



## Port of Milford Haven

**FREE**  
Not for resale

# 2022 Tide Tables & Leisure User Guide for the Port of Milford Haven

Find out more about the Port of Milford Haven at [www.mhpa.co.uk](http://www.mhpa.co.uk)

## Exceptional Tides

(1) Astronomical predictions for 2022 show that High Water levels of 7.3 metres (23.8ft) and above occur on the following dates:

Date	Time	Metres	Feet
04 January	07:07	7.39	24.2
05 January	07:55	7.37	24.2
02 February	06:59	7.41	24.3
03 February	07:42	7.48	24.5
04 February	08:24	7.38	24.2
03 March	06:43	7.41	24.3
04 March	07:22	7.48	24.5
05 March	07:59	7.38	24.2
20 March	07:30	7.32	24.0
02 April	06:56	7.30	23.9
17 April	06:26	7.30	23.9
18 April	07:05	7.39	24.3
18 April	19:25	7.33	24.0
19 April	07:44	7.32	24.0
17 May	19:04	7.31	24.0
15 July	19:33	7.35	24.1
16 July	20:21	7.32	24.0
12 August	18:33	7.38	24.2
13 August	19:19	7.54	24.8
14 August	20:02	7.52	24.7

Date	Time	Metres	Feet
15 August	20:43	7.32	24.0
10 September	18:17	7.51	24.6
11 September	06:40	7.30	23.9
11 September	18:58	7.63	25.0
12 September	07:18	7.33	24.0
12 September	19:36	7.56	24.8
13 September	20:13	7.32	24.0
09 October	17:55	7.46	24.5
10 October	18:33	7.50	24.6
11 October	19:09	7.39	24.3
26 October	18:40	7.36	24.1
27 October	07:00	7.31	24.0
27 October	19:18	7.31	24.0
25 November	06:41	7.31	24.0
25 December	07:18	7.33	24.1

Know your tides - especially if you are heading up-river.

(2) Predicted Low Water will fall to levels of 0.5 metres (1.8ft) or less on the following dates:

Date	Time	Metres	Feet
14 August	01:43	0.49	1.6
12 September	01:20	0.48	1.6

(3) Predicted High Water of 4.9 metres (16.07ft) or less will occur on the following dates:

Date	Time	Metres	Feet
12 March	00:30	4.88	16.0
12 March	13:34	4.77	15.6
10 April	12:34	4.72	15.5
11 April	14:27	4.90	16.1
20 September	01:19	4.80	15.8
19 October	00:24	4.79	15.7

Warning: When the barometer is reading above 1016 millibars (30.00"), the water level is liable to drop below predicted heights.

**Alcohol impairs judgement - don't endanger lives  
by drinking when afloat.**

## JANUARY

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Sat	04:30	6.67	21.9	5.31	17.4	<b>9</b> Sun ☾	04:53	2.00	6.6	4.03	13.2
	10:54	1.35	4.4	5.31	17.4		11:03	6.21	20.4	4.21	13.8
	16:57	6.82	22.4	5.47	17.9		17:26	2.06	6.7	4.15	13.6
	23:23	1.21	4.0	5.60	18.4		23:27	5.69	18.7	3.63	11.9
<b>2</b> Sun ●	05:25	7.01	23.0	5.79	19.0	<b>10</b> Mon	05:45	2.32	7.6	3.36	11.0
	11:49	1.05	3.4	5.96	19.6		11:55	5.86	19.2	3.53	11.6
	17:52	7.04	23.1	5.99	19.7		18:20	2.35	7.7	3.50	11.5
<b>3</b> Mon	00:15	1.01	3.3	6.03	19.8	<b>11</b> Tue	00:24	5.43	17.8	3.08	10.1
	06:17	7.26	23.8	6.25	20.5		06:47	2.57	8.4	2.86	9.4
	12:41	0.84	2.8	6.42	21.0		12:57	5.60	18.4	3.03	9.9
	18:45	7.16	23.5	6.32	20.7		19:24	2.53	8.3	3.07	10.1
<b>4</b> Tue	01:03	0.92	3.0	6.24	20.5	<b>12</b> Wed	01:33	5.32	17.5	2.79	9.1
	07:07	7.39	24.2	6.47	21.2		07:59	2.66	8.7	2.66	8.7
	13:31	0.77	2.5	6.62	21.7		14:05	5.50	18.0	2.84	9.3
	19:33	7.14	23.4	6.37	20.9		20:33	2.54	8.3	2.96	9.7
<b>5</b> Wed	01:51	0.94	3.1	6.20	20.3	<b>13</b> Thu	02:42	5.40	17.7	2.86	9.4
	07:55	7.37	24.2	6.43	21.1		09:09	2.57	8.4	2.83	9.3
	14:20	0.84	2.7	6.53	21.4		15:11	5.58	18.3	3.01	9.9
	20:21	6.99	22.9	6.16	20.2		21:35	2.40	7.9	3.17	10.4
<b>6</b> Thu	02:37	1.09	3.6	5.91	19.4	<b>14</b> Fri	03:44	5.64	18.5	3.23	10.6
	08:42	7.21	23.7	6.13	20.1		10:06	2.36	7.8	3.27	10.7
	15:06	1.04	3.4	6.18	20.3		16:09	5.78	19.0	3.41	11.2
	21:06	6.73	22.1	5.69	18.7		22:27	2.19	7.2	3.59	11.8
<b>7</b> Fri	03:21	1.33	4.4	5.39	17.7	<b>15</b> Sat	04:34	5.93	19.5	3.74	12.3
	09:28	6.94	22.8	5.61	18.4		10:55	2.11	6.9	3.82	12.5
	15:52	1.34	4.4	5.60	18.4		16:57	6.01	19.7	3.90	12.8
	21:51	6.39	21.0	5.05	16.6		23:11	1.96	6.4	4.05	13.3
<b>8</b> Sat	04:06	1.65	5.4	4.74	15.5	<b>16</b> Sun	05:17	6.21	20.4	4.25	14.0
	10:15	6.59	21.6	4.94	16.2		11:37	1.88	6.2	4.33	14.2
	16:38	1.70	5.6	4.89	16.0		17:38	6.22	20.4	4.34	14.3
	22:37	6.03	19.8	4.33	14.2		23:50	1.75	5.7	4.47	14.7

It is a legal requirement for all vessels to use their lights when on the water after dark.

# JANUARY - (Continued)

All Times  
GMT

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	05:55	6.44	21.1	4.69	15.4	<b>25</b>	04:45	1.92	6.3	4.09	13.4
<b>Mon</b>	12:15	1.68	5.5	4.76	15.6	<b>Tue</b>	10:57	6.14	20.2	4.22	13.9
○	18:15	6.39	21.0	4.71	15.4	☾	17:17	2.00	6.6	4.15	13.6
							23:27	5.78	19.0	3.79	12.4
<b>18</b>	00:26	1.58	5.2	4.81	15.8	<b>26</b>	05:41	2.15	7.1	3.63	11.9
<b>Tue</b>	06:31	6.61	21.7	5.03	16.5	<b>Wed</b>	11:56	5.91	19.4	3.75	12.3
	12:50	1.53	5.0	5.08	16.7		18:19	2.21	7.3	3.69	12.1
	18:51	6.50	21.3	4.97	16.3						
<b>19</b>	01:00	1.46	4.8	5.05	16.6	<b>27</b>	00:35	5.62	18.4	3.41	11.2
<b>Wed</b>	07:05	6.72	22.0	5.26	17.3	<b>Thu</b>	06:52	2.31	7.6	3.31	10.9
	13:24	1.42	4.7	5.30	17.4		13:09	5.75	18.9	3.44	11.3
	19:24	6.56	21.5	5.14	16.9		19:39	2.30	7.5	3.45	11.3
<b>20</b>	01:34	1.37	4.5	5.19	17.0	<b>28</b>	01:53	5.64	18.5	3.34	11.0
<b>Thu</b>	07:39	6.77	22.2	5.40	17.7	<b>Fri</b>	08:18	2.26	7.4	3.37	11.1
	13:59	1.36	4.5	5.41	17.8		14:29	5.80	19.0	3.53	11.6
	19:59	6.57	21.6	5.21	17.1		21:04	2.15	7.0	3.65	12.0
<b>21</b>	02:09	1.35	4.4	5.23	17.1	<b>29</b>	03:10	5.90	19.4	3.75	12.3
<b>Fri</b>	08:14	6.77	22.2	5.42	17.8	<b>Sat</b>	09:39	1.97	6.5	3.93	12.9
	14:33	1.36	4.5	5.41	17.8		15:45	6.06	19.9	4.09	13.4
	20:34	6.52	21.4	5.17	16.9		22:15	1.81	5.9	4.25	13.9
<b>22</b>	02:45	1.39	4.6	5.13	16.8	<b>30</b>	04:20	6.32	20.7	4.51	14.8
<b>Sat</b>	08:49	6.70	22.0	5.31	17.4	<b>Sun</b>	10:46	1.55	5.1	4.77	15.7
	15:09	1.43	4.7	5.27	17.3		16:52	6.44	21.1	4.89	16.1
	21:10	6.41	21.0	4.98	16.3		23:15	1.42	4.7	5.02	16.5
<b>23</b>	03:21	1.51	5.0	4.90	16.1	<b>31</b>	05:19	6.78	22.2	5.36	17.6
<b>Sun</b>	09:27	6.57	21.6	5.06	16.6	<b>Mon</b>	11:44	1.13	3.7	5.65	18.5
	15:47	1.57	5.1	5.00	16.4		17:48	6.80	22.3	5.68	18.6
	21:50	6.23	20.4	4.66	15.3						
<b>24</b>	04:01	1.69	5.6	4.54	14.9						
<b>Mon</b>	10:09	6.38	20.9	4.68	15.4						
	16:28	1.76	5.8	4.61	15.1						
	22:34	6.01	19.7	4.25	13.9						

All users must adhere to the Bye-laws and general regulations shown on pages 16 and 17.

