



Port of
Milford Haven

FREE
Not for resale



**2021 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

Exceptional Tides

(1) Astronomical predictions for 2021 show that High Water levels of 7.3 metres and above occur on the following dates:

Date	Time	Metres	Feet
28 February	06:57	7.35	24.1
01 March	07:36	7.50	24.6
01 March	19:58	7.33	24.1
02 March	08:16	7.50	24.6
03 March	08:56	7.31	24.0
29 March	06:32	7.53	24.7
29 March	18:54	7.49	24.6
30 March	07:13	7.68	25.2
30 March	19:34	7.55	24.8
31 March	07:54	7.63	25.0
31 March	20:15	7.41	24.3
01 April	08:35	7.37	24.2
27 April	06:04	7.52	24.7
27 April	18:28	7.52	24.7
28 April	06:48	7.63	25.0
28 April	19:11	7.56	24.8
29 April	07:33	7.54	24.7
29 April	19:54	7.42	24.3
26 May	05:39	7.30	23.9
26 May	18:04	7.34	24.1
27 May	06:27	7.37	24.2
27 May	18:51	7.40	24.3
28 May	19:38	7.30	24.0

Date	Time	Metres	Feet
08 September	19:12	7.42	24.3
09 September	19:49	7.45	24.4
10 September	20:28	7.31	24.0
06 October	18:06	7.48	24.6
07 October	06:29	7.44	24.4
07 October	18:46	7.66	25.1
08 October	07:08	7.54	24.7
08 October	19:26	7.65	25.1
09 October	07:47	7.45	24.5
09 October	20:06	7.44	24.4
04 November	17:39	7.50	24.6
05 November	06:02	7.50	24.6
05 November	18:21	7.65	25.1
06 November	06:44	7.60	24.9
06 November	19:05	7.62	25.0
07 November	07:27	7.52	24.7
07 November	19:50	7.38	24.2
04 December	05:39	7.33	24.0
04 December	18:03	7.41	24.3
05 December	06:27	7.47	24.5
05 December	18:51	7.40	24.3
06 December	07:14	7.45	24.5
07 December	08:03	7.30	23.9

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

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

Date	Time	Metres	Feet
01 March	13:58	0.42	1.4
02 March	02:12	0.47	1.5
02 March	14:36	0.49	1.6
29 March	00:30	0.50	1.6
29 March	12:55	0.30	1.0
30 March	01:11	0.29	0.9
30 March	13:35	0.22	0.7
31 March	01:51	0.26	0.9
31 March	14:15	0.35	1.2
01 April	02:31	0.44	1.4
27 April	12:28	0.34	1.1
28 April	00:47	0.32	1.1
28 April	13:11	0.31	1.0
29 April	01:30	0.32	1.1
29 April	13:53	0.48	1.6

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

Date	Time	Metres	Feet
23 March	13:29	4.84	15.9
01 October	01:15	4.84	15.9

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
1 Fri	01:23	1.37	4.5	5.49	18.0	9 Sat	02:10	5.88	19.3	3.84	12.6
	07:26	6.86	22.5	5.49	18.0		08:34	2.05	6.7	3.83	12.6
	13:48	1.37	4.5	5.49	18.0		14:41	6.11	20.0	4.06	13.3
	19:48	6.68	21.9	5.31	17.4		21:15	1.88	6.2	4.22	13.9
2 Sat	02:01	1.38	4.5	5.30	17.4	10 Sun	03:18	6.13	20.1	4.25	13.9
	08:05	6.85	22.5	5.47	17.9		09:44	1.80	5.9	4.33	14.2
	14:27	1.39	4.6	5.46	17.9		15:48	6.32	20.7	4.52	14.8
	20:29	6.60	21.7	5.21	17.1		22:18	1.64	5.4	4.68	15.4
3 Sun	02:41	1.45	4.8	5.15	16.9	11 Mon	04:21	6.46	21.2	4.82	15.8
	08:46	6.76	22.2	5.31	17.4		10:45	1.50	4.9	4.97	16.3
	15:09	1.47	4.8	5.29	17.4		16:50	6.57	21.6	5.08	16.7
	21:12	6.45	21.2	4.99	16.4		23:13	1.39	4.5	5.19	17.0
4 Mon	03:24	1.58	5.2	4.87	16.0	12 Tue	05:17	6.79	22.3	5.40	17.7
	09:30	6.61	21.7	5.03	16.5		11:39	1.23	4.0	5.56	18.3
	15:54	1.60	5.3	5.01	16.4		17:44	6.79	22.3	5.57	18.3
	21:58	6.25	20.5	4.65	15.3						
5 Tue	04:09	1.76	5.8	4.49	14.7	13 Wed	00:03	1.19	3.9	5.61	18.4
	10:20	6.42	21.1	4.65	15.3		06:07	7.04	23.1	5.86	19.2
	16:43	1.78	5.8	4.64	15.2		● 12:29	1.04	3.4	6.01	19.7
	22:50	6.04	19.8	4.26	14.0		18:32	6.93	22.7	5.89	19.3
6 Wed	05:02	1.96	6.4	4.08	13.4	14 Thu	00:49	1.07	3.5	5.85	19.2
	11:15	6.22	20.4	4.26	14.0		06:53	7.18	23.6	6.11	20.0
	17:41	1.95	6.4	4.27	14.0		13:15	0.96	3.1	6.23	20.4
	23:51	5.86	19.2	3.90	12.8		19:17	6.95	22.8	5.99	19.7
7 Thu	06:05	2.12	6.9	3.74	12.3	15 Fri	01:33	1.07	3.5	5.88	19.3
	12:19	6.06	19.9	3.94	12.9		07:36	7.19	23.6	6.13	20.1
	18:48	2.06	6.8	4.00	13.1		13:57	1.00	3.3	6.19	20.3
8 Fri	00:59	5.78	19.0	3.72	12.2	16 Sat	19:58	6.86	22.5	5.86	19.2
	07:18	2.16	7.1	3.62	11.9		02:12	1.16	3.8	5.69	18.7
	13:30	6.01	19.7	3.85	12.6		08:17	7.08	23.2	5.91	19.4
	20:03	2.04	6.7	3.97	13.0		14:37	1.15	3.8	5.93	19.4
						20:37	6.67	21.9	5.52	18.1	

If you are on the water after dark, always use
your lights.

JANUARY - (Continued)

