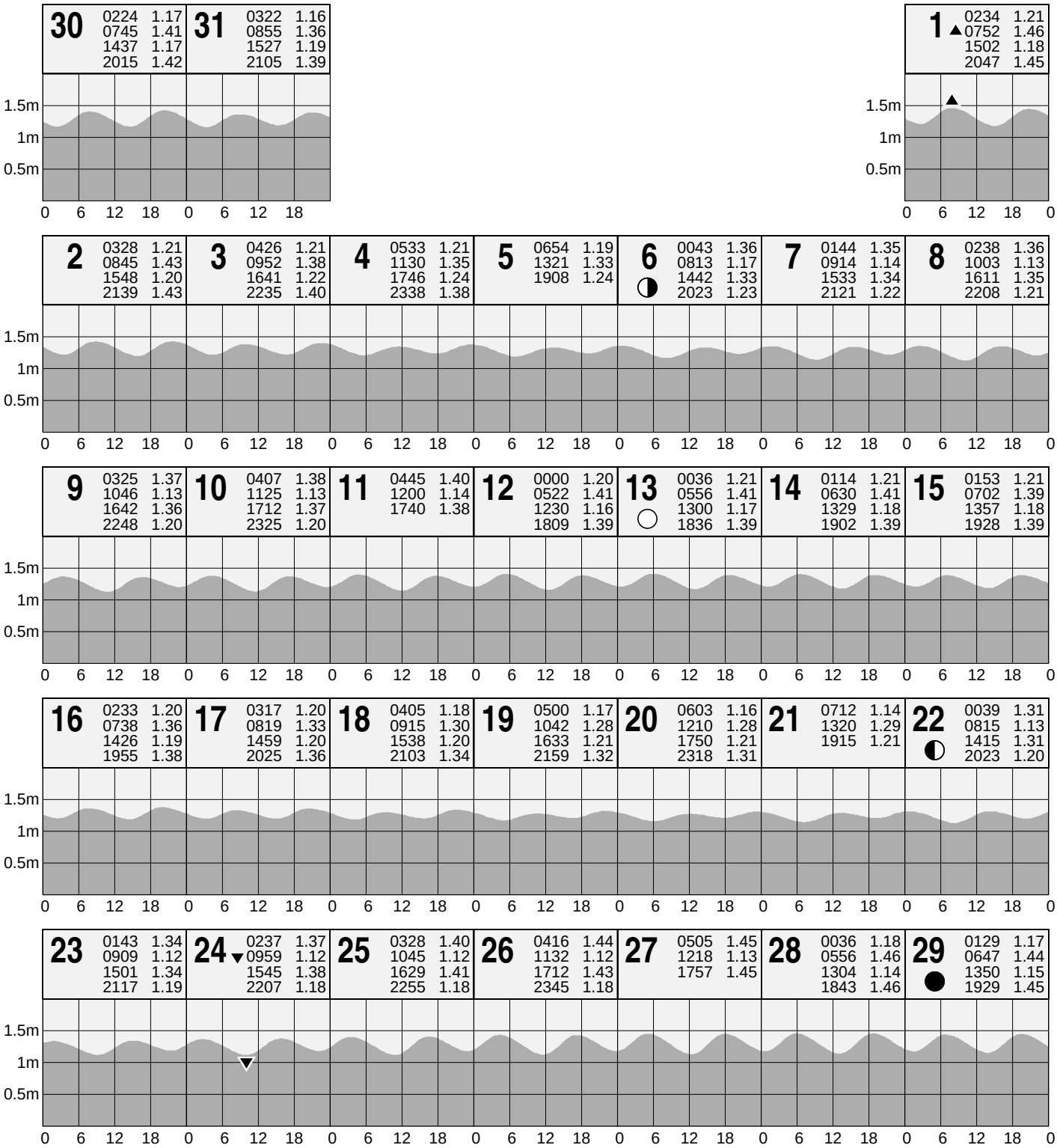
TIDAL PREDICTIONS FOR COOK ISLANDS - PENRHYN

MARCH 2025 Local Standard Time

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 0224 1.17 0745 1.41 1437 1.17 2015 1.42	**31** 0322 1.16 0855 1.36 1527 1.19 2105 1.39					**1** ▲ 0234 1.21 0752 1.46 1502 1.18 2047 1.45
2 0328 1.21 0845 1.43 1548 1.20 2139 1.43	**3** 0426 1.21 0952 1.38 1641 1.22 2235 1.40	**4** 0533 1.21 1130 1.35 1746 1.24 2338 1.38	**5** 0654 1.19 1321 1.33 1908 1.24	**6** ◑ 0043 1.36 0813 1.17 1442 1.33 2023 1.23	**7** 0144 1.35 0914 1.14 1533 1.34 2121 1.22	**8** 0238 1.36 1003 1.13 1611 1.35 2208 1.21
9 0325 1.37 1046 1.13 1642 1.36 2248 1.20	**10** 0407 1.38 1125 1.13 1712 1.37 2325 1.20	**11** 0445 1.40 1200 1.14 1740 1.38	**12** 0000 1.20 0522 1.41 1230 1.16 1809 1.39	**13** ○ 0036 1.21 0556 1.41 1300 1.17 1836 1.39	**14** 0114 1.21 0630 1.41 1329 1.18 1902 1.39	**15** 0153 1.21 0702 1.39 1357 1.18 1928 1.39
16 0233 1.20 0738 1.36 1426 1.19 1955 1.38	**17** 0317 1.20 0819 1.33 1459 1.20 2025 1.36	**18** 0405 1.18 0915 1.30 1538 1.20 2103 1.34	**19** 0500 1.17 1042 1.28 1633 1.21 2159 1.32	**20** 0603 1.16 1210 1.28 1750 1.21 2318 1.31	**21** 0712 1.14 1320 1.29 1915 1.21	**22** ◐ 0039 1.31 0815 1.13 1415 1.31 2023 1.20
23 0143 1.34 0909 1.12 1501 1.34 2117 1.19	**24** ▼ 0237 1.37 0959 1.12 1545 1.38 2207 1.18	**25** 0328 1.40 1045 1.12 1629 1.41 2255 1.18	**26** 0416 1.44 1132 1.12 1712 1.43 2345 1.18	**27** 0505 1.45 1218 1.13 1757 1.45	**28** 0036 1.18 0556 1.46 1304 1.14 1843 1.46	**29** ● 0129 1.17 0647 1.44 1350 1.15 1929 1.45



▲ 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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Tide gauge zero is 2.101 metres below BM6