## FEBRUARY

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b>	00:08	1.07	3.5	5.73	18.8	<b>9</b>	05:33	2.52	8.3	2.96	9.7
<b>Tue</b>	06:12	7.16	23.5	6.09	20.0	<b>Wed</b>	11:49	5.44	17.9	2.93	9.6
☉	12:36	0.80	2.6	6.36	20.9		18:06	2.64	8.7	2.80	9.2
	18:38	7.06	23.2	6.26	20.5						
<b>2</b>	00:56	0.83	2.7	6.23	20.4	<b>10</b>	00:17	5.15	16.9	2.51	8.2
<b>Wed</b>	06:59	7.41	24.3	6.58	21.6	<b>Thu</b>	06:41	2.84	9.3	2.31	7.6
	13:23	0.62	2.0	6.79	22.3		12:58	5.13	16.8	2.29	7.5
	19:23	7.17	23.5	6.55	21.5		19:22	2.87	9.4	2.26	7.4
<b>3</b>	01:39	0.73	2.4	6.44	21.1	<b>11</b>	01:42	5.02	16.5	2.15	7.1
<b>Thu</b>	07:42	7.48	24.5	6.75	22.1	<b>Fri</b>	08:16	2.92	9.6	2.10	6.9
	14:06	0.60	2.0	6.88	22.6		14:27	5.08	16.7	2.17	7.1
	20:05	7.12	23.4	6.52	21.4		20:54	2.81	9.2	2.27	7.5
<b>4</b>	02:21	0.78	2.6	6.34	20.8	<b>12</b>	03:09	5.21	17.1	2.40	7.9
<b>Fri</b>	08:24	7.38	24.2	6.60	21.6	<b>Sat</b>	09:39	2.68	8.8	2.53	8.3
	14:45	0.75	2.5	6.62	21.7		15:44	5.33	17.5	2.64	8.7
	20:44	6.93	22.7	6.18	20.3		22:02	2.51	8.2	2.82	9.2
<b>5</b>	02:59	0.98	3.2	5.96	19.5	<b>13</b>	04:13	5.59	18.3	3.08	10.1
<b>Sat</b>	09:03	7.12	23.4	6.15	20.2	<b>Sun</b>	10:36	2.31	7.6	3.28	10.7
	15:23	1.04	3.4	6.08	19.9		16:39	5.69	18.7	3.38	11.1
	21:21	6.63	21.8	5.59	18.3		22:51	2.14	7.0	3.55	11.6
<b>6</b>	03:35	1.29	4.2	5.34	17.5	<b>14</b>	04:59	5.99	19.7	3.85	12.6
<b>Sun</b>	09:41	6.76	22.2	5.47	17.9	<b>Mon</b>	11:21	1.93	6.3	4.06	13.3
	15:58	1.43	4.7	5.33	17.5		17:21	6.05	19.8	4.12	13.5
	21:57	6.27	20.6	4.84	15.9		23:33	1.79	5.9	4.26	14.0
<b>7</b>	04:10	1.68	5.5	4.58	15.0	<b>15</b>	05:38	6.35	20.8	4.56	15.0
<b>Mon</b>	10:19	6.33	20.8	4.65	15.2	<b>Tue</b>	11:59	1.60	5.2	4.75	15.6
	16:33	1.85	6.1	4.48	14.7		17:58	6.36	20.9	4.76	15.6
	22:35	5.87	19.3	4.02	13.2						
<b>8</b>	04:47	2.11	6.9	3.76	12.3	<b>16</b>	00:09	1.48	4.8	4.88	16.0
<b>Tue</b>	11:00	5.87	19.3	3.77	12.4	<b>Wed</b>	06:13	6.64	21.8	5.16	16.9
☾	17:13	2.27	7.5	3.60	11.8	☉	12:33	1.32	4.3	5.32	17.5
	23:18	5.48	18.0	3.21	10.5		18:33	6.60	21.7	5.28	17.3

Ensure all waste is properly stowed and taken home for disposal.

## FEBRUARY - (Continued)

All Times  
GMT

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	00:44	1.22	4.0	5.38	17.6	<b>25</b>	00:00	5.56	18.2	3.30	10.8
<b>Thu</b>	06:48	6.86	22.5	5.64	18.5	<b>Fri</b>	06:20	2.36	7.8	3.19	10.5
	13:07	1.10	3.6	5.76	18.9		12:39	5.48	18.0	3.11	10.2
	19:06	6.78	22.2	5.68	18.6		19:09	2.53	8.3	2.95	9.7
<b>18</b>	01:18	1.03	3.4	5.75	18.9	<b>26</b>	01:29	5.41	17.8	2.88	9.4
<b>Fri</b>	07:21	7.02	23.0	5.99	19.6	<b>Sat</b>	08:03	2.43	8.0	2.98	9.8
	13:41	0.95	3.1	6.06	19.9		14:16	5.43	17.8	2.99	9.8
	19:40	6.89	22.6	5.93	19.5		20:54	2.41	7.9	3.02	9.9
<b>19</b>	01:51	0.92	3.0	5.97	19.6	<b>27</b>	03:02	5.66	18.6	3.25	10.7
<b>Sat</b>	07:55	7.08	23.2	6.16	20.2	<b>Sun</b>	09:35	2.09	6.9	3.57	11.7
	14:15	0.90	3.0	6.18	20.3		15:45	5.77	18.9	3.68	12.1
	20:14	6.90	22.6	6.00	19.7		22:11	1.97	6.5	3.80	12.5
<b>20</b>	02:26	0.92	3.0	5.97	19.6	<b>28</b>	04:17	6.18	20.3	4.21	13.8
<b>Sun</b>	08:30	7.05	23.1	6.13	20.1	<b>Mon</b>	10:43	1.57	5.1	4.61	15.1
	14:48	0.97	3.2	6.08	20.0		16:50	6.28	20.6	4.71	15.5
	20:48	6.80	22.3	5.83	19.1		23:09	1.46	4.8	4.82	15.8
<b>21</b>	03:01	1.05	3.4	5.75	18.9						
<b>Mon</b>	09:05	6.90	22.7	5.86	19.2						
	15:23	1.16	3.8	5.74	18.8						
	21:25	6.59	21.6	5.43	17.8						
<b>22</b>	03:38	1.29	4.2	5.30	17.4						
<b>Tue</b>	09:43	6.64	21.8	5.35	17.6						
	16:00	1.46	4.8	5.18	17.0						
	22:05	6.28	20.6	4.82	15.8						
<b>23</b>	04:18	1.62	5.3	4.66	15.3						
<b>Wed</b>	10:27	6.27	20.6	4.65	15.3						
☾	16:44	1.85	6.1	4.42	14.5						
	22:54	5.91	19.4	4.06	13.3						
<b>24</b>	05:09	2.02	6.6	3.90	12.8						
<b>Thu</b>	11:22	5.84	19.2	3.83	12.6						
	17:42	2.26	7.4	3.58	11.8						

Life jackets save lives. Remember to carry out annual checks and wear them when afloat.

## MARCH

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b>	05:13	6.73	22.1	5.27	17.3	<b>9</b>	04:00	1.95	6.4	4.09	13.4
<b>Tue</b>	11:38	1.07	3.5	5.65	18.6	<b>Wed</b>	10:12	5.90	19.4	3.94	12.9
	17:41	6.74	22.1	5.66	18.6		16:18	2.18	7.1	3.72	12.2
	23:59	1.02	3.4	5.71	18.7		22:25	5.62	18.4	3.45	11.3
<b>2</b>	06:00	7.16	23.5	6.13	20.1	<b>10</b>	04:37	2.41	7.9	3.21	10.5
<b>Wed</b>	12:24	0.71	2.3	6.44	21.1	<b>Thu</b>	10:52	5.41	17.8	3.00	9.8
●	18:24	7.05	23.1	6.34	20.8	☾	17:00	2.62	8.6	2.79	9.2
							23:12	5.20	17.1	2.57	8.4
<b>3</b>	00:42	0.73	2.4	6.32	20.7	<b>11</b>	05:32	2.84	9.3	2.35	7.7
<b>Thu</b>	06:43	7.41	24.3	6.68	21.9	<b>Fri</b>	11:51	4.97	16.3	2.13	7.0
	13:06	0.52	1.7	6.88	22.6		18:09	3.00	9.9	1.97	6.5
	19:04	7.20	23.6	6.67	21.9						
<b>4</b>	01:21	0.59	1.9	6.60	21.7	<b>12</b>	00:30	4.88	16.0	1.87	6.1
<b>Fri</b>	07:22	7.48	24.5	6.88	22.6	<b>Sat</b>	07:15	3.08	10.1	1.79	5.9
	13:42	0.51	1.7	6.97	22.9		13:34	4.77	15.6	1.68	5.5
	19:41	7.19	23.6	6.68	21.9		20:02	3.07	10.1	1.70	5.6
<b>5</b>	01:57	0.63	2.1	6.56	21.5	<b>13</b>	02:27	4.94	16.2	1.87	6.1
<b>Sat</b>	07:59	7.38	24.2	6.75	22.1	<b>Sun</b>	09:05	2.87	9.4	2.07	6.8
	14:17	0.65	2.1	6.72	22.1		15:15	5.03	16.5	2.16	7.1
	20:15	7.04	23.1	6.38	20.9		21:31	2.73	9.0	2.29	7.5
<b>6</b>	02:30	0.81	2.7	6.22	20.4	<b>14</b>	03:43	5.36	17.6	2.63	8.6
<b>Sun</b>	08:33	7.14	23.4	6.32	20.7	<b>Mon</b>	10:09	2.41	7.9	2.95	9.7
	14:48	0.93	3.1	6.20	20.4		16:13	5.49	18.0	3.08	10.1
	20:47	6.78	22.2	5.84	19.2		22:25	2.26	7.4	3.23	10.6
<b>7</b>	03:01	1.12	3.7	5.65	18.6	<b>15</b>	04:32	5.85	19.2	3.59	11.8
<b>Mon</b>	09:06	6.79	22.3	5.66	18.6	<b>Tue</b>	10:54	1.93	6.3	3.92	12.9
	15:18	1.30	4.3	5.49	18.0		16:55	5.96	19.6	4.03	13.2
	21:18	6.44	21.1	5.14	16.8		23:06	1.79	5.9	4.17	13.7
<b>8</b>	03:30	1.51	5.0	4.92	16.1	<b>16</b>	05:11	6.31	20.7	4.52	14.8
<b>Tue</b>	09:38	6.36	20.9	4.85	15.9	<b>Wed</b>	11:32	1.49	4.9	4.82	15.8
	15:48	1.73	5.7	4.64	15.2		17:32	6.38	20.9	4.89	16.0
	21:49	6.05	19.8	4.32	14.2		23:44	1.37	4.5	5.01	16.4

Remember to carry out pre-season boat checks.  
Visit: [www.mhpa.co.uk/pre-season-boat-checks](http://www.mhpa.co.uk/pre-season-boat-checks)