All Times
GMT

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
17 Sun	02:50	1.35	4.4	5.31	17.4	25 Mon	03:42	5.55	18.2	3.07	10.1
	08:56	6.86	22.5	5.50	18.1		10:06	2.38	7.8	3.16	10.4
	15:15	1.39	4.5	5.47	18.0		16:08	5.71	18.7	3.32	10.9
	21:14	6.40	21.0	5.02	16.5		22:27	2.16	7.1	3.55	11.6
18 Mon	03:26	1.61	5.3	4.79	15.7	26 Tue	04:33	5.93	19.4	3.76	12.4
	09:34	6.57	21.5	4.96	16.3		10:55	2.04	6.7	3.89	12.8
	15:51	1.67	5.5	4.89	16.1		16:56	6.04	19.8	4.01	13.1
	21:51	6.10	20.0	4.42	14.5		23:12	1.83	6.0	4.21	13.8
19 Tue	04:01	1.91	6.3	4.19	13.7	27 Wed	05:16	6.30	20.7	4.47	14.7
	10:12	6.23	20.5	4.33	14.2		11:38	1.70	5.6	4.60	15.1
	16:27	1.98	6.5	4.25	13.9		17:39	6.36	20.9	4.67	15.3
	22:29	5.78	19.0	3.79	12.5		23:53	1.52	5.0	4.84	15.9
20 Wed)	04:39	2.22	7.3	3.56	11.7	28 Thu ○	05:57	6.63	21.7	5.10	16.7
	10:53	5.89	19.3	3.67	12.0		12:18	1.39	4.6	5.24	17.2
	17:09	2.29	7.5	3.60	11.8		18:18	6.63	21.8	5.24	17.2
	23:12	5.47	17.9	3.18	10.4						
21 Thu	05:25	2.52	8.3	2.94	9.7	29 Fri	00:32	1.26	4.1	5.37	17.6
	11:42	5.56	18.2	3.04	10.0		06:36	6.89	22.6	5.63	18.5
	18:01	2.56	8.4	3.00	9.8		12:57	1.14	3.7	5.76	18.9
					18:58		6.84	22.4	5.70	18.7	
22 Fri	00:07	5.22	17.1	2.65	8.7	30 Sat	01:11	1.06	3.5	5.78	19.0
	06:27	2.76	9.1	2.45	8.0		07:15	7.08	23.2	6.03	19.8
	12:43	5.32	17.4	2.55	8.4		13:36	0.96	3.1	6.13	20.1
	19:09	2.72	8.9	2.59	8.5		19:37	6.96	22.8	6.00	19.7
23 Sat	01:21	5.11	16.8	2.38	7.8	31 Sun	01:51	0.93	3.1	6.03	19.8
	07:47	2.84	9.3	2.27	7.4		07:54	7.18	23.6	6.25	20.5
	13:59	5.25	17.2	2.42	7.9		14:16	0.87	2.9	6.31	20.7
	20:25	2.69	8.8	2.56	8.4		20:17	6.97	22.9	6.10	20.0
24 Sun	02:39	5.24	17.2	2.54	8.3						
	09:05	2.69	8.8	2.55	8.4						
	15:10	5.41	17.8	2.73	8.9						
	21:33	2.47	8.1	2.94	9.6						

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
1 Mon	02:30	0.91	3.0	6.06	19.9	9 Tue	04:15	6.12	20.1	4.16	13.6
	08:35	7.16	23.5	6.25	20.5		10:40	1.71	5.6	4.41	14.5
	14:56	0.91	3.0	6.26	20.5		16:47	6.20	20.3	4.49	14.7
	20:57	6.87	22.5	5.96	19.6		23:08	1.60	5.3	4.59	15.1
2 Tue	03:10	1.02	3.3	5.85	19.2	10 Wed	05:12	6.55	21.5	4.95	16.2
	09:16	7.03	23.1	6.01	19.7		11:36	1.34	4.4	5.21	17.1
	15:36	1.07	3.5	5.95	19.5		17:39	6.54	21.4	5.19	17.0
	21:39	6.65	21.8	5.58	18.3		23:57	1.28	4.2	5.26	17.2
3 Wed	03:51	1.23	4.0	5.42	17.8	11 Thu	06:00	6.89	22.6	5.61	18.4
	10:00	6.77	22.2	5.54	18.2		12:22	1.06	3.5	5.83	19.1
	16:19	1.35	4.4	5.42	17.8		● 18:23	6.78	22.2	5.72	18.8
	22:25	6.35	20.8	5.00	16.4						
4 Thu ☾	04:37	1.54	5.1	4.81	15.8	12 Fri	00:39	1.06	3.5	5.72	18.8
	10:48	6.43	21.1	4.88	16.0		06:42	7.11	23.3	6.05	19.8
	17:08	1.71	5.6	4.71	15.5		13:03	0.90	3.0	6.20	20.3
	23:17	6.00	19.7	4.29	14.1		19:03	6.90	22.6	6.00	19.7
5 Fri	05:30	1.90	6.2	4.11	13.5	13 Sat	01:18	0.95	3.1	5.95	19.5
	11:45	6.04	19.8	4.15	13.6		07:20	7.18	23.6	6.23	20.4
	18:08	2.07	6.8	3.97	13.0		13:39	0.87	2.8	6.31	20.7
						19:39	6.90	22.6	6.03	19.8	
6 Sat	00:21	5.70	18.7	3.63	11.9	14 Sun	01:53	0.96	3.1	5.94	19.5
	06:41	2.20	7.2	3.50	11.5		07:56	7.13	23.4	6.17	20.2
	12:57	5.73	18.8	3.53	11.6		14:14	0.94	3.1	6.19	20.3
	19:28	2.30	7.6	3.43	11.2		20:12	6.80	22.3	5.86	19.2
7 Sun	01:40	5.58	18.3	3.28	10.7	15 Mon	02:25	1.07	3.5	5.73	18.8
	08:09	2.28	7.5	3.30	10.8		08:30	6.97	22.9	5.90	19.3
	14:20	5.64	18.5	3.36	11.0		14:45	1.11	3.7	5.86	19.2
	20:57	2.25	7.4	3.39	11.1		20:44	6.61	21.7	5.50	18.0
8 Mon	03:03	5.74	18.8	3.49	11.5	16 Tue	02:55	1.27	4.2	5.34	17.5
	09:33	2.07	6.8	3.67	12.0		09:01	6.73	22.1	5.45	17.9
	15:41	5.84	19.2	3.77	12.4		15:15	1.36	4.5	5.37	17.6
	22:09	1.96	6.4	3.88	12.7		21:14	6.36	20.9	5.00	16.4

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
17	03:24	1.55	5.1	4.81	15.8	25	04:54	6.18	20.3	4.27	14.0
Wed	09:33	6.42	21.1	4.87	16.0	Thu	11:17	1.63	5.3	4.55	14.9
	15:44	1.67	5.5	4.75	15.6		17:18	6.31	20.7	4.69	15.4
	21:45	6.06	19.9	4.39	14.4		23:33	1.44	4.7	4.87	16.0
18	03:54	1.88	6.2	4.18	13.7	26	05:36	6.66	21.8	5.21	17.1
Thu	10:06	6.05	19.9	4.18	13.7	Fri	11:59	1.17	3.9	5.48	18.0
	16:15	2.02	6.6	4.03	13.2		18:00	6.74	22.1	5.56	18.3
	22:19	5.71	18.7	3.69	12.1						
19	04:28	2.24	7.4	3.47	11.4	27	00:13	1.03	3.4	5.70	18.7
Fri	10:43	5.66	18.6	3.41	11.2	Sat	06:16	7.05	23.1	6.02	19.8
☾	16:54	2.40	7.9	3.26	10.7	○	12:39	0.80	2.6	6.26	20.5
	23:00	5.36	17.6	2.96	9.7		18:39	7.07	23.2	6.27	20.6
20	05:14	2.62	8.6	2.73	9.0	28	00:54	0.71	2.3	6.36	20.9
Sat	11:33	5.26	17.3	2.64	8.7	Sun	06:57	7.35	24.1	6.64	21.8
	17:48	2.75	9.0	2.51	8.3		13:19	0.54	1.8	6.81	22.3
							19:18	7.28	23.9	6.74	22.1
21	00:00	5.04	16.5	2.29	7.5						
Sun	06:28	2.92	9.6	2.12	7.0						
	12:45	4.98	16.3	2.06	6.7						
	19:16	2.94	9.6	2.04	6.7						
22	01:30	4.94	16.2	2.00	6.6						
Mon	08:12	2.93	9.6	2.01	6.6						
	14:23	5.00	16.4	2.08	6.8						
	20:50	2.78	9.1	2.22	7.3						
23	03:03	5.20	17.1	2.42	7.9						
Tue	09:34	2.59	8.5	2.60	8.5						
	15:39	5.36	17.6	2.76	9.1						
	21:58	2.38	7.8	2.98	9.8						
24	04:06	5.67	18.6	3.29	10.8						
Wed	10:31	2.12	7.0	3.55	11.6						
	16:34	5.83	19.1	3.72	12.2						
	22:49	1.91	6.3	3.93	12.9						

