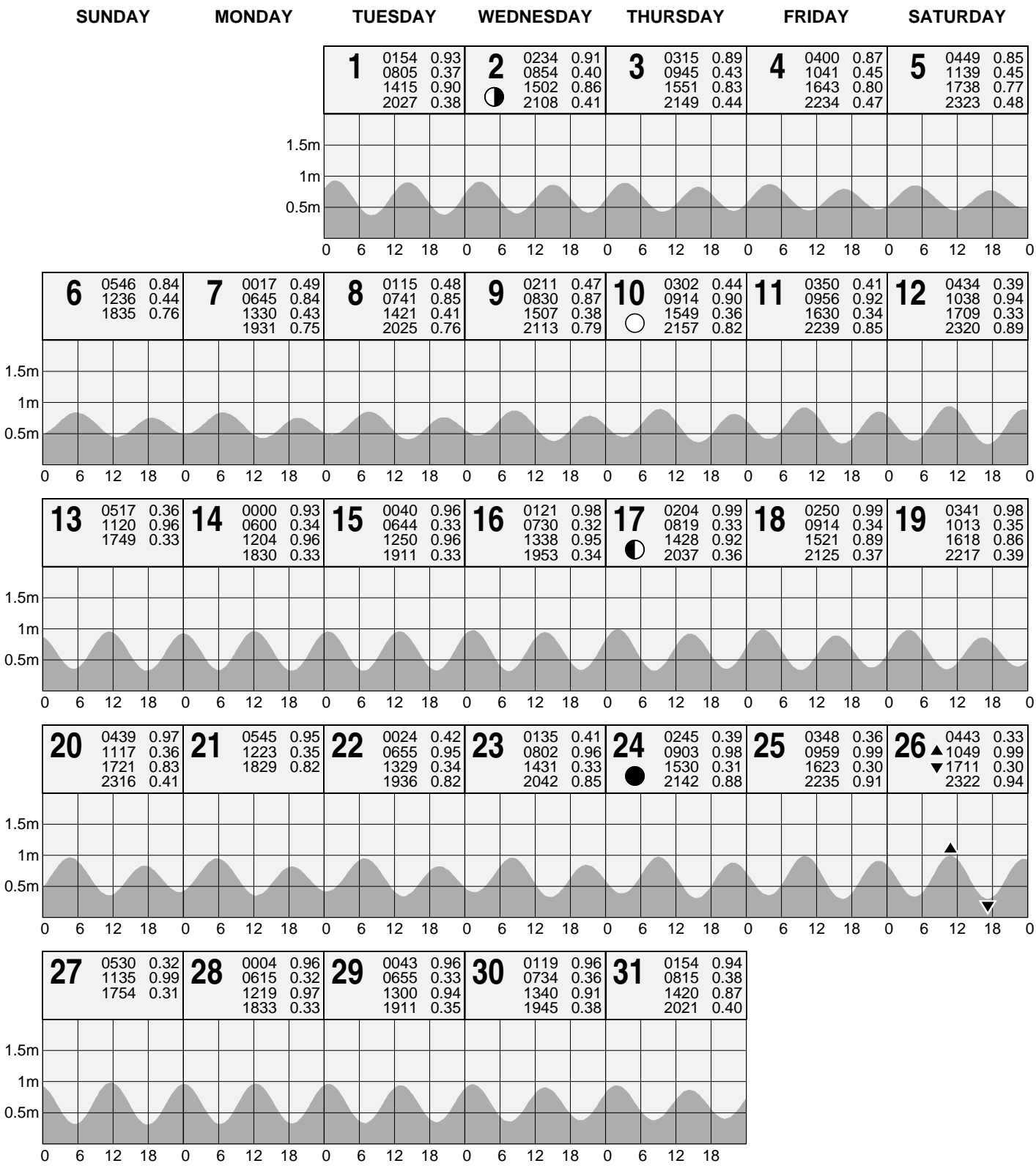


# TIDAL PREDICTIONS FOR COOK ISLANDS - RAROTONGA

JULY 2025

Local Standard Time



- ▲ Highest tide of the month

▼ Lowest tide of the month
- New moon

◐ First quarter

○ Full moon

◑ Last quarter

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**Disclaimer:** These tide predictions are supplied in good faith and are believed to be correct. They are not necessarily related to a local hydrographic chart datum.

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