## MARCH - (Continued)

All Times GMT  
+1hr from 27th

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	05:46	6.70	22.0	5.32	17.5	<b>25</b>	04:52	2.01	6.6	3.96	13.0
<b>Thu</b>	12:07	1.13	3.7	5.57	18.3	<b>Fri</b>	11:05	5.70	18.7	3.69	12.1
	18:06	6.73	22.1	5.61	18.4	<b>(C)</b>	17:22	2.37	7.8	3.32	10.9
							23:43	5.53	18.1	3.16	10.4
<b>18</b>	00:19	1.03	3.4	5.71	18.7	<b>26</b>	06:11	2.41	7.9	3.12	10.2
<b>Fri</b>	06:21	7.00	23.0	5.98	19.6	<b>Sat</b>	12:30	5.28	17.3	2.87	9.4
<b>○</b>	12:42	0.84	2.8	6.16	20.2		19:01	2.67	8.7	2.61	8.6
	18:40	7.00	23.0	6.16	20.2						
<b>19</b>	00:54	0.77	2.5	6.23	20.4	<b>27</b>	01:20	5.37	17.6	2.71	8.9
<b>Sat</b>	06:56	7.22	23.7	6.45	21.2	<b>Sun</b>	08:03	2.43	8.0	2.95	9.7
	13:16	0.66	2.2	6.56	21.5	BST	14:15	5.30	17.4	2.87	9.4
	19:15	7.16	23.5	6.50	21.3	starts	20:49	2.45	8.1	2.84	9.3
<b>20</b>	01:29	0.63	2.1	6.53	21.4	<b>28</b>	02:57	5.68	18.7	3.23	10.6
<b>Sun</b>	07:30	7.32	24.0	6.69	21.9	<b>Mon</b>	09:30	2.01	6.6	3.67	12.0
	13:51	0.61	2.0	6.71	22.0		15:41	5.74	18.8	3.73	12.2
	19:50	7.19	23.6	6.58	21.6		22:02	1.95	6.4	3.80	12.5
<b>21</b>	02:04	0.63	2.1	6.56	21.5	<b>29</b>	04:06	6.23	20.4	4.28	14.1
<b>Mon</b>	08:06	7.28	23.9	6.64	21.8	<b>Tue</b>	10:33	1.49	4.9	4.74	15.6
	14:25	0.72	2.4	6.56	21.5		16:38	6.27	20.6	4.78	15.7
	20:25	7.07	23.2	6.36	20.9		22:56	1.43	4.7	4.84	15.9
<b>22</b>	02:40	0.79	2.6	6.28	20.6	<b>30</b>	04:57	6.73	22.1	5.31	17.4
<b>Tue</b>	08:43	7.07	23.2	6.28	20.6	<b>Wed</b>	11:21	1.05	3.4	5.69	18.7
	15:00	0.99	3.2	6.09	20.0		17:23	6.70	22.0	5.65	18.6
	21:02	6.82	22.4	5.83	19.1		23:41	1.03	3.4	5.68	18.6
<b>23</b>	03:18	1.10	3.6	5.71	18.7	<b>31</b>	05:41	7.09	23.2	6.06	19.9
<b>Wed</b>	09:22	6.72	22.0	5.62	18.4	<b>Thu</b>	12:03	0.76	2.5	6.32	20.7
	15:38	1.39	4.5	5.33	17.5		18:03	6.98	22.9	6.22	20.4
	21:43	6.43	21.1	5.04	16.6						
<b>24</b>	04:00	1.53	5.0	4.90	16.1	From 27th March, add 1 hour for British Summer Time					
<b>Thu</b>	10:07	6.24	20.5	4.71	15.4						
	16:22	1.88	6.2	4.36	14.3						
	22:33	5.97	19.6	4.09	13.4						

Lights, sounds, flags and navigation markers can save lives.  
Find out more at [www.mhpa.co.uk/enjoy-the-waterway](http://www.mhpa.co.uk/enjoy-the-waterway).

BST: Add  
1 hour to times

## APRIL

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Fri	00:20	0.78	2.6	6.20	20.3	<b>9</b> Sat ☾	04:50	2.75	9.0	2.59	8.5
	06:20	7.27	23.9	6.49	21.3		11:05	5.00	16.4	2.24	7.4
	12:39	0.63	2.1	6.64	21.8		17:15	2.95	9.7	2.05	6.7
	18:39	7.11	23.3	6.48	21.2		23:36	4.98	16.4	2.03	6.7
<b>2</b> Sat	00:55	0.68	2.2	6.42	21.1	<b>10</b> Sun	06:19	3.03	9.9	1.95	6.4
	06:56	7.30	23.9	6.61	21.7		12:34	4.72	15.5	1.70	5.6
	13:13	0.65	2.1	6.65	21.8		19:03	3.11	10.2	1.61	5.3
	19:12	7.11	23.3	6.46	21.2						
<b>3</b> Sun	01:28	0.73	2.4	6.38	20.9	<b>11</b> Mon	01:25	4.91	16.1	1.80	5.9
	07:30	7.19	23.6	6.47	21.2		08:12	2.89	9.5	2.02	6.6
	13:45	0.78	2.6	6.41	21.0		14:27	4.90	16.1	2.01	6.6
	19:44	7.00	23.0	6.21	20.4		20:42	2.83	9.3	2.07	6.8
<b>4</b> Mon	01:59	0.90	2.9	6.10	20.0	<b>12</b> Tue	02:56	5.26	17.3	2.43	8.0
	08:01	6.99	22.9	6.09	20.0		09:25	2.45	8.0	2.81	9.2
	14:14	1.02	3.3	5.97	19.6		15:32	5.37	17.6	2.92	9.6
	20:13	6.79	22.3	5.77	18.9		21:43	2.34	7.7	3.03	9.9
<b>5</b> Tue	02:28	1.17	3.8	5.62	18.4	<b>13</b> Wed	03:50	5.76	18.9	3.42	11.2
	08:31	6.69	21.9	5.52	18.1		10:14	1.94	6.4	3.82	12.5
	14:42	1.34	4.4	5.35	17.5		16:17	5.89	19.3	3.95	13.0
	20:42	6.51	21.3	5.17	17.0		22:29	1.83	6.0	4.06	13.3
<b>6</b> Wed	02:57	1.52	5.0	4.99	16.4	<b>14</b> Thu	04:32	6.26	20.5	4.43	14.5
	09:02	6.32	20.7	4.80	15.8		10:55	1.46	4.8	4.80	15.7
	15:10	1.72	5.6	4.60	15.1		16:56	6.38	20.9	4.92	16.1
	21:12	6.16	20.2	4.44	14.6		23:09	1.36	4.5	5.02	16.5
<b>7</b> Thu	03:26	1.92	6.3	4.24	13.9	<b>15</b> Fri	05:11	6.70	22.0	5.34	17.5
	09:33	5.90	19.3	3.98	13.1		11:33	1.06	3.5	5.64	18.5
	15:39	2.14	7.0	3.76	12.3		17:33	6.80	22.3	5.74	18.8
	21:45	5.76	18.9	3.63	11.9		23:48	0.98	3.2	5.82	19.1
<b>8</b> Fri	04:01	2.34	7.7	3.42	11.2	<b>16</b> Sat ☉	05:48	7.06	23.2	6.08	20.0
	10:12	5.44	17.8	3.10	10.2		12:10	0.76	2.5	6.30	20.7
	16:17	2.56	8.4	2.88	9.4		18:09	7.11	23.3	6.35	20.8
	22:29	5.35	17.5	2.78	9.1						

Always keep a lookout (and don't forget to watch for traffic approaching from behind).

## APRIL - (Continued)

BST: Add  
1 hour to times

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b> Sun	00:25	0.70	2.3	6.41	21.0	<b>25</b> Mon	01:11	5.57	18.3	3.00	9.8
	06:26	7.30	23.9	6.60	21.7		07:54	2.25	7.4	3.32	10.9
	12:48	0.58	1.9	6.72	22.0		14:03	5.40	17.7	3.15	10.3
	18:47	7.29	23.9	6.71	22.0		20:32	2.33	7.7	3.06	10.0
<b>18</b> Mon	01:04	0.55	1.8	6.74	22.1	<b>26</b> Tue	02:37	5.84	19.2	3.51	11.5
	07:05	7.39	24.3	6.84	22.4		09:10	1.90	6.2	3.95	12.9
	13:25	0.56	1.8	6.84	22.4		15:18	5.79	19.0	3.89	12.8
	19:25	7.33	24.0	6.77	22.2		21:39	1.91	6.3	3.88	12.7
<b>19</b> Tue	01:42	0.57	1.9	6.76	22.2	<b>27</b> Wed	03:41	6.26	20.5	4.36	14.3
	07:44	7.32	24.0	6.75	22.1		10:08	1.50	4.9	4.76	15.6
	14:03	0.71	2.3	6.61	21.7		16:12	6.22	20.4	4.71	15.5
	20:04	7.19	23.6	6.49	21.3		22:30	1.50	4.9	4.72	15.5
<b>20</b> Wed	02:22	0.75	2.5	6.44	21.1	<b>28</b> Thu	04:31	6.62	21.7	5.12	16.8
	08:25	7.06	23.2	6.31	20.7		10:54	1.20	3.9	5.42	17.8
	14:42	1.02	3.3	6.05	19.8		16:57	6.55	21.5	5.36	17.6
	20:45	6.91	22.7	5.89	19.3		23:14	1.21	4.0	5.35	17.5
<b>21</b> Thu	03:04	1.09	3.6	5.81	19.1	<b>29</b> Fri	05:14	6.85	22.5	5.65	18.5
	09:09	6.65	21.8	5.56	18.2		11:34	1.02	3.3	5.84	19.1
	15:24	1.45	4.8	5.20	17.1		17:35	6.77	22.2	5.75	18.9
	21:31	6.49	21.3	5.04	16.5		23:51	1.04	3.4	5.73	18.8
<b>22</b> Fri	03:51	1.54	5.0	4.96	16.3	<b>30</b> Sat	05:52	6.96	22.8	5.92	19.4
	09:59	6.14	20.1	4.60	15.1		12:09	0.95	3.1	6.01	19.7
	16:14	1.95	6.4	4.19	13.7		● 18:10	6.88	22.6	5.93	19.4
	22:27	6.03	19.8	4.08	13.4						
<b>23</b> Sat	04:51	2.00	6.6	4.03	13.2						
	11:03	5.62	18.4	3.62	11.9						
	☾ 17:21	2.40	7.9	3.23	10.6						
	23:41	5.65	18.5	3.26	10.7						
<b>24</b> Sun	06:16	2.31	7.6	3.35	11.0						
	12:27	5.31	17.4	3.00	9.8						
	19:00	2.57	8.4	2.73	9.0						

Power doesn't always give way to sail. Check the exceptions on pgs 16 and 17 to stay safe.