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
1 Mon	01:33	0.51	1.7	6.76	22.2	9 Tue	02:54	5.55	18.2	3.06	10.0
	07:36	7.50	24.6	6.99	22.9		09:29	2.19	7.2	3.36	11.0
	13:58	0.42	1.4	7.08	23.2		15:39	5.60	18.4	3.41	11.2
	19:58	7.33	24.1	6.91	22.7		22:03	2.11	6.9	3.49	11.4
2 Tue	02:12	0.47	1.5	6.86	22.5	10 Wed	04:08	6.01	19.7	3.90	12.8
	08:16	7.50	24.6	7.03	23.1		10:35	1.75	5.7	4.26	14.0
	14:36	0.49	1.6	7.00	23.0		16:40	6.05	19.8	4.30	14.1
	20:37	7.22	23.7	6.73	22.1		23:00	1.66	5.4	4.39	14.4
3 Wed	02:51	0.60	2.0	6.63	21.7	11 Thu	05:01	6.48	21.3	4.82	15.8
	08:56	7.31	24.0	6.71	22.0		11:25	1.34	4.4	5.14	16.8
	15:15	0.74	2.4	6.56	21.5		17:27	6.45	21.2	5.11	16.8
	21:18	6.95	22.8	6.21	20.4		23:44	1.29	4.2	5.16	16.9
4 Thu	03:31	0.89	2.9	6.06	19.9	12 Fri	05:45	6.83	22.4	5.54	18.2
	09:38	6.95	22.8	6.05	19.9		12:06	1.05	3.5	5.78	19.0
	15:55	1.15	3.8	5.80	19.0		18:06	6.73	22.1	5.67	18.6
	22:00	6.55	21.5	5.40	17.7						
5 Fri	04:14	1.33	4.4	5.22	17.1	13 Sat ●	00:22	1.04	3.4	5.68	18.7
	10:23	6.46	21.2	5.13	16.8		06:23	7.04	23.1	6.00	19.7
	16:39	1.66	5.5	4.79	15.7		12:42	0.89	2.9	6.15	20.2
	22:49	6.08	19.9	4.41	14.5		18:41	6.88	22.6	5.99	19.6
6 Sat ☾	05:05	1.83	6.0	4.24	13.9	14 Sun	00:56	0.91	3.0	5.96	19.6
	11:18	5.90	19.4	4.07	13.4		06:57	7.11	23.3	6.20	20.4
	17:36	2.18	7.2	3.72	12.2		13:14	0.83	2.7	6.28	20.6
	23:53	5.62	18.4	3.44	11.3		19:13	6.92	22.7	6.08	20.0
7 Sun	06:15	2.29	7.5	3.33	10.9	15 Mon	01:27	0.89	2.9	6.03	19.8
	12:33	5.43	17.8	3.15	10.3		07:29	7.09	23.2	6.20	20.3
	19:03	2.55	8.4	2.89	9.5		13:44	0.87	2.9	6.21	20.4
8 Mon	01:19	5.38	17.6	2.83	9.3	16 Tue	01:57	0.96	3.2	5.91	19.4
	07:58	2.45	8.0	2.93	9.6		08:00	6.97	22.9	6.01	19.7
	14:09	5.30	17.4	2.85	9.4		14:12	1.00	3.3	5.96	19.6
	20:47	2.49	8.2	2.81	9.2		20:12	6.74	22.1	5.74	18.8

Remember to carry out pre-season boat checks.

MARCH - (Continued)

All Times GMT
+ 1hr from 28th

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
17 Wed	02:24	1.12	3.7	5.62	18.4	25 Thu	03:31	5.58	18.3	3.09	10.1
	08:28	6.77	22.2	5.65	18.5		10:00	2.10	6.9	3.48	11.4
	14:40	1.22	4.0	5.55	18.2		16:04	5.77	18.9	3.67	12.0
	20:39	6.54	21.5	5.32	17.4		22:19	1.92	6.3	3.85	12.6
18 Thu	02:51	1.37	4.5	5.17	17.0	26 Fri	04:24	6.17	20.2	4.25	13.9
	08:57	6.49	21.3	5.12	16.8		10:48	1.51	5.0	4.66	15.3
	15:06	1.51	5.0	4.98	16.3		16:51	6.35	20.8	4.84	15.9
	21:07	6.27	20.6	4.75	15.6		23:06	1.36	4.5	4.99	16.4
19 Fri	03:18	1.69	5.6	4.57	15.0	27 Sat	05:08	6.73	22.1	5.37	17.6
	09:26	6.15	20.2	4.46	14.6		11:32	0.98	3.2	5.75	18.9
	15:35	1.87	6.1	4.28	14.0		17:33	6.86	22.5	5.88	19.3
	21:37	5.94	19.5	4.07	13.3		23:48	0.87	2.9	5.99	19.7
20 Sat	03:50	2.07	6.8	3.87	12.7	28 Sun ○ BST starts	05:51	7.20	23.6	6.33	20.8
	09:59	5.75	18.9	3.68	12.1		12:14	0.57	1.9	6.63	21.8
	16:08	2.26	7.4	3.48	11.4		18:14	7.26	23.8	6.69	21.9
	22:12	5.56	18.2	3.30	10.8						
21 Sun ☾	04:29	2.47	8.1	3.09	10.1	29 Mon	00:30	0.50	1.6	6.76	22.2
	10:41	5.32	17.5	2.85	9.3		06:32	7.53	24.7	7.03	23.1
	16:52	2.66	8.7	2.66	8.7		12:55	0.30	1.0	7.23	23.7
	23:03	5.18	17.0	2.52	8.3		18:54	7.49	24.6	7.19	23.6
22 Mon	05:28	2.84	9.3	2.34	7.7	30 Tue	01:11	0.29	0.9	7.21	23.6
	11:46	4.94	16.2	2.10	6.9		07:13	7.68	25.2	7.40	24.3
	18:07	2.97	9.8	1.97	6.5		13:35	0.22	0.7	7.46	24.5
23 Tue	00:27	4.92	16.2	1.95	6.4	31 Wed	19:34	7.55	24.8	7.33	24.0
	07:16	2.97	9.8	1.95	6.4		01:51	0.26	0.9	7.29	23.9
	13:29	4.84	15.9	1.87	6.1		07:54	7.63	25.0	7.38	24.2
	20:03	2.92	9.6	1.92	6.3		14:15	0.35	1.2	7.28	23.9
24 Wed	02:16	5.07	16.6	2.15	7.1	20:15	7.41	24.3	7.06	23.2	
	08:55	2.65	8.7	2.42	7.9	From 28 March, add 1 hour for British Summer Time					
	15:04	5.20	17.1	2.55	8.4						
	21:23	2.48	8.2	2.72	8.9						

