

## TIDE TIMES + SUN TIMES + MOON PHASES

**Notes:**

- **New Moon.**
- The tidal phase will be close to spring tides (the highest of the high tides and lowest of the low tides).
- Tidal routes can be cut off close to high tide times quicker than you might think. Check and double check.
- Be prepared, be aware of your pacing, times and distances.
- Use the alternative high tide routes if unsure.

All Times in British Summer Time  
(Greenwich Mean Time (GMT) +1 Hour (BST))

at Holyhead.

Friday 30<sup>th</sup> August, Saturday 31<sup>st</sup> August & Sunday 1<sup>st</sup> September 2024

FRIDAY 30	<p> <b>Low tide</b> 02h25 1.79m</p> <p> <b>High tide</b> 08h50 4.48m</p> <p> <b>Low tide</b> 14h48 1.91m</p> <p> <b>High tide</b> 21h08 4.80m</p>	<p><b>Friday</b> <b>30<sup>th</sup> August</b></p>	<p> <b>Moon</b> Waning crescent moon</p> <p> <b>Sunrise</b> 07h25</p> <p>← 13h46min -4 min →</p> <p> <b>Sunset</b> 21h12</p>
SATURDAY 31	<p> <b>Low tide</b> 03h24 1.51m</p> <p> <b>High tide</b> 09h43 4.69m</p> <p> <b>Low tide</b> 15h39 1.68m</p> <p> <b>High tide</b> 21h54 5.07m</p>	<p><b>Saturday</b> <b>31<sup>st</sup> August</b></p>	<p> <b>Moon</b> Waning crescent moon</p> <p> <b>Sunrise</b> 07h27</p> <p>← 13h42min -4 min →</p> <p> <b>Sunset</b> 21h09</p>
SUNDAY 1	<p> <b>Low tide</b> 04h09 1.26m</p> <p> <b>High tide</b> 10h24 4.89m</p> <p> <b>Low tide</b> 16h20 1.45m</p> <p> <b>High tide</b> 22h33 5.30m</p>	<p><b>Sunday</b> <b>1<sup>st</sup> September</b></p>	<p> <b>Moon</b> Waning crescent moon</p> <p> <b>Sunrise</b> 07h29</p> <p>← 13h38min -4 min →</p> <p> <b>Sunset</b> 21h07</p>