BST: Add  
1 hour to times

## MAY

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Sun	00:26	0.99	3.2	5.89	19.3	<b>9</b> Mon ☾	05:39	2.78	9.1	2.47	8.1
	06:27	6.96	22.8	5.97	19.6		11:49	4.94	16.2	2.15	7.1
	12:42	0.97	3.2	5.99	19.7		18:09	2.91	9.5	2.03	6.7
	18:42	6.89	22.6	5.92	19.4						
<b>2</b> Mon	00:59	1.03	3.4	5.86	19.2	<b>10</b> Tue	00:25	5.14	16.9	2.24	7.3
	07:00	6.89	22.6	5.86	19.2		07:11	2.73	9.0	2.41	7.9
	13:13	1.07	3.5	5.82	19.1		13:19	5.00	16.4	2.26	7.4
	19:13	6.83	22.4	5.76	18.9		19:40	2.75	9.0	2.24	7.4
<b>3</b> Tue	01:30	1.15	3.8	5.68	18.6	<b>11</b> Wed	01:50	5.33	17.5	2.58	8.5
	07:32	6.73	22.1	5.58	18.3		08:25	2.41	7.9	2.92	9.6
	13:43	1.24	4.1	5.49	18.0		14:33	5.35	17.6	2.94	9.6
	19:44	6.69	22.0	5.45	17.9		20:48	2.37	7.8	2.98	9.8
<b>4</b> Wed	02:00	1.36	4.4	5.34	17.5	<b>12</b> Thu	02:54	5.73	18.8	3.37	11.1
	08:03	6.51	21.4	5.16	16.9		09:22	1.98	6.5	3.76	12.3
	14:12	1.48	4.9	5.03	16.5		15:27	5.83	19.1	3.85	12.6
	20:14	6.48	21.3	5.00	16.4		21:42	1.91	6.3	3.92	12.9
<b>5</b> Thu	02:31	1.62	5.3	4.86	15.9	<b>13</b> Fri	03:45	6.20	20.3	4.29	14.1
	08:34	6.22	20.4	4.60	15.1		10:10	1.54	5.0	4.66	15.3
	14:42	1.78	5.8	4.44	14.6		16:13	6.32	20.7	4.78	15.7
	20:45	6.21	20.4	4.42	14.5		22:28	1.46	4.8	4.86	15.9
<b>6</b> Fri	03:03	1.93	6.3	4.27	14.0	<b>14</b> Sat	04:30	6.63	21.8	5.17	17.0
	09:08	5.88	19.3	3.95	13.0		10:54	1.15	3.8	5.48	18.0
	15:15	2.11	6.9	3.77	12.4		16:56	6.74	22.1	5.59	18.3
	21:21	5.88	19.3	3.77	12.4		23:13	1.08	3.5	5.66	18.6
<b>7</b> Sat	03:40	2.26	7.4	3.62	11.9	<b>15</b> Sun	05:14	6.98	22.9	5.90	19.4
	09:46	5.52	18.1	3.25	10.7		11:38	0.87	2.8	6.12	20.1
	15:54	2.45	8.0	3.06	10.1		17:38	7.07	23.2	6.20	20.3
	22:04	5.55	18.2	3.09	10.2		23:57	0.81	2.6	6.26	20.5
<b>8</b> Sun	04:28	2.58	8.4	2.97	9.7	<b>16</b> Mon ☉	05:57	7.21	23.7	6.41	21.0
	10:37	5.17	16.9	2.59	8.5		12:21	0.71	2.3	6.51	21.3
	16:47	2.75	9.0	2.41	7.9		18:21	7.26	23.8	6.56	21.5
	23:04	5.25	17.2	2.50	8.2						

Spring is seabird nesting time. Please avoid sensitive sea cliff areas and follow the Pembrokeshire Marine Code (available as an app).

## MAY - (Continued)

BST: Add  
1 hour to times

Date	Time	Height		Range		Date	Time	Height		Range			
		m	ft	m	ft			m	ft	m	ft		
<b>17</b>	00:41	0.66	2.2	6.60	21.7	<b>25</b>	02:02	5.94	19.5	3.72	12.2		
<b>Tue</b>	06:42	7.29	23.9	6.64	21.8	<b>Wed</b>	08:35	1.91	6.3	4.03	13.2		
	13:03	0.69	2.3	6.60	21.7		14:40	5.74	18.8	3.83	12.6		
	19:04	7.31	24.0	6.62	21.7		21:03	1.98	6.5	3.76	12.3		
<b>18</b>	01:25	0.66	2.2	6.65	21.8	<b>26</b>	03:05	6.13	20.1	4.15	13.6		
	<b>Wed</b>	07:27	7.21	23.6	6.55		21.5	09:32	1.71	5.6	4.43	14.5	
		13:47	0.83	2.7	6.38		20.9	15:36	6.02	19.7	4.31	14.1	
		19:49	7.20	23.6	6.37		20.9	21:57	1.74	5.7	4.27	14.0	
<b>19</b>	02:11	0.81	2.7	6.38	20.9	<b>27</b>	03:57	6.33	20.8	4.59	15.1		
	<b>Thu</b>	08:14	6.96	22.8	6.15		20.2	<b>Fri</b>	10:20	1.54	5.0	4.79	15.7
		14:32	1.10	3.6	5.86		19.2		16:24	6.26	20.5	4.72	15.5
		20:36	6.95	22.8	5.85		19.2		22:42	1.56	5.1	4.70	15.4
<b>20</b>	02:59	1.10	3.6	5.85	19.2	<b>28</b>	04:42	6.47	21.2	4.91	16.1		
	<b>Fri</b>	09:03	6.59	21.6	5.49		18.0	<b>Sat</b>	11:01	1.42	4.7	5.05	16.6
		15:19	1.47	4.8	5.12		16.8		17:04	6.44	21.1	5.02	16.5
		21:28	6.61	21.7	5.14		16.9		23:21	1.44	4.7	5.00	16.4
<b>21</b>	03:51	1.46	4.8	5.14	16.9	<b>29</b>	05:23	6.55	21.5	5.10	16.7		
	<b>Sat</b>	09:58	6.16	20.2	4.69		15.4	<b>Sun</b>	11:38	1.36	4.5	5.18	17.0
		16:13	1.87	6.1	4.29		14.1		17:41	6.56	21.5	5.19	17.0
		22:27	6.24	20.5	4.38		14.4		23:58	1.39	4.6	5.17	17.0
<b>22</b>	04:54	1.82	6.0	4.42	14.5	<b>30</b>	06:00	6.57	21.6	5.18	17.0		
	<b>Sun</b>	11:00	5.76	18.9	3.94		12.9	<b>Mon</b>	12:13	1.35	4.4	5.22	17.1
		17:20	2.19	7.2	3.57		11.7		18:16	6.62	21.7	5.27	17.3
		23:33	5.96	19.5	3.77		12.4						
<b>23</b>	06:09	2.04	6.7	3.91	12.8	<b>31</b>	00:33	1.39	4.6	5.23	17.2		
	<b>Mon</b>	12:13	5.53	18.1	3.48		11.4	<b>Tue</b>	06:35	6.55	21.5	5.16	16.9
		18:41	2.32	7.6	3.21		10.5		12:46	1.38	4.5	5.17	17.0
							18:49	6.62	21.7	5.23	17.2		
<b>24</b>	00:48	5.85	19.2	3.53	11.6								
	<b>Tue</b>	07:27	2.06	6.7	3.79	12.4							
		13:31	5.54	18.2	3.48	11.4							
		19:58	2.22	7.3	3.32	10.9							

Large tankers may not see you, and they have less manoeuvrability. Stay clear to stay safe.

BST: Add  
1 hour to times

# JUNE

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Wed	01:07	1.44	4.7	5.18	17.0	<b>9</b> Thu	00:48	5.56	18.2	3.04	10.0
	07:09	6.47	21.2	5.04	16.5		07:23	2.30	7.5	3.26	10.7
	13:19	1.47	4.8	5.00	16.4		13:30	5.44	17.9	3.15	10.3
	19:21	6.55	21.5	5.08	16.7		19:49	2.32	7.6	3.12	10.2
<b>2</b> Thu	01:40	1.54	5.1	5.01	16.4	<b>10</b> Fri	01:56	5.77	18.9	3.45	11.3
	07:42	6.34	20.8	4.80	15.7		08:27	2.03	6.7	3.74	12.3
	13:51	1.61	5.3	4.73	15.5		14:34	5.77	18.9	3.74	12.3
	19:54	6.43	21.1	4.82	15.8		20:51	2.01	6.6	3.77	12.4
<b>3</b> Fri	02:14	1.69	5.6	4.74	15.5	<b>11</b> Sat	02:57	6.10	20.0	4.09	13.4
	08:16	6.16	20.2	4.47	14.7		09:24	1.71	5.6	4.39	14.4
	14:24	1.79	5.9	4.37	14.3		15:30	6.17	20.2	4.47	14.7
	20:29	6.26	20.5	4.47	14.7		21:48	1.65	5.4	4.53	14.8
<b>4</b> Sat	02:48	1.88	6.2	4.38	14.4	<b>12</b> Sun	03:51	6.45	21.2	4.80	15.8
	08:51	5.94	19.5	4.06	13.3		10:18	1.39	4.5	5.06	16.6
	15:00	2.00	6.5	3.94	12.9		16:21	6.56	21.5	5.18	17.0
	21:06	6.04	19.8	4.05	13.3		22:42	1.30	4.3	5.26	17.3
<b>5</b> Sun	03:27	2.08	6.8	3.97	13.0	<b>13</b> Mon	04:44	6.76	22.2	5.46	17.9
	09:30	5.70	18.7	3.62	11.9		11:09	1.12	3.7	5.64	18.5
	15:39	2.21	7.3	3.48	11.4		17:11	6.89	22.6	5.77	18.9
	21:48	5.82	19.1	3.61	11.8		23:33	1.02	3.3	5.87	19.3
<b>6</b> Mon	04:12	2.27	7.4	3.55	11.7	<b>14</b> Tue	05:36	6.99	22.9	5.97	19.6
	10:17	5.47	17.9	3.20	10.5		11:59	0.94	3.1	6.04	19.8
	16:27	2.41	7.9	3.05	10.0		18:00	7.12	23.4	6.18	20.3
	22:39	5.62	18.4	3.21	10.5						
<b>7</b> Tue ☾	05:06	2.41	7.9	3.22	10.5	<b>15</b> Wed	00:24	0.83	2.7	6.29	20.6
	11:14	5.30	17.4	2.89	9.5		06:27	7.09	23.3	6.27	20.6
	17:27	2.54	8.3	2.77	9.1		12:48	0.87	2.9	6.22	20.4
	23:41	5.51	18.1	2.98	9.8		18:50	7.23	23.7	6.36	20.9
<b>8</b> Wed	06:12	2.43	8.0	3.08	10.1	<b>16</b> Thu	01:14	0.75	2.5	6.48	21.3
	12:21	5.28	17.3	2.85	9.3		07:17	7.07	23.2	6.32	20.7
	18:38	2.52	8.3	2.76	9.1		13:36	0.91	3.0	6.16	20.2
						19:40	7.22	23.7	6.30	20.7	

Kill cords save lives when used correctly.  
Check to see your works and you are using it properly.

# JUNE - (Continued)

BST: Add  
1 hour to times

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b> Fri	02:05	0.80	2.6	6.41	21.0	<b>25</b> Sat	03:18	5.91	19.4	3.79	12.4
	08:08	6.93	22.7	6.12	20.1		09:42	1.99	6.5	3.92	12.9
	14:25	1.07	3.5	5.86	19.2		15:48	5.88	19.3	3.89	12.8
	20:31	7.08	23.2	6.02	19.7		22:09	1.99	6.5	3.88	12.7
<b>18</b> Sat	02:56	0.97	3.2	6.11	20.0	<b>26</b> Sun	04:11	6.01	19.7	4.02	13.2
	08:59	6.67	21.9	5.70	18.7		10:29	1.88	6.2	4.14	13.6
	15:15	1.30	4.3	5.37	17.6		16:36	6.07	19.9	4.20	13.8
	21:23	6.85	22.5	5.55	18.2		22:55	1.86	6.1	4.21	13.8
<b>19</b> Sun	03:48	1.23	4.0	5.63	18.5	<b>27</b> Mon	04:57	6.13	20.1	4.27	14.0
	09:51	6.36	20.9	5.13	16.8		11:12	1.76	5.8	4.37	14.3
	16:07	1.58	5.2	4.78	15.7		17:18	6.25	20.5	4.49	14.7
	22:16	6.57	21.5	4.98	16.4		23:36	1.74	5.7	4.50	14.8
<b>20</b> Mon	04:43	1.52	5.0	5.05	16.6	<b>28</b> Tue	05:39	6.23	20.4	4.49	14.7
	10:45	6.04	19.8	4.52	14.8		11:50	1.67	5.5	4.56	15.0
	17:03	1.86	6.1	4.17	13.7		17:56	6.38	20.9	4.71	15.5
	23:12	6.28	20.6	4.41	14.5						
<b>21</b> Tue	05:42	1.79	5.9	4.49	14.7	<b>29</b> Wed	00:15	1.66	5.4	4.73	15.5
	11:42	5.77	18.9	3.98	13.0		06:17	6.30	20.7	4.65	15.2
	18:05	2.08	6.8	3.68	12.1		12:27	1.61	5.3	4.69	15.4
<b>22</b> Wed	00:12	6.03	19.8	3.95	13.0	<b>30</b> Thu	00:51	1.60	5.3	4.87	16.0
	06:44	1.99	6.5	4.05	13.3		06:53	6.33	20.8	4.72	15.5
	12:46	5.61	18.4	3.62	11.9		13:02	1.58	5.2	4.74	15.6
	19:12	2.20	7.2	3.41	11.2		19:07	6.50	21.3	4.92	16.1
<b>23</b> Thu	01:16	5.88	19.3	3.68	12.1						
	07:48	2.08	6.8	3.81	12.5						
	13:51	5.59	18.3	3.51	11.5						
	20:17	2.20	7.2	3.39	11.1						
<b>24</b> Fri	02:20	5.85	19.2	3.65	12.0						
	08:48	2.07	6.8	3.78	12.4						
	14:54	5.70	18.7	3.63	11.9						
	21:17	2.12	7.0	3.58	11.7						

It's a busy waterway. Please help keep everyone safe by knowing the 'rules of the road'.