Lights, sounds, flags and navigation markers can save lives.
Find out more at 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
1 Thu	02:31	0.44	1.4	6.98	22.9	9 Fri	04:39	6.41	21.0	4.70	15.4
	08:35	7.37	24.2	6.93	22.8		11:02	1.40	4.6	5.01	16.5
	14:54	0.69	2.3	6.68	21.9		17:03	6.37	20.9	4.97	16.3
	20:55	7.09	23.3	6.40	21.0		23:20	1.38	4.5	4.99	16.4
2 Fri	03:12	0.81	2.7	6.28	20.6	10 Sat	05:20	6.71	22.0	5.33	17.5
	09:18	6.93	22.7	6.12	20.1		11:40	1.15	3.8	5.56	18.2
	15:34	1.18	3.9	5.75	18.9		17:40	6.63	21.7	5.47	18.0
	21:39	6.64	21.8	5.46	17.9		23:56	1.16	3.8	5.47	17.9
3 Sat	03:57	1.32	4.3	5.32	17.4	11 Sun	05:56	6.88	22.6	5.72	18.8
	10:04	6.35	20.8	5.03	16.5		12:13	1.01	3.3	5.86	19.2
	16:19	1.75	5.8	4.60	15.1		18:13	6.78	22.2	5.76	18.9
	22:30	6.11	20.0	4.35	14.3						
4 Sun ☾	04:49	1.88	6.2	4.22	13.9	12 Mon ●	00:27	1.04	3.4	5.74	18.8
	11:00	5.74	18.8	3.86	12.7		06:29	6.94	22.8	5.91	19.4
	17:17	2.31	7.6	3.43	11.3		12:43	0.96	3.2	5.98	19.6
	23:35	5.61	18.4	3.30	10.8		18:44	6.84	22.4	5.88	19.3
5 Mon	06:04	2.35	7.7	3.26	10.7	13 Tue	00:57	1.00	3.3	5.84	19.1
	12:18	5.27	17.3	2.92	9.6		06:59	6.93	22.8	5.93	19.5
	18:50	2.66	8.7	2.61	8.5		13:12	0.98	3.2	5.95	19.5
					19:12		6.83	22.4	5.85	19.2	
6 Tue	01:04	5.37	17.6	2.71	8.9	14 Wed	01:27	1.05	3.4	5.78	19.0
	07:49	2.46	8.1	2.91	9.5		07:28	6.85	22.5	5.80	19.0
	13:58	5.19	17.0	2.73	9.0		13:41	1.08	3.5	5.77	18.9
	20:33	2.55	8.4	2.64	8.7		19:40	6.76	22.2	5.68	18.6
7 Wed	02:39	5.56	18.3	3.01	9.9	15 Thu	01:54	1.18	3.9	5.58	18.3
	09:15	2.17	7.1	3.39	11.1		07:57	6.70	22.0	5.52	18.1
	15:24	5.54	18.2	3.36	11.0		14:08	1.26	4.1	5.44	17.8
	21:46	2.15	7.0	3.39	11.1		20:08	6.60	21.7	5.34	17.5
8 Thu	03:48	6.00	19.7	3.85	12.6	16 Fri	02:23	1.39	4.6	5.22	17.1
	10:16	1.76	5.8	4.24	13.9		08:26	6.47	21.2	5.08	16.7
	16:20	5.99	19.6	4.23	13.9		14:36	1.52	5.0	4.95	16.2
	22:39	1.71	5.6	4.27	14.0		20:36	6.38	20.9	4.86	15.9

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
17 Sat	02:51	1.67	5.5	4.71	15.4	25 Sun	04:34	6.77	22.2	5.43	17.8
	08:55	6.17	20.2	4.49	14.7		11:00	0.94	3.1	5.83	19.1
	15:05	1.84	6.0	4.33	14.2		17:02	6.90	22.6	5.96	19.6
	21:06	6.09	20.0	4.25	13.9		23:18	0.86	2.8	6.04	19.8
18 Sun	03:24	2.01	6.6	4.08	13.4	26 Mon	05:20	7.22	23.7	6.36	20.9
	09:29	5.81	19.1	3.80	12.5		11:45	0.56	1.8	6.67	21.9
	15:39	2.19	7.2	3.62	11.9		17:45	7.29	23.9	6.73	22.1
	21:42	5.75	18.9	3.56	11.7						
19 Mon	04:03	2.36	7.7	3.39	11.1	27 Tue	00:03	0.51	1.7	6.78	22.2
	10:11	5.42	17.8	3.06	10.1		06:04	7.52	24.7	7.01	23.0
	16:22	2.55	8.4	2.88	9.4		○ 12:28	0.34	1.1	7.18	23.6
	22:32	5.39	17.7	2.85	9.3		18:28	7.52	24.7	7.18	23.5
20 Tue ☾	05:00	2.67	8.8	2.72	8.9	28 Wed	00:47	0.32	1.1	7.20	23.6
	11:12	5.08	16.7	2.40	7.9		06:48	7.63	25.0	7.31	24.0
	17:29	2.83	9.3	2.25	7.4		13:11	0.31	1.0	7.32	24.0
	23:48	5.14	16.9	2.31	7.6		19:11	7.56	24.8	7.25	23.8
21 Wed	06:31	2.80	9.2	2.34	7.7	29 Thu	01:30	0.32	1.1	7.24	23.7
	12:45	4.96	16.3	2.16	7.1		07:33	7.54	24.7	7.22	23.7
	19:14	2.83	9.3	2.13	7.0		13:53	0.48	1.6	7.06	23.2
					19:54		7.42	24.3	6.93	22.8	
22 Thu	01:26	5.21	17.1	2.38	7.8	30 Fri	02:14	0.52	1.7	6.89	22.6
	08:10	2.53	8.3	2.69	8.8		08:17	7.25	23.8	6.72	22.1
	14:19	5.26	17.2	2.73	9.0		14:35	0.83	2.7	6.42	21.0
	20:40	2.45	8.0	2.81	9.2		20:38	7.10	23.3	6.27	20.6
23 Fri	02:47	5.65	18.5	3.20	10.5						
	09:18	2.01	6.6	3.64	11.9						
	15:25	5.80	19.0	3.79	12.4						
	21:41	1.90	6.2	3.91	12.8						
24 Sat	03:45	6.22	20.4	4.32	14.2						
	10:12	1.44	4.7	4.78	15.7						
	16:16	6.39	21.0	4.94	16.2						
	22:32	1.34	4.4	5.05	16.6						