BST: Add  
1 hour to times

# JULY

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Fri	01:26	1.59	5.2	4.91	16.1	<b>9</b> Sat	01:05	5.79	19.0	3.52	11.5
	07:27	6.30	20.7	4.72	15.5		07:33	2.14	7.0	3.65	12.0
	13:36	1.60	5.2	4.70	15.4		13:45	5.69	18.7	3.55	11.6
	19:42	6.48	21.2	4.88	16.0		20:05	2.16	7.1	3.53	11.6
<b>2</b> Sat	02:00	1.61	5.3	4.87	16.0	<b>10</b> Sun	02:14	5.91	19.4	3.76	12.3
	08:02	6.24	20.5	4.63	15.2		08:44	1.97	6.5	3.94	12.9
	14:10	1.64	5.4	4.60	15.1		14:53	5.95	19.5	3.98	13.1
	20:16	6.41	21.0	4.77	15.6		21:15	1.90	6.2	4.05	13.3
<b>3</b> Sun	02:36	1.67	5.5	4.75	15.6	<b>11</b> Mon	03:21	6.15	20.2	4.25	14.0
	08:37	6.14	20.1	4.47	14.7		09:51	1.71	5.6	4.44	14.6
	14:45	1.73	5.7	4.41	14.5		15:56	6.31	20.7	4.59	15.1
	20:52	6.31	20.7	4.58	15.0		22:20	1.56	5.1	4.74	15.6
<b>4</b> Mon	03:12	1.76	5.8	4.55	14.9	<b>12</b> Tue	04:24	6.45	21.2	4.89	16.0
	09:14	6.01	19.7	4.25	13.9		10:51	1.42	4.7	5.03	16.5
	15:24	1.85	6.1	4.16	13.6		16:54	6.68	21.9	5.26	17.3
	21:30	6.18	20.3	4.33	14.2		23:19	1.22	4.0	5.46	17.9
<b>5</b> Tue	03:51	1.87	6.2	4.30	14.1	<b>13</b> Wed	05:24	6.74	22.1	5.52	18.1
	09:54	5.85	19.2	3.98	13.1		11:46	1.15	3.8	5.58	18.3
	16:04	1.99	6.5	3.86	12.7		○ 17:50	7.01	23.0	5.86	19.2
	22:13	6.03	19.8	4.03	13.2						
<b>6</b> Wed	04:35	2.00	6.6	4.02	13.2	<b>14</b> Thu	00:15	0.92	3.0	6.09	20.0
	10:40	5.70	18.7	3.70	12.1		06:18	6.95	22.8	6.03	19.8
	16:51	2.14	7.0	3.56	11.7		12:39	0.95	3.1	6.00	19.7
	23:02	5.89	19.3	3.75	12.3		18:42	7.24	23.8	6.29	20.6
<b>7</b> Thu	05:24	2.12	6.9	3.77	12.4	<b>15</b> Fri	01:07	0.72	2.4	6.52	21.4
	11:33	5.59	18.3	3.48	11.4		07:10	7.06	23.2	6.34	20.8
	17:46	2.25	7.4	3.34	11.0		13:28	0.85	2.8	6.21	20.4
	23:59	5.79	19.0	3.54	11.6		19:33	7.35	24.1	6.50	21.3
<b>8</b> Fri	06:24	2.18	7.1	3.62	11.9	<b>16</b> Sat	01:57	0.65	2.1	6.70	22.0
	12:36	5.57	18.3	3.39	11.1		07:59	7.04	23.1	6.39	21.0
	18:52	2.27	7.5	3.30	10.8		14:16	0.87	2.9	6.17	20.2
						20:21	7.32	24.0	6.45	21.1	

Please respect wildlife and do not approach or harass.



## JULY - (Continued)

BST: Add  
1 hour to times

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b> Sun	02:46	0.74	2.4	6.58	21.6	<b>25</b> Mon	03:45	5.58	18.3	3.16	10.4
	08:46	6.89	22.6	6.15	20.2		10:03	2.29	7.5	3.29	10.8
	15:02	1.02	3.3	5.87	19.3		16:13	5.76	18.9	3.47	11.4
	21:08	7.14	23.4	6.12	20.1		22:36	2.20	7.2	3.56	11.7
<b>18</b> Mon	03:32	0.96	3.1	6.18	20.3	<b>26</b> Tue	04:39	5.80	19.0	3.61	11.8
	09:31	6.63	21.7	5.67	18.6		10:51	2.07	6.8	3.74	12.3
	15:47	1.27	4.2	5.35	17.6		17:01	6.05	19.8	3.98	13.1
	21:54	6.84	22.4	5.57	18.3		23:21	1.96	6.4	4.09	13.4
<b>19</b> Tue	04:17	1.29	4.2	5.56	18.2	<b>27</b> Wed	05:24	6.03	19.8	4.08	13.4
	10:16	6.29	20.6	5.01	16.4		11:33	1.85	6.1	4.18	13.7
	16:32	1.60	5.3	4.69	15.4		17:42	6.29	20.7	4.44	14.6
	22:40	6.47	21.2	4.87	16.0						
<b>20</b> Wed ☾	05:02	1.67	5.5	4.80	15.8	<b>28</b> Thu ●	00:01	1.74	5.7	4.55	14.9
	11:03	5.94	19.5	4.27	14.0		06:03	6.22	20.4	4.48	14.7
	17:20	1.96	6.4	3.98	13.1		12:12	1.67	5.5	4.56	15.0
	23:29	6.07	19.9	4.11	13.5		18:18	6.48	21.3	4.82	15.8
<b>21</b> Thu	05:51	2.04	6.7	4.04	13.2	<b>29</b> Fri	00:37	1.57	5.2	4.91	16.1
	11:54	5.62	18.4	3.58	11.8		06:38	6.36	20.9	4.79	15.7
	18:15	2.29	7.5	3.33	10.9		12:46	1.52	5.0	4.84	15.9
					18:52		6.61	21.7	5.09	16.7	
<b>22</b> Fri	00:24	5.72	18.8	3.43	11.3	<b>30</b> Sat	01:11	1.45	4.8	5.16	16.9
	06:48	2.33	7.7	3.39	11.1		07:12	6.45	21.2	5.00	16.4
	12:56	5.40	17.7	3.07	10.1		13:20	1.42	4.7	5.03	16.5
	19:21	2.51	8.2	2.89	9.5		19:26	6.68	21.9	5.26	17.3
<b>23</b> Sat	01:30	5.49	18.0	2.98	9.8	<b>31</b> Sun	01:45	1.37	4.5	5.31	17.4
	07:55	2.49	8.2	3.00	9.8		07:45	6.49	21.3	5.12	16.8
	14:06	5.35	17.6	2.86	9.4		13:54	1.37	4.5	5.12	16.8
	20:35	2.55	8.4	2.80	9.2		19:59	6.70	22.0	5.33	17.5
<b>24</b> Sun	02:39	5.45	17.9	2.89	9.5						
	09:04	2.46	8.1	2.99	9.8						
	15:15	5.50	18.0	3.04	10.0						
	21:41	2.42	7.9	3.07	10.1						

The Leisure User Guide shows all the Waterway zones so check it to make the most of your visit.

BST: Add  
1 hour to times

## AUGUST

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Mon	02:18	1.34	4.4	5.35	17.6	<b>9</b> Tue	03:06	5.82	19.1	3.65	12.0
	08:18	6.47	21.2	5.12	16.8		09:37	2.03	6.7	3.79	12.4
	14:27	1.38	4.5	5.09	16.7		15:44	6.10	20.0	4.07	13.3
	20:32	6.66	21.8	5.28	17.3		22:12	1.75	5.8	4.35	14.3
<b>2</b> Tue	02:51	1.39	4.6	5.27	17.3	<b>10</b> Wed	04:19	6.21	20.4	4.46	14.6
	08:51	6.39	21.0	5.00	16.4		10:43	1.62	5.3	4.59	15.0
	15:02	1.47	4.8	4.92	16.2		16:48	6.59	21.6	4.97	16.3
	21:07	6.55	21.5	5.09	16.7		23:14	1.28	4.2	5.31	17.4
<b>3</b> Wed	03:26	1.51	4.9	5.05	16.6	<b>11</b> Thu	05:20	6.63	21.8	5.35	17.6
	09:27	6.25	20.5	4.75	15.6		11:39	1.21	4.0	5.42	17.8
	15:39	1.63	5.3	4.63	15.2		17:44	7.05	23.1	5.84	19.2
	21:44	6.39	21.0	4.76	15.6						
<b>4</b> Thu	04:03	1.69	5.5	4.70	15.4	<b>12</b> Fri	00:08	0.87	2.8	6.18	20.3
	10:06	6.07	19.9	4.38	14.4		06:12	6.98	22.9	6.11	20.1
	16:18	1.85	6.1	4.22	13.8		○ 12:30	0.88	2.9	6.09	20.0
	22:26	6.17	20.3	4.33	14.2		18:33	7.38	24.2	6.50	21.3
<b>5</b> Fri ☾	04:45	1.92	6.3	4.25	14.0	<b>13</b> Sat	00:57	0.59	1.9	6.79	22.3
	10:53	5.85	19.2	3.93	12.9		06:59	7.18	23.6	6.59	21.6
	17:06	2.09	6.9	3.75	12.3		13:16	0.69	2.3	6.49	21.3
	23:17	5.92	19.4	3.83	12.6		19:19	7.54	24.8	6.85	22.5
<b>6</b> Sat	05:37	2.16	7.1	3.76	12.3	<b>14</b> Sun	01:43	0.49	1.6	7.06	23.2
	11:52	5.64	18.5	3.48	11.4		07:42	7.22	23.7	6.73	22.1
	18:08	2.31	7.6	3.33	10.9		13:59	0.66	2.2	6.56	21.5
					20:02		7.52	24.7	6.86	22.5	
<b>7</b> Sun	00:23	5.70	18.7	3.39	11.1	<b>15</b> Mon	02:25	0.57	1.9	6.95	22.8
	06:48	2.34	7.7	3.36	11.0		08:24	7.10	23.3	6.52	21.4
	13:07	5.55	18.2	3.21	10.5		14:39	0.81	2.6	6.29	20.6
	19:30	2.38	7.8	3.18	10.4		20:43	7.32	24.0	6.51	21.4
<b>8</b> Mon	01:44	5.63	18.5	3.26	10.7	<b>16</b> Tue	03:04	0.83	2.7	6.49	21.3
	08:17	2.32	7.6	3.32	10.9		09:03	6.84	22.4	6.00	19.7
	14:29	5.71	18.7	3.39	11.1		15:18	1.10	3.6	5.74	18.8
	20:58	2.17	7.1	3.54	11.6		21:22	6.97	22.9	5.87	19.3

If you are new to boating, lessons are a great way to ensure you act responsibly and stay safe.

## AUGUST - (Continued)

BST: Add  
1 hour to times

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b> Wed	03:41	1.22	4.0	5.75	18.9	<b>25</b> Thu	05:06	5.99	19.7	3.97	13.0
	09:40	6.48	21.2	5.26	17.3		11:16	1.91	6.3	4.08	13.4
	15:54	1.50	4.9	4.98	16.3		17:23	6.34	20.8	4.43	14.5
	22:01	6.52	21.4	5.02	16.5		23:43	1.69	5.5	4.65	15.2
<b>18</b> Thu	04:17	1.67	5.5	4.85	15.9	<b>26</b> Fri	05:43	6.30	20.7	4.61	15.1
	10:18	6.07	19.9	4.39	14.4		11:52	1.60	5.3	4.70	15.4
	16:31	1.96	6.4	4.11	13.5		17:58	6.62	21.7	5.01	16.4
	22:41	6.04	19.8	4.08	13.4						
<b>19</b> Fri ☾	04:54	2.14	7.0	3.89	12.8	<b>27</b> Sat ●	00:18	1.43	4.7	5.19	17.0
	11:00	5.65	18.5	3.51	11.5		06:17	6.54	21.4	5.11	16.8
	17:15	2.41	7.9	3.23	10.6		12:26	1.36	4.5	5.17	17.0
	23:28	5.56	18.2	3.14	10.3		18:31	6.82	22.4	5.46	17.9
<b>20</b> Sat	05:42	2.57	8.4	2.99	9.8	<b>28</b> Sun	00:50	1.23	4.0	5.59	18.3
	11:54	5.28	17.3	2.71	8.9		06:49	6.71	22.0	5.48	18.0
	18:17	2.80	9.2	2.48	8.1		12:59	1.18	3.9	5.52	18.1
					19:03		6.96	22.8	5.77	18.9	
<b>21</b> Sun	00:32	5.18	17.0	2.38	7.8	<b>29</b> Mon	01:21	1.10	3.6	5.86	19.2
	06:53	2.87	9.4	2.31	7.6		07:21	6.81	22.4	5.72	18.8
	13:14	5.08	16.7	2.20	7.2		13:31	1.08	3.5	5.73	18.8
	19:51	2.95	9.7	2.12	7.0		19:35	7.02	23.0	5.94	19.5
<b>22</b> Mon	02:01	5.05	16.6	2.09	6.9	<b>30</b> Tue	01:54	1.05	3.4	5.97	19.6
	08:27	2.89	9.5	2.16	7.1		07:53	6.84	22.4	5.80	19.0
	14:46	5.20	17.1	2.31	7.6		14:04	1.08	3.5	5.76	18.9
	21:20	2.76	9.1	2.44	8.0		20:07	7.00	23.0	5.92	19.4
<b>23</b> Tue	03:24	5.25	17.2	2.49	8.2	<b>31</b> Wed	02:26	1.10	3.6	5.90	19.4
	09:42	2.62	8.6	2.63	8.6		08:26	6.77	22.2	5.67	18.6
	15:55	5.57	18.3	2.94	9.7		14:38	1.18	3.9	5.59	18.3
	22:20	2.40	7.9	3.17	10.4		20:41	6.88	22.6	5.69	18.7
<b>24</b> Wed	04:23	5.62	18.4	3.22	10.6						
	10:34	2.26	7.4	3.36	11.0						
	16:44	5.98	19.6	3.72	12.2						
	23:06	2.02	6.6	3.96	13.0						

Up-river has some beautiful scenery but remember to keep to Dead Slow Minimum Wake.

BST: Add  
1 hour to times

## SEPTEMBER

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Thu	02:59	1.27	4.2	5.61	18.4	<b>9</b> Fri	05:13	6.71	22.0	5.50	18.1
	08:59	6.60	21.7	5.33	17.5		11:30	1.16	3.8	5.55	18.2
	15:12	1.41	4.6	5.19	17.0		17:33	7.20	23.6	6.04	19.8
	21:15	6.65	21.8	5.24	17.2		23:57	0.78	2.6	6.42	21.1
<b>2</b> Fri	03:33	1.54	5.1	5.10	16.7	<b>10</b> Sat	05:58	7.09	23.3	6.31	20.7
	09:36	6.34	20.8	4.80	15.7		12:15	0.80	2.6	6.29	20.6
	15:50	1.72	5.6	4.62	15.2		○ 18:17	7.51	24.6	6.71	22.0
	21:56	6.32	20.7	4.60	15.1						
<b>3</b> Sat ☾	04:12	1.90	6.2	4.42	14.5	<b>11</b> Sun	00:40	0.53	1.7	6.98	22.9
	10:20	6.00	19.7	4.10	13.5		06:40	7.30	23.9	6.77	22.2
	16:36	2.09	6.9	3.91	12.8		12:56	0.62	2.0	6.68	21.9
	22:45	5.91	19.4	3.82	12.5		18:58	7.63	25.0	7.01	23.0
<b>4</b> Sun	05:04	2.30	7.5	3.62	11.9	<b>12</b> Mon	01:20	0.48	1.6	7.15	23.5
	11:19	5.64	18.5	3.35	11.0		07:18	7.33	24.0	6.85	22.5
	17:39	2.45	8.0	3.19	10.5		13:34	0.62	2.0	6.71	22.0
	23:55	5.51	18.1	3.06	10.1		19:36	7.56	24.8	6.94	22.8
<b>5</b> Mon	06:21	2.62	8.6	2.89	9.5	<b>13</b> Tue	01:56	0.61	2.0	6.95	22.8
	12:45	5.42	17.8	2.80	9.2		07:54	7.20	23.6	6.59	21.6
	19:18	2.60	8.5	2.82	9.3		14:10	0.80	2.6	6.41	21.0
						20:13	7.32	24.0	6.52	21.4	
<b>6</b> Tue	01:32	5.36	17.6	2.77	9.1	<b>14</b> Wed	02:30	0.90	2.9	6.42	21.1
	08:11	2.61	8.6	2.76	9.0		08:29	6.94	22.8	6.05	19.8
	14:22	5.59	18.3	2.98	9.8		14:43	1.12	3.7	5.82	19.1
	20:59	2.30	7.6	3.29	10.8		20:48	6.95	22.8	5.83	19.1
<b>7</b> Wed	03:08	5.66	18.6	3.35	11.0	<b>15</b> Thu	03:02	1.30	4.3	5.66	18.6
	09:36	2.19	7.2	3.47	11.4		09:01	6.59	21.6	5.29	17.4
	15:43	6.11	20.0	3.92	12.8		15:15	1.55	5.1	5.04	16.5
	22:11	1.76	5.8	4.35	14.3		21:21	6.50	21.3	4.95	16.2
<b>8</b> Thu	04:19	6.19	20.3	4.43	14.5	<b>16</b> Fri	03:33	1.76	5.8	4.73	15.5
	10:39	1.65	5.4	4.54	14.9		09:34	6.18	20.3	4.42	14.5
	16:43	6.70	22.0	5.05	16.6		15:47	2.03	6.7	4.15	13.6
	23:09	1.21	4.0	5.49	18.0		21:56	5.99	19.7	3.97	13.0

Please be aware of your wash, especially in high speed boats/PWC, when close to shore or near other users.

## SEPTEMBER - (Continued)

BST: Add  
1 hour to times

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b> Sat ☾	04:04	2.25	7.4	3.75	12.3	<b>25</b> Sun ●	05:48	6.72	22.0	5.41	17.7
	10:10	5.73	18.8	3.49	11.4		11:59	1.25	4.1	5.47	17.9
	16:24	2.52	8.3	3.22	10.6		18:02	7.00	23.0	5.76	18.9
	22:36	5.48	18.0	2.97	9.7						
<b>18</b> Sun	04:44	2.72	8.9	2.77	9.1	<b>26</b> Mon	00:21	1.07	3.5	5.94	19.5
	10:57	5.30	17.4	2.58	8.5		06:21	6.96	22.8	5.89	19.3
	17:18	2.97	9.7	2.33	7.6		12:32	1.03	3.4	5.93	19.5
	23:35	5.02	16.5	2.05	6.7		18:34	7.19	23.6	6.16	20.2
<b>19</b> Mon	05:50	3.11	10.2	1.91	6.3	<b>27</b> Tue	00:54	0.92	3.0	6.27	20.6
	12:15	4.97	16.3	1.86	6.1		06:53	7.11	23.3	6.19	20.3
	19:03	3.21	10.5	1.76	5.8		13:06	0.91	3.0	6.20	20.3
					19:07		7.27	23.9	6.36	20.9	
<b>20</b> Tue	01:19	4.80	15.8	1.60	5.2	<b>28</b> Wed	01:27	0.88	2.9	6.40	21.0
	07:47	3.20	10.5	1.61	5.3		07:26	7.15	23.5	6.27	20.6
	14:15	5.04	16.5	1.84	6.0		13:39	0.91	3.0	6.23	20.5
	20:55	2.98	9.8	2.06	6.8		19:41	7.24	23.7	6.32	20.7
<b>21</b> Wed	03:02	5.07	16.6	2.09	6.9	<b>29</b> Thu	02:00	0.97	3.2	6.27	20.6
	09:17	2.86	9.4	2.21	7.2		08:00	7.06	23.2	6.10	20.0
	15:30	5.46	17.9	2.60	8.5		14:15	1.06	3.5	6.01	19.7
	21:57	2.52	8.3	2.94	9.7		20:16	7.07	23.2	6.01	19.7
<b>22</b> Thu	04:00	5.53	18.2	3.01	9.9	<b>30</b> Fri	02:34	1.20	3.9	5.87	19.3
	10:09	2.39	7.9	3.14	10.3		08:35	6.85	22.5	5.65	18.5
	16:18	5.95	19.5	3.56	11.7		14:51	1.33	4.4	5.51	18.1
	22:40	2.05	6.7	3.90	12.8		20:53	6.76	22.2	5.42	17.8
<b>23</b> Fri	04:41	6.00	19.7	3.95	12.9						
	10:50	1.94	6.4	4.05	13.3						
	16:55	6.39	20.9	4.44	14.6						
	23:16	1.64	5.4	4.75	15.6						
<b>24</b> Sat	05:16	6.40	21.0	4.76	15.6						
	11:26	1.55	5.1	4.84	15.9						
	17:30	6.74	22.1	5.18	17.0						
	23:49	1.31	4.3	5.43	17.8						

Autumn is seal pupping season. Please follow the Pembrokeshire Marine Code (available as an app).