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
1 Sat	02:58	0.90	3.0	6.20	20.4	9 Sun	04:46	6.46	21.2	4.85	15.9
	09:02	6.78	22.3	5.88	19.3		11:05	1.41	4.6	5.05	16.6
	15:18	1.32	4.3	5.47	17.9		17:07	6.41	21.0	5.00	16.4
	21:24	6.66	21.9	5.35	17.5		23:23	1.42	4.7	4.98	16.4
2 Sun	03:45	1.40	4.6	5.27	17.3	10 Mon	05:24	6.60	21.7	5.18	17.0
	09:52	6.23	20.5	4.84	15.9		11:39	1.28	4.2	5.32	17.5
	16:06	1.84	6.1	4.39	14.4		17:41	6.57	21.6	5.29	17.4
	22:18	6.17	20.3	4.33	14.2		23:57	1.31	4.3	5.26	17.3
3 Mon ☾	04:42	1.90	6.2	4.27	14.0	11 Tue ●	05:57	6.68	21.9	5.37	17.6
	10:50	5.70	18.7	3.79	12.4		12:11	1.22	4.0	5.46	17.9
	17:06	2.32	7.6	3.37	11.1		18:12	6.67	21.9	5.45	17.9
	23:23	5.75	18.9	3.43	11.2						
4 Tue	05:57	2.28	7.5	3.47	11.4	12 Wed	00:28	1.26	4.1	5.41	17.8
	12:03	5.31	17.4	3.03	9.9		06:29	6.70	22.0	5.44	17.9
	18:32	2.60	8.5	2.72	8.9		12:42	1.21	4.0	5.49	18.0
							18:43	6.70	22.0	5.49	18.0
5 Wed	00:43	5.54	18.2	2.94	9.7	13 Thu	00:59	1.27	4.2	5.44	17.8
	07:26	2.37	7.8	3.17	10.4		07:00	6.66	21.9	5.39	17.7
	13:31	5.25	17.2	2.87	9.4		13:12	1.27	4.2	5.39	17.7
	20:03	2.52	8.3	2.73	8.9		19:12	6.68	21.9	5.40	17.7
6 Thu	02:06	5.64	18.5	3.12	10.2	14 Fri	01:30	1.35	4.4	5.33	17.5
	08:42	2.18	7.1	3.46	11.3		07:30	6.56	21.5	5.21	17.1
	14:49	5.50	18.0	3.32	10.9		13:42	1.40	4.6	5.16	16.9
	21:12	2.22	7.3	3.28	10.7		19:42	6.58	21.6	5.18	17.0
7 Fri	03:13	5.93	19.4	3.71	12.2	15 Sat	02:00	1.49	4.9	5.09	16.7
	09:41	1.88	6.2	4.05	13.3		08:02	6.39	21.0	4.89	16.1
	15:45	5.85	19.2	3.97	13.0		14:13	1.58	5.2	4.80	15.8
	22:04	1.88	6.2	3.97	13.0		20:14	6.42	21.1	4.83	15.9
8 Sat	04:04	6.23	20.4	4.34	14.2	16 Sun	02:33	1.70	5.6	4.72	15.5
	10:27	1.61	5.3	4.62	15.2		08:35	6.16	20.2	4.46	14.6
	16:30	6.17	20.2	4.56	15.0		14:45	1.82	6.0	4.34	14.2
	22:46	1.61	5.3	4.56	14.9		20:48	6.19	20.3	4.37	14.3

Spring is seabird nesting time. Please avoid sensitive sea cliff areas and follow the Pembrokeshire Marine Code (now 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
17 Mon	03:09	1.94	6.4	4.25	14.0	25 Tue	04:50	7.06	23.2	6.04	19.8
	09:12	5.88	19.3	3.94	12.9		11:16	0.78	2.6	6.28	20.6
	15:23	2.09	6.8	3.79	12.5		17:17	7.13	23.4	6.35	20.8
	21:27	5.93	19.5	3.84	12.6		23:37	0.72	2.4	6.41	21.0
18 Tue	03:51	2.19	7.2	3.74	12.3	26 Wed	05:39	7.30	23.9	6.58	21.6
	09:57	5.59	18.3	3.40	11.2		12:03	0.61	2.0	6.68	21.9
	16:09	2.35	7.7	3.24	10.6		○ 18:04	7.34	24.1	6.73	22.1
	22:18	5.67	18.6	3.32	10.9						
19 Wed)	04:47	2.39	7.9	3.28	10.7	27 Thu	00:25	0.56	1.8	6.79	22.3
	10:56	5.35	17.5	2.95	9.7		06:27	7.37	24.2	6.82	22.4
	17:10	2.54	8.3	2.80	9.2		12:50	0.60	2.0	6.77	22.2
	23:26	5.49	18.0	2.95	9.7		18:51	7.40	24.3	6.80	22.3
20 Thu	06:00	2.46	8.1	3.03	10.0	28 Fri	01:13	0.55	1.8	6.85	22.5
	12:12	5.27	17.3	2.81	9.2		07:15	7.28	23.9	6.73	22.1
	18:32	2.55	8.4	2.71	8.9		13:36	0.74	2.4	6.55	21.5
					19:38		7.30	24.0	6.57	21.5	
21 Fri	00:45	5.53	18.2	2.98	9.8	29 Sat	02:00	0.71	2.3	6.59	21.6
	07:24	2.28	7.5	3.25	10.7		08:03	7.04	23.1	6.33	20.8
	13:33	5.46	17.9	3.17	10.4		14:21	1.01	3.3	6.03	19.8
	19:53	2.30	7.5	3.16	10.4		20:25	7.06	23.2	6.05	19.9
22 Sat	02:00	5.82	19.1	3.53	11.6	30 Sun	02:48	1.01	3.3	6.06	19.9
	08:34	1.91	6.3	3.91	12.8		08:51	6.67	21.9	5.66	18.6
	14:41	5.87	19.2	3.95	13.0		15:07	1.38	4.5	5.29	17.4
	20:59	1.88	6.2	3.99	13.1		21:15	6.72	22.1	5.35	17.5
23 Sun	03:04	6.26	20.5	4.38	14.4	31 Mon	03:38	1.39	4.6	5.34	17.5
	09:33	1.48	4.8	4.78	15.7		09:42	6.24	20.5	4.85	15.9
	15:38	6.35	20.8	4.87	16.0		15:57	1.78	5.8	4.46	14.6
	21:56	1.42	4.7	4.92	16.2		22:06	6.34	20.8	4.56	15.0
24 Mon	03:59	6.70	22.0	5.28	17.3						
	10:26	1.08	3.5	5.62	18.4						
	16:29	6.79	22.3	5.71	18.7						
	22:48	1.02	3.3	5.77	18.9						

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
1 Tue	04:33	1.78	5.8	4.56	15.0	9 Wed	05:27	6.37	20.9	4.73	15.5
	10:36	5.82	19.1	4.03	13.2		11:41	1.52	5.0	4.85	15.9
	16:52	2.15	7.1	3.66	12.0		17:44	6.44	21.1	4.92	16.1
	23:04	5.99	19.6	3.83	12.6						
2 Wed ☾	05:35	2.10	6.9	3.89	12.8	10 Thu ●	00:01	1.54	5.0	4.90	16.1
	11:36	5.50	18.0	3.40	11.1		06:03	6.44	21.1	4.90	16.1
	17:59	2.40	7.9	3.09	10.1		12:15	1.46	4.8	4.98	16.3
						18:18	6.54	21.5	5.07	16.6	
3 Thu	00:09	5.75	18.8	3.34	11.0	11 Fri	00:36	1.49	4.9	5.05	16.6
	06:44	2.26	7.4	3.48	11.4		06:37	6.46	21.2	4.98	16.3
	12:46	5.35	17.5	3.09	10.1		12:49	1.45	4.8	5.01	16.4
	19:13	2.47	8.1	2.88	9.5		18:51	6.58	21.6	5.12	16.8
4 Fri	01:18	5.67	18.6	3.20	10.5	12 Sat	01:10	1.49	4.9	5.09	16.7
	07:52	2.25	7.4	3.42	11.2		07:12	6.44	21.1	4.95	16.2
	13:57	5.41	17.7	3.16	10.4		13:23	1.49	4.9	4.95	16.2
	20:21	2.36	7.7	3.05	10.0		19:25	6.56	21.5	5.07	16.6
5 Sat	02:24	5.75	18.9	3.39	11.1	13 Sun	01:45	1.53	5.0	5.03	16.5
	08:52	2.12	6.9	3.64	11.9		07:46	6.36	20.9	4.83	15.8
	14:57	5.61	18.4	3.49	11.5		13:57	1.57	5.1	4.79	15.7
	21:18	2.17	7.1	3.44	11.3		20:00	6.48	21.3	4.92	16.1
6 Sun	03:20	5.92	19.4	3.75	12.3	14 Mon	02:21	1.62	5.3	4.87	16.0
	09:42	1.94	6.4	3.98	13.1		08:23	6.23	20.5	4.62	15.1
	15:48	5.86	19.2	3.92	12.9		14:34	1.69	5.5	4.54	14.9
	22:06	1.96	6.4	3.90	12.8		20:38	6.36	20.9	4.67	15.3
7 Mon	04:07	6.10	20.0	4.13	13.6	15 Tue	03:00	1.74	5.7	4.62	15.2
	10:26	1.77	5.8	4.33	14.2		09:03	6.07	19.9	4.33	14.2
	16:30	6.10	20.0	4.33	14.2		15:14	1.84	6.0	4.23	13.9
	22:48	1.78	5.8	4.32	14.2		21:20	6.20	20.3	4.36	14.3
8 Tue	04:49	6.25	20.5	4.47	14.7	16 Wed	03:44	1.87	6.1	4.33	14.2
	11:05	1.63	5.3	4.63	15.2		09:48	5.88	19.3	4.01	13.2
	17:09	6.29	20.6	4.67	15.3		16:00	2.01	6.6	3.88	12.7
	23:26	1.64	5.4	4.66	15.3		22:09	6.04	19.8	4.03	13.2