BST: Add  
1 hour to times

## OCTOBER

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Sat	03:10	1.55	5.1	5.20	17.1	<b>9</b> Sun ○	05:38	7.11	23.3	6.27	20.6
	09:14	6.51	21.3	4.95	16.2		11:54	0.87	2.9	6.24	20.5
	15:30	1.72	5.7	4.78	15.7		17:55	7.46	24.5	6.59	21.6
	21:36	6.32	20.7	4.59	15.1						
<b>2</b> Sun	03:51	2.01	6.6	4.31	14.1	<b>10</b> Mon	00:15	0.69	2.2	6.77	22.2
	10:00	6.08	19.9	4.07	13.4		06:15	7.27	23.8	6.58	21.6
	16:21	2.17	7.1	3.91	12.8		12:31	0.76	2.5	6.51	21.4
	22:29	5.80	19.0	3.63	11.9		18:33	7.50	24.6	6.74	22.1
<b>3</b> Mon ☾	04:48	2.48	8.1	3.32	10.9	<b>11</b> Tue	00:51	0.70	2.3	6.80	22.3
	11:06	5.65	18.5	3.17	10.4		06:51	7.28	23.9	6.58	21.6
	17:33	2.57	8.4	3.07	10.1		13:06	0.81	2.6	6.47	21.2
	23:49	5.36	17.6	2.79	9.2		19:09	7.39	24.3	6.59	21.6
<b>4</b> Tue	06:18	2.82	9.2	2.55	8.4	<b>12</b> Wed	01:24	0.85	2.8	6.55	21.5
	12:40	5.44	17.9	2.63	8.6		07:24	7.17	23.5	6.32	20.7
	19:26	2.63	8.6	2.81	9.2		13:39	0.99	3.3	6.18	20.3
							19:42	7.16	23.5	6.17	20.2
<b>5</b> Wed	01:35	5.31	17.4	2.67	8.8	<b>13</b> Thu	01:56	1.11	3.6	6.05	19.9
	08:13	2.67	8.7	2.64	8.7		07:56	6.94	22.8	5.83	19.1
	14:21	5.71	18.7	3.04	10.0		14:12	1.29	4.2	5.65	18.5
	20:58	2.22	7.3	3.48	11.4		20:14	6.83	22.4	5.54	18.2
<b>6</b> Thu	03:09	5.73	18.8	3.50	11.5	<b>14</b> Fri	02:26	1.47	4.8	5.36	17.6
	09:30	2.16	7.1	3.57	11.7		08:27	6.64	21.8	5.17	17.0
	15:35	6.27	20.6	4.11	13.5		14:42	1.68	5.5	4.96	16.3
	22:03	1.66	5.5	4.61	15.1		20:46	6.43	21.1	4.75	15.6
<b>7</b> Fri	04:09	6.30	20.7	4.63	15.2	<b>15</b> Sat	02:55	1.88	6.2	4.55	14.9
	10:27	1.60	5.3	4.69	15.4		08:58	6.27	20.6	4.39	14.4
	16:29	6.83	22.4	5.22	17.1		15:12	2.11	6.9	4.16	13.6
	22:54	1.17	3.8	5.66	18.6		21:19	5.97	19.6	3.86	12.7
<b>8</b> Sat	04:57	6.78	22.2	5.61	18.4	<b>16</b> Sun	03:25	2.31	7.6	3.66	12.0
	11:13	1.15	3.8	5.63	18.5		09:33	5.86	19.2	3.54	11.6
	17:14	7.24	23.7	6.08	20.0		15:48	2.55	8.4	3.30	10.8
	23:37	0.84	2.7	6.40	21.0		21:57	5.50	18.0	2.95	9.7

Know your sound signals. Five blasts means danger so check if it is aimed at you and act accordingly.

## OCTOBER - (Continued)

Add  
1 hour for  
British Summer  
Time to 29th Oct

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b> Mon ☾	04:02	2.75	9.0	2.75	9.0	<b>25</b> Tue ●	05:48	7.07	23.2	6.01	19.7
	10:16	5.43	17.8	2.68	8.8		12:03	1.03	3.4	6.04	19.8
	16:38	2.97	9.7	2.46	8.1		18:04	7.26	23.8	6.24	20.5
	22:51	5.06	16.6	2.08	6.8						
<b>18</b> Tue	05:00	3.14	10.3	1.92	6.3	<b>26</b> Wed	00:25	0.90	3.0	6.36	20.9
	11:25	5.08	16.7	1.94	6.4		06:24	7.26	23.8	6.35	20.8
	18:12	3.23	10.6	1.85	6.1		12:40	0.89	2.9	6.36	20.9
					18:40		7.36	24.1	6.47	21.2	
<b>19</b> Wed	00:24	4.79	15.7	1.56	5.1	<b>27</b> Thu	01:01	0.87	2.9	6.49	21.3
	06:52	3.29	10.8	1.49	4.9		07:00	7.31	24.0	6.44	21.1
	13:19	5.03	16.5	1.73	5.7		13:18	0.90	2.9	6.41	21.0
	20:07	3.07	10.1	1.96	6.4		19:18	7.31	24.0	6.41	21.0
<b>20</b> Thu	02:18	4.98	16.3	1.91	6.3	<b>28</b> Fri	01:38	0.98	3.2	6.33	20.8
	08:31	3.01	9.9	1.97	6.5		07:38	7.22	23.7	6.24	20.5
	14:45	5.38	17.7	2.38	7.8		13:56	1.05	3.4	6.17	20.2
	21:15	2.63	8.6	2.76	9.0		19:57	7.11	23.3	6.06	19.9
<b>21</b> Fri	03:20	5.43	17.8	2.81	9.2	<b>29</b> Sat	02:16	1.24	4.1	5.87	19.2
	09:30	2.54	8.3	2.90	9.5		08:18	6.98	22.9	5.74	18.8
	15:37	5.86	19.2	3.33	10.9		14:38	1.33	4.4	5.65	18.5
	22:01	2.14	7.0	3.72	12.2		20:40	6.75	22.1	5.41	17.8
<b>22</b> Sat	04:03	5.93	19.5	3.79	12.4	<b>30</b> Sun	02:57	1.62	5.3	5.13	16.8
	10:13	2.05	6.7	3.88	12.7		09:03	6.62	21.7	5.00	16.4
	16:17	6.32	20.7	4.27	14.0		15:24	1.73	5.7	4.89	16.0
	22:39	1.70	5.6	4.62	15.2		21:29	6.28	20.6	4.55	14.9
<b>23</b> Sun	04:39	6.39	21.0	4.69	15.4	<b>31</b> Mon	03:45	2.07	6.8	4.21	13.8
	10:51	1.62	5.3	4.77	15.6		09:57	6.19	20.3	4.12	13.5
	16:53	6.73	22.1	5.10	16.7		16:21	2.15	7.1	4.04	13.3
	23:15	1.33	4.4	5.39	17.7		22:30	5.78	19.0	3.63	11.9
<b>24</b> Mon	05:14	6.77	22.2	5.44	17.8						
	11:27	1.27	4.2	5.50	18.0						
	17:28	7.04	23.1	5.77	18.9						
	23:49	1.06	3.5	5.98	19.6						

Visit [thegreenblue.org.uk](http://thegreenblue.org.uk) to see how you can minimise your impact on the waterway environment.

## NOVEMBER

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b>	04:48	2.50	8.2	3.28	10.8	<b>9</b>	00:23	1.07	3.5	6.08	20.0
<b>Tue</b>	11:08	5.82	19.1	3.31	10.9	<b>Wed</b>	06:24	7.06	23.2	5.99	19.7
☾	17:42	2.46	8.1	3.36	11.0		12:40	1.15	3.8	5.91	19.4
	23:51	5.44	17.8	2.98	9.8		18:42	7.07	23.2	5.92	19.4
<b>2</b>	06:22	2.72	8.9	2.72	8.9	<b>10</b>	00:55	1.18	3.9	5.88	19.3
<b>Wed</b>	12:36	5.70	18.7	2.98	9.8	<b>Thu</b>	06:57	6.99	22.9	5.81	19.1
	19:21	2.43	8.0	3.27	10.7		13:14	1.29	4.2	5.70	18.7
							19:15	6.89	22.6	5.60	18.4
<b>3</b>	01:27	5.47	17.9	3.04	10.0	<b>11</b>	01:27	1.38	4.5	5.52	18.1
<b>Thu</b>	07:58	2.53	8.3	2.94	9.6	<b>Fri</b>	07:29	6.84	22.4	5.47	17.9
	14:03	5.93	19.5	3.41	11.2		13:46	1.51	5.0	5.33	17.5
	20:39	2.09	6.9	3.84	12.6		19:48	6.65	21.8	5.13	16.8
<b>4</b>	02:48	5.83	19.1	3.74	12.3	<b>12</b>	01:58	1.63	5.4	5.01	16.4
<b>Fri</b>	09:09	2.10	6.9	3.73	12.2	<b>Sat</b>	08:00	6.62	21.7	4.98	16.3
	15:12	6.35	20.8	4.25	14.0		14:18	1.80	5.9	4.82	15.8
	21:40	1.67	5.5	4.68	15.4		20:21	6.34	20.8	4.54	14.9
<b>5</b>	03:45	6.28	20.6	4.61	15.1	<b>13</b>	02:29	1.94	6.4	4.40	14.4
<b>Sat</b>	10:03	1.67	5.5	4.61	15.1	<b>Sun</b>	08:33	6.33	20.8	4.39	14.4
	16:04	6.75	22.1	5.08	16.7		14:51	2.12	7.0	4.21	13.8
	22:29	1.33	4.4	5.42	17.8		20:55	5.99	19.6	3.87	12.7
<b>6</b>	04:31	6.66	21.8	5.33	17.5	<b>14</b>	03:01	2.28	7.5	3.71	12.2
<b>Sun</b>	10:48	1.34	4.4	5.31	17.4	<b>Mon</b>	09:09	6.00	19.7	3.73	12.2
	16:49	7.02	23.0	5.68	18.6		15:28	2.45	8.0	3.55	11.6
	23:11	1.12	3.7	5.90	19.3		21:34	5.61	18.4	3.16	10.4
<b>7</b>	05:12	6.91	22.7	5.79	19.0	<b>15</b>	03:39	2.62	8.6	3.00	9.8
<b>Mon</b>	11:29	1.16	3.8	5.75	18.9	<b>Tue</b>	09:52	5.66	18.6	3.04	10.0
	17:30	7.15	23.5	5.99	19.7		16:15	2.77	9.1	2.89	9.5
	23:48	1.04	3.4	6.10	20.0		22:24	5.26	17.2	2.49	8.2
<b>8</b>	05:49	7.04	23.1	5.99	19.7	<b>16</b>	04:31	2.92	9.6	2.33	7.7
<b>Tue</b>	12:06	1.10	3.6	5.94	19.5	<b>Wed</b>	10:51	5.36	17.6	2.44	8.0
○	18:06	7.16	23.5	6.06	19.9	☾	17:24	2.99	9.8	2.38	7.8
							23:33	5.01	16.4	2.02	6.6

Checking fuel lines regularly will help prevent pollution.



# NOVEMBER - (Continued)

All Times  
GMT

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b>	05:50	3.10	10.2	1.91	6.3	<b>25</b>	00:40	0.97	3.2	6.29	20.6
<b>Thu</b>	12:09	5.22	17.1	2.12	7.0	<b>Fri</b>	06:41	7.31	24.0	6.34	20.8
	18:56	2.97	9.7	2.26	7.4		13:01	0.95	3.1	6.36	20.9
							19:03	7.24	23.7	6.29	20.6
<b>18</b>	01:02	5.02	16.5	2.05	6.7	<b>26</b>	01:23	1.04	3.4	6.19	20.3
<b>Fri</b>	07:23	3.00	9.8	2.02	6.6	<b>Sat</b>	07:24	7.27	23.8	6.22	20.4
	13:34	5.36	17.6	2.37	7.8		13:46	1.03	3.4	6.24	20.5
	20:12	2.69	8.8	2.67	8.8		19:48	7.06	23.2	6.03	19.8
<b>19</b>	02:18	5.32	17.5	2.63	8.6	<b>27</b>	02:07	1.24	4.1	5.82	19.1
<b>Sat</b>	08:32	2.66	8.7	2.66	8.7	<b>Sun</b>	08:11	7.09	23.3	5.85	19.2
	14:39	5.71	18.7	3.05	10.0		14:34	1.24	4.1	5.85	19.2
	21:08	2.30	7.5	3.42	11.2		20:37	6.76	22.2	5.52	18.1
<b>20</b>	03:12	5.76	18.9	3.46	11.4	<b>28</b>	02:54	1.54	5.0	5.22	17.1
<b>Sun</b>	09:25	2.24	7.3	3.52	11.5	<b>Mon</b>	09:02	6.80	22.3	5.27	17.3
	15:28	6.13	20.1	3.89	12.8		15:25	1.54	5.0	5.27	17.3
	21:54	1.89	6.2	4.25	13.9		21:30	6.37	20.9	4.84	15.9
<b>21</b>	03:56	6.22	20.4	4.33	14.2	<b>29</b>	03:45	1.89	6.2	4.49	14.7
<b>Mon</b>	10:10	1.82	6.0	4.40	14.4	<b>Tue</b>	09:58	6.48	21.2	4.59	15.1
	16:12	6.54	21.5	4.72	15.5		16:24	1.86	6.1	4.62	15.2
	22:36	1.52	5.0	5.03	16.5		22:30	5.99	19.7	4.14	13.6
<b>22</b>	04:37	6.64	21.8	5.12	16.8	<b>30</b>	04:48	2.20	7.2	3.79	12.4
<b>Tue</b>	10:53	1.45	4.8	5.19	17.0	<b>Wed</b>	11:02	6.19	20.3	3.98	13.1
	16:54	6.89	22.6	5.44	17.8	☾	17:36	2.10	6.9	4.09	13.4
	23:18	1.22	4.0	5.66	18.6		23:39	5.72	18.8	3.62	11.9
<b>23</b>	05:18	6.98	22.9	5.76	18.9						
<b>Wed</b>	11:35	1.17	3.8	5.81	19.1						
●	17:36	7.14	23.4	5.97	19.6						
	23:58	1.04	3.4	6.10	20.0						
<b>24</b>	05:58	7.21	23.7	6.18	20.3						
<b>Thu</b>	12:18	1.00	3.3	6.22	20.4						
	18:18	7.26	23.8	6.27	20.6						

Know how to call for help in case you get into difficulties when afloat.

## DECEMBER

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>1</b> Thu	06:04	2.38	7.8	3.34	10.9	<b>9</b> Fri	00:33	1.50	4.9	5.18	17.0
	12:14	6.03	19.8	3.65	12.0		06:37	6.75	22.2	5.26	17.2
	18:52	2.16	7.1	3.87	12.7		12:56	1.55	5.1	5.20	17.1
					18:57		6.61	21.7	5.06	16.6	
<b>2</b> Fri	00:54	5.65	18.5	3.49	11.4	<b>10</b> Sat	01:08	1.57	5.2	5.04	16.5
	07:24	2.35	7.7	3.30	10.8		07:12	6.70	22.0	5.13	16.8
	13:27	6.05	19.9	3.70	12.2		13:30	1.65	5.4	5.05	16.6
	20:03	2.06	6.8	3.99	13.1		19:32	6.49	21.3	4.84	15.9
<b>3</b> Sat	02:08	5.79	19.0	3.73	12.2	<b>11</b> Sun	01:41	1.70	5.6	4.79	15.7
	08:33	2.16	7.1	3.63	11.9		07:45	6.59	21.6	4.89	16.0
	14:34	6.21	20.4	4.05	13.3		14:04	1.79	5.9	4.80	15.7
	21:05	1.88	6.2	4.33	14.2		20:06	6.31	20.7	4.52	14.8
<b>4</b> Sun	03:09	6.04	19.8	4.16	13.6	<b>12</b> Mon	02:13	1.86	6.1	4.45	14.6
	09:30	1.92	6.3	4.12	13.5		08:20	6.42	21.1	4.56	14.9
	15:32	6.40	21.0	4.48	14.7		14:39	1.96	6.4	4.46	14.6
	21:57	1.71	5.6	4.70	15.4		20:41	6.09	20.0	4.13	13.5
<b>5</b> Mon	04:00	6.30	20.7	4.60	15.1	<b>13</b> Tue	02:48	2.06	6.8	4.03	13.2
	10:21	1.72	5.6	4.58	15.0		08:55	6.21	20.4	4.15	13.6
	16:21	6.56	21.5	4.84	15.9		15:15	2.16	7.1	4.05	13.3
	22:42	1.57	5.2	4.98	16.3		21:18	5.84	19.2	3.69	12.1
<b>6</b> Tue	04:45	6.51	21.4	4.94	16.2	<b>14</b> Wed	03:24	2.27	7.5	3.57	11.7
	11:04	1.59	5.2	4.93	16.2		09:35	5.98	19.6	3.71	12.2
	17:05	6.65	21.8	5.07	16.6		15:56	2.36	7.7	3.62	11.9
	23:22	1.50	4.9	5.16	16.9		22:00	5.60	18.4	3.24	10.6
<b>7</b> Wed	05:25	6.66	21.9	5.16	16.9	<b>15</b> Thu	04:08	2.49	8.2	3.11	10.2
	11:43	1.52	5.0	5.14	16.9		10:21	5.75	18.9	3.27	10.7
	17:45	6.69	22.0	5.18	17.0		16:45	2.54	8.3	3.22	10.6
	23:59	1.47	4.8	5.22	17.1		22:51	5.38	17.7	2.85	9.3
<b>8</b> Thu	06:02	6.74	22.1	5.27	17.3	<b>16</b> Fri	05:01	2.67	8.8	2.72	8.9
	12:21	1.51	4.9	5.23	17.2		11:16	5.58	18.3	2.91	9.6
	○ 18:22	6.68	21.9	5.17	17.0		17:45	2.64	8.7	2.94	9.6
						☾ 23:52	5.27	17.3	2.63	8.6	

There are some great waterway walks, check out  
Pembrokeshire Coast National Park for ideas.

## DECEMBER - (Continued)

All Times  
GMT

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
<b>17</b> Sat	06:08	2.75	9.0	2.52	8.3	<b>25</b> Sun	01:15	1.00	3.3	6.14	20.1
	12:20	5.52	18.1	2.77	9.1		07:18	7.33	24.1	6.33	20.8
	18:56	2.61	8.6	2.91	9.5		13:42	0.86	2.8	6.47	21.2
					19:45		7.10	23.3	6.23	20.4	
<b>18</b> Sun	01:01	5.32	17.5	2.71	8.9	<b>26</b> Mon	02:03	1.04	3.4	6.05	19.9
	07:21	2.67	8.7	2.66	8.7		08:08	7.29	23.9	6.25	20.5
	13:28	5.62	18.4	2.96	9.7		14:32	0.93	3.1	6.36	20.9
	20:03	2.43	8.0	3.19	10.5		20:35	6.93	22.7	6.00	19.7
<b>19</b> Mon	02:09	5.56	18.3	3.13	10.3	<b>27</b> Tue	02:51	1.19	3.9	5.74	18.8
	08:28	2.42	7.9	3.14	10.3		08:58	7.14	23.4	5.95	19.5
	14:33	5.88	19.3	3.46	11.3		15:23	1.11	3.7	6.03	19.8
	21:04	2.14	7.0	3.74	12.3		21:24	6.67	21.9	5.55	18.2
<b>20</b> Tue	03:08	5.93	19.5	3.79	12.4	<b>28</b> Wed	03:40	1.43	4.7	5.24	17.2
	09:27	2.08	6.8	3.85	12.6		09:49	6.89	22.6	5.46	17.9
	15:30	6.21	20.4	4.13	13.6		16:15	1.38	4.5	5.51	18.1
	21:59	1.81	5.9	4.41	14.5		22:16	6.35	20.8	4.97	16.3
<b>21</b> Wed	04:01	6.34	20.8	4.53	14.9	<b>29</b> Thu	04:33	1.71	5.6	4.64	15.2
	10:21	1.72	5.6	4.62	15.2		10:42	6.58	21.6	4.87	16.0
	16:23	6.56	21.5	4.84	15.9		17:10	1.69	5.5	4.90	16.1
	22:50	1.49	4.9	5.07	16.6		23:10	6.03	19.8	4.34	14.2
<b>22</b> Thu	04:51	6.72	22.1	5.23	17.2	<b>30</b> Fri	05:30	1.99	6.5	4.03	13.2
	11:12	1.38	4.5	5.34	17.5		11:39	6.27	20.6	4.28	14.0
	17:15	6.85	22.5	5.48	18.0		☾ 18:09	1.97	6.5	4.30	14.1
	23:39	1.24	4.1	5.62	18.4						
<b>23</b> Fri	05:40	7.03	23.1	5.80	19.0	<b>31</b> Sat	00:10	5.76	18.9	3.80	12.5
	12:03	1.10	3.6	5.93	19.5		06:35	2.22	7.3	3.55	11.6
	● 18:05	7.06	23.1	5.95	19.5		12:42	6.02	19.7	3.80	12.5
					19:14		2.17	7.1	3.85	12.6	
<b>24</b> Sat	00:27	1.07	3.5	5.99	19.7						
	06:29	7.24	23.8	6.18	20.3						
	12:53	0.93	3.0	6.32	20.7						
	18:55	7.14	23.4	6.21	20.4						

Please do not anchor in the Sensitive Habitat Zones as marked on the Leisure User Guide.