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
17 Thu	04:33	1.99	6.5	4.04	13.3	25 Fri	00:10	0.85	2.8	6.22	20.4
	10:40	5.72	18.8	3.72	12.2		06:14	7.03	23.1	6.18	20.3
	16:53	2.14	7.0	3.57	11.7		12:35	0.90	3.0	6.13	20.1
	23:06	5.91	19.4	3.76	12.3		18:38	7.20	23.6	6.30	20.7
18 Fri ☾	05:32	2.06	6.8	3.84	12.6	26 Sat	01:01	0.78	2.6	6.42	21.1
	11:42	5.63	18.5	3.56	11.7		07:05	7.03	23.0	6.25	20.5
	17:57	2.20	7.2	3.42	11.2		13:23	0.93	3.1	6.09	20.0
19 Sat	00:10	5.87	19.3	3.67	12.0	27 Sun	01:51	0.83	2.7	6.38	20.9
	06:40	2.04	6.7	3.83	12.6		07:53	6.90	22.6	6.07	19.9
	12:51	5.67	18.6	3.63	11.9		14:10	1.07	3.5	5.83	19.1
	19:08	2.13	7.0	3.54	11.6		20:15	7.08	23.2	6.02	19.7
20 Sun	01:18	5.96	19.6	3.84	12.6	28 Mon	02:39	1.00	3.3	6.08	20.0
	07:50	1.89	6.2	4.08	13.4		08:40	6.67	21.9	5.67	18.6
	13:59	5.87	19.3	3.98	13.1		14:55	1.29	4.2	5.38	17.6
	20:18	1.91	6.3	3.96	13.0		21:01	6.86	22.5	5.56	18.2
21 Mon	02:25	6.18	20.3	4.26	14.0	29 Tue	03:25	1.27	4.2	5.59	18.3
	08:56	1.65	5.4	4.52	14.8		09:25	6.37	20.9	5.10	16.7
	15:02	6.18	20.3	4.53	14.9		15:40	1.58	5.2	4.79	15.7
	21:22	1.62	5.3	4.56	15.0		21:48	6.56	21.5	4.97	16.3
22 Tue	03:27	6.45	21.2	4.83	15.9	30 Wed	04:11	1.58	5.2	4.98	16.3
	09:57	1.39	4.6	5.06	16.6		10:11	6.04	19.8	4.46	14.6
	16:00	6.53	21.4	5.14	16.9		16:26	1.89	6.2	4.15	13.6
	22:22	1.31	4.3	5.22	17.1		22:35	6.23	20.4	4.33	14.2
23 Wed	04:26	6.72	22.0	5.41	17.7						
	10:52	1.15	3.8	5.57	18.3						
	16:55	6.84	22.4	5.68	18.7						
	23:18	1.04	3.4	5.80	19.0						
24 Thu ☉	05:21	6.92	22.7	5.88	19.3						
	11:45	0.98	3.2	5.94	19.5						
	17:48	7.07	23.2	6.09	20.0						

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		
1 Thu ☾	04:58	1.89	6.2	4.33	14.2	9 Fri	05:42	6.23	20.5	4.49	14.7
	10:59	5.72	18.8	3.83	12.6		11:54	1.64	5.4	4.60	15.1
	17:15	2.18	7.1	3.54	11.6		17:59	6.44	21.1	4.80	15.7
	23:26	5.91	19.4	3.74	12.3						
2 Fri	05:50	2.16	7.1	3.76	12.3	10 Sat ●	00:18	1.59	5.2	4.84	15.9
	11:52	5.47	17.9	3.31	10.9		06:20	6.37	20.9	4.77	15.7
	18:11	2.40	7.9	3.07	10.1		12:31	1.51	5.0	4.85	15.9
					18:36		6.57	21.6	5.06	16.6	
3 Sat	00:22	5.67	18.6	3.27	10.7	11 Sun	00:56	1.47	4.8	5.10	16.7
	06:47	2.34	7.7	3.33	10.9		06:57	6.45	21.2	4.98	16.3
	12:54	5.33	17.5	2.99	9.8		13:08	1.43	4.7	5.03	16.5
	19:15	2.52	8.3	2.81	9.2		19:12	6.66	21.9	5.24	17.2
4 Sun	01:24	5.54	18.2	3.02	9.9	12 Mon	01:33	1.39	4.6	5.27	17.3
	07:50	2.40	7.9	3.14	10.3		07:34	6.49	21.3	5.10	16.7
	14:00	5.34	17.5	2.95	9.7		13:45	1.38	4.5	5.11	16.8
	20:22	2.49	8.2	2.85	9.3		19:50	6.69	22.0	5.31	17.4
5 Mon	02:28	5.55	18.2	3.05	10.0	13 Tue	02:11	1.35	4.4	5.34	17.5
	08:51	2.33	7.6	3.22	10.6		08:12	6.48	21.3	5.13	16.8
	15:01	5.50	18.0	3.17	10.4		14:24	1.39	4.6	5.09	16.7
	21:23	2.35	7.7	3.15	10.3		20:28	6.67	21.9	5.28	17.3
6 Tue	03:26	5.68	18.6	3.32	10.9	14 Wed	02:50	1.37	4.5	5.30	17.4
	09:46	2.17	7.1	3.51	11.5		08:51	6.41	21.0	5.04	16.5
	15:54	5.74	18.8	3.57	11.7		15:03	1.46	4.8	4.95	16.2
	22:14	2.15	7.1	3.59	11.8		21:09	6.59	21.6	5.13	16.8
7 Wed	04:17	5.87	19.3	3.72	12.2	15 Thu	03:30	1.45	4.8	5.14	16.9
	10:33	1.98	6.5	3.89	12.8		09:33	6.28	20.6	4.83	15.8
	16:40	6.01	19.7	4.02	13.2		15:45	1.58	5.2	4.70	15.4
	23:00	1.94	6.4	4.07	13.3		21:53	6.45	21.2	4.87	16.0
8 Thu	05:01	6.06	19.9	4.12	13.5	16 Fri	04:15	1.58	5.2	4.87	16.0
	11:15	1.80	5.9	4.27	14.0		10:20	6.11	20.0	4.53	14.9
	17:21	6.24	20.5	4.45	14.6		16:31	1.75	5.7	4.36	14.3
	23:40	1.75	5.7	4.49	14.7		22:41	6.27	20.6	4.53	14.8

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
17 Sat)	05:03	1.75	5.7	4.52	14.8	25 Sun	00:54	0.87	2.9	6.24	20.5
	11:12	5.93	19.5	4.18	13.7		06:56	6.92	22.7	6.04	19.8
	17:24	1.92	6.3	4.01	13.1		13:12	0.98	3.2	5.94	19.5
	23:37	6.09	20.0	4.17	13.7		19:16	7.22	23.7	6.24	20.5
18 Sun	06:00	1.92	6.3	4.18	13.7	26 Mon	01:39	0.83	2.7	6.39	21.0
	12:13	5.79	19.0	3.88	12.7		07:40	6.91	22.7	6.08	20.0
	18:28	2.06	6.8	3.74	12.3		13:56	1.00	3.3	5.91	19.4
							20:00	7.18	23.6	6.18	20.3
19 Mon	00:42	5.95	19.5	3.90	12.8	27 Tue	02:22	0.91	3.0	6.27	20.6
	07:09	2.01	6.6	3.94	12.9		08:21	6.78	22.2	5.87	19.3
	13:22	5.77	18.9	3.76	12.3		14:36	1.13	3.7	5.65	18.5
	19:42	2.07	6.8	3.70	12.1		20:41	7.01	23.0	5.88	19.3
20 Tue	01:54	5.94	19.5	3.86	12.7	28 Wed	03:02	1.11	3.6	5.90	19.4
	08:25	1.98	6.5	3.96	13.0		09:00	6.56	21.5	5.45	17.9
	14:34	5.92	19.4	3.94	12.9		15:14	1.36	4.5	5.20	17.1
	20:59	1.92	6.3	4.00	13.1		21:20	6.74	22.1	5.38	17.7
21 Wed	03:06	6.07	19.9	4.15	13.6	29 Thu	03:39	1.40	4.6	5.34	17.5
	09:37	1.79	5.9	4.28	14.0		09:38	6.27	20.6	4.87	16.0
	15:42	6.21	20.4	4.41	14.5		15:51	1.66	5.4	4.61	15.1
	22:08	1.64	5.4	4.57	15.0		21:58	6.40	21.0	4.75	15.6
22 Thu	04:14	6.31	20.7	4.68	15.3	30 Fri	04:15	1.73	5.7	4.68	15.3
	10:39	1.53	5.0	4.78	15.7		10:15	5.95	19.5	4.22	13.8
	16:44	6.56	21.5	5.03	16.5		16:27	1.99	6.5	3.96	13.0
	23:09	1.32	4.3	5.24	17.2		22:38	6.04	19.8	4.05	13.3
23 Fri	05:15	6.58	21.6	5.27	17.3	31 Sat)	04:53	2.07	6.8	3.97	13.0
	11:36	1.27	4.2	5.31	17.4		10:56	5.62	18.4	3.56	11.7
	17:40	6.88	22.6	5.61	18.4		17:09	2.32	7.6	3.30	10.8
							23:22	5.68	18.6	3.35	11.0
24 Sat ○	00:03	1.05	3.4	5.84	19.1						
	06:08	6.80	22.3	5.76	18.9						
	12:26	1.07	3.5	5.73	18.8						
	18:30	7.11	23.3	6.04	19.8						

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
1 Sun	05:39	2.39	7.8	3.29	10.8	9 Mon	00:40	1.29	4.2	5.44	17.8
	11:45	5.34	17.5	2.95	9.7		06:41	6.65	21.8	5.36	17.6
	18:03	2.62	8.6	2.72	8.9		12:52	1.21	4.0	5.44	17.8
					18:57		6.92	22.7	5.71	18.7	
2 Mon	00:17	5.37	17.6	2.75	9.0	10 Tue	01:18	1.09	3.6	5.83	19.1
	06:38	2.63	8.6	2.74	9.0		07:18	6.80	22.3	5.71	18.7
	12:50	5.15	16.9	2.52	8.3		13:30	1.07	3.5	5.73	18.8
	19:15	2.79	9.2	2.36	7.7		19:33	7.05	23.1	5.98	19.6
3 Tue	01:29	5.20	17.1	2.41	7.9	11 Wed	01:55	0.98	3.2	6.07	19.9
	07:53	2.71	8.9	2.49	8.2		07:55	6.87	22.5	5.89	19.3
	14:10	5.17	17.0	2.46	8.1		14:08	1.01	3.3	5.86	19.2
	20:37	2.74	9.0	2.43	8.0		20:12	7.08	23.2	6.07	19.9
4 Wed	02:45	5.27	17.3	2.53	8.3	12 Thu	02:33	0.96	3.2	6.11	20.1
	09:07	2.58	8.5	2.69	8.8		08:33	6.83	22.4	5.87	19.2
	15:21	5.42	17.8	2.84	9.3		14:46	1.05	3.5	5.77	18.9
	21:45	2.49	8.2	2.93	9.6		20:51	7.00	23.0	5.94	19.5
5 Thu	03:50	5.52	18.1	3.03	10.0	13 Fri	03:11	1.07	3.5	5.93	19.4
	10:06	2.30	7.6	3.22	10.6		09:13	6.68	21.9	5.61	18.4
	16:16	5.78	19.0	3.47	11.4		15:25	1.22	4.0	5.46	17.9
	22:38	2.16	7.1	3.62	11.9		21:31	6.80	22.3	5.58	18.3
6 Fri	04:41	5.84	19.2	3.69	12.1	14 Sat	03:51	1.30	4.3	5.50	18.1
	10:54	1.99	6.5	3.86	12.7		09:54	6.44	21.1	5.14	16.9
	17:01	6.14	20.1	4.15	13.6		16:07	1.49	4.9	4.95	16.2
	23:22	1.83	6.0	4.31	14.1		22:15	6.51	21.3	5.02	16.5
7 Sat	05:24	6.16	20.2	4.33	14.2	15 Sun ☾	04:34	1.62	5.3	4.89	16.0
	11:36	1.69	5.5	4.47	14.7		10:42	6.13	20.1	4.51	14.8
	17:41	6.46	21.2	4.77	15.7		16:55	1.82	6.0	4.31	14.1
					23:06		6.14	20.1	4.32	14.2	
8 Sun ●	00:02	1.54	5.0	4.93	16.2	16 Mon	05:27	1.98	6.5	4.16	13.6
	06:03	6.43	21.1	4.90	16.1		11:40	5.81	19.1	3.82	12.5
	12:14	1.43	4.7	5.00	16.4		17:57	2.15	7.1	3.66	12.0
	18:19	6.73	22.1	5.30	17.4						

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
17	00:12	5.78	19.0	3.64	11.9	25	01:57	0.86	2.8	6.41	21.0
Tue	06:37	2.29	7.5	3.49	11.5	Wed	07:56	6.92	22.7	6.06	19.9
	12:54	5.60	18.4	3.31	10.9		14:09	1.02	3.3	5.90	19.3
	19:21	2.34	7.7	3.26	10.7		20:13	7.11	23.3	6.09	20.0
18	01:33	5.59	18.4	3.26	10.7	26	02:30	1.04	3.4	6.07	19.9
Wed	08:09	2.37	7.8	3.23	10.6	Thu	08:29	6.73	22.1	5.70	18.7
	14:19	5.66	18.6	3.30	10.8		14:42	1.23	4.0	5.50	18.1
	20:52	2.21	7.3	3.45	11.3		20:46	6.85	22.5	5.62	18.4
19	03:00	5.71	18.7	3.50	11.5	27	03:01	1.30	4.3	5.55	18.2
Thu	09:31	2.13	7.0	3.58	11.7	Fri	09:00	6.48	21.3	5.17	17.0
	15:39	6.01	19.7	3.87	12.7		15:12	1.53	5.0	4.95	16.2
	22:06	1.85	6.1	4.16	13.6		21:18	6.53	21.4	5.00	16.4
20	04:15	6.06	19.9	4.21	13.8	28	03:31	1.64	5.4	4.89	16.0
Fri	10:36	1.75	5.7	4.31	14.1	Sat	09:31	6.17	20.2	4.53	14.9
	16:42	6.47	21.2	4.72	15.5		15:42	1.88	6.2	4.29	14.1
	23:07	1.43	4.7	5.04	16.5		21:51	6.15	20.2	4.27	14.0
21	05:12	6.46	21.2	5.03	16.5	29	04:01	2.01	6.6	4.13	13.6
Sat	11:30	1.38	4.5	5.09	16.7	Sun	10:05	5.82	19.1	3.81	12.5
	17:34	6.88	22.6	5.51	18.1		16:15	2.27	7.4	3.55	11.7
	23:57	1.08	3.6	5.80	19.0		22:27	5.73	18.8	3.47	11.4
22	06:00	6.78	22.2	5.69	18.7	30	04:37	2.40	7.9	3.33	10.9
Sun	12:16	1.09	3.6	5.68	18.6	Mon	10:45	5.45	17.9	3.05	10.0
☉	18:19	7.17	23.5	6.07	19.9		16:57	2.66	8.7	2.79	9.2
							23:14	5.32	17.4	2.66	8.7
23	00:42	0.87	2.8	6.30	20.7	31	05:27	2.78	9.1	2.54	8.3
Mon	06:42	6.96	22.8	6.09	20.0	Tue	11:41	5.12	16.8	2.34	7.7
	12:57	0.94	3.1	6.02	19.7		18:07	2.99	9.8	2.13	7.0
	19:00	7.29	23.9	6.35	20.8						
24	01:21	0.79	2.6	6.49	21.3						
Tue	07:21	7.00	23.0	6.20	20.3						
	13:35	0.92	3.0	6.08	19.9						
	19:38	7.26	23.8	6.35	20.8						

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
1 Wed	00:23	4.99	16.4	2.00	6.6	9 Thu	01:33	0.65	2.1	6.77	22.2
	06:50	3.02	9.9	1.97	6.5		07:33	7.26	23.8	6.61	21.7
	13:09	4.97	16.3	1.95	6.4		13:47	0.69	2.3	6.57	21.6
	19:52	3.05	10.0	1.92	6.3		19:49	7.45	24.4	6.75	22.2
2 Thu	02:04	4.96	16.3	1.91	6.3	10 Fri	02:10	0.67	2.2	6.77	22.2
	08:30	2.93	9.6	2.03	6.7		08:11	7.21	23.7	6.53	21.4
	14:49	5.19	17.0	2.27	7.4		14:24	0.78	2.6	6.43	21.1
	21:20	2.74	9.0	2.46	8.1		20:28	7.31	24.0	6.53	21.4
3 Fri	03:26	5.29	17.3	2.55	8.4	11 Sat	02:48	0.87	2.9	6.44	21.1
	09:41	2.55	8.4	2.73	9.0		08:49	7.00	23.0	6.13	20.1
	15:53	5.65	18.5	3.10	10.2		15:03	1.03	3.4	5.98	19.6
	22:17	2.28	7.5	3.37	11.1		21:08	7.01	23.0	5.99	19.6
4 Sat	04:20	5.75	18.9	3.47	11.4	12 Sun	03:27	1.22	4.0	5.79	19.0
	10:31	2.10	6.9	3.65	12.0		09:30	6.66	21.9	5.44	17.9
	16:39	6.14	20.2	4.04	13.3		15:45	1.41	4.6	5.25	17.2
	23:01	1.81	5.9	4.33	14.2		21:51	6.58	21.6	5.17	16.9
5 Sun	05:02	6.21	20.4	4.40	14.4	13 Mon	04:09	1.69	5.5	4.89	16.0
	11:13	1.66	5.4	4.55	14.9		10:16	6.23	20.4	4.54	14.9
	17:18	6.59	21.6	4.93	16.2		16:33	1.88	6.2	4.35	14.3
	23:40	1.39	4.6	5.20	17.1		22:43	6.05	19.8	4.17	13.7
6 Mon	05:41	6.62	21.7	5.23	17.2	14 Tue	05:01	2.20	7.2	3.85	12.6
	11:52	1.27	4.2	5.35	17.5		11:16	5.78	18.9	3.58	11.7
	17:57	6.97	22.9	5.69	18.7		17:37	2.35	7.7	3.43	11.3
7 Tue	00:18	1.04	3.4	5.93	19.5	15 Wed	06:18	2.61	8.6	2.94	9.7
	06:18	6.95	22.8	5.91	19.4		12:39	5.48	18.0	2.87	9.4
	12:30	0.97	3.2	5.98	19.6		19:18	2.57	8.4	2.91	9.5
	18:34	7.25	23.8	6.28	20.6						
8 Wed	00:55	0.78	2.6	6.47	21.2	16 Thu	01:27	5.33	17.5	2.76	9.1
	06:55	7.17	23.5	6.39	21.0		08:08	2.65	8.7	2.69	8.8
	13:09	0.76	2.5	6.40	21.0		14:17	5.58	18.3	2.94	9.6
	19:12	7.42	24.3	6.65	21.8		20:55	2.35	7.7	3.24	10.6

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
17 Fri	03:06	5.58	18.3	3.23	10.6	25 Sat	02:24	1.33	4.4	5.56	18.2
	09:32	2.28	7.5	3.30	10.8		08:24	6.64	21.8	5.31	17.4
	15:38	6.04	19.8	3.76	12.3		14:36	1.52	5.0	5.12	16.8
	22:06	1.88	6.2	4.16	13.6		20:41	6.59	21.6	5.07	16.6
18 Sat	04:13	6.06	19.9	4.18	13.7	26 Sun	02:51	1.64	5.4	4.94	16.2
	10:32	1.80	5.9	4.26	14.0		08:52	6.36	20.9	4.71	15.5
	16:35	6.56	21.5	4.76	15.6		15:03	1.86	6.1	4.50	14.8
	23:00	1.42	4.7	5.13	16.8		21:10	6.22	20.4	4.36	14.3
19 Sun	05:03	6.51	21.4	5.09	16.7	27 Mon	03:19	2.01	6.6	4.21	13.8
	11:19	1.39	4.5	5.13	16.8		09:22	6.02	19.7	4.01	13.1
	17:21	6.96	22.8	5.58	18.3		15:34	2.25	7.4	3.77	12.4
	23:44	1.09	3.6	5.87	19.3		21:43	5.81	19.1	3.56	11.7
20 Mon ○	05:44	6.83	22.4	5.74	18.8	28 Tue	03:51	2.42	7.9	3.39	11.1
	12:00	1.11	3.6	5.73	18.8		09:57	5.64	18.5	3.22	10.6
	18:00	7.21	23.6	6.10	20.0		16:12	2.67	8.8	2.97	9.7
							22:24	5.37	17.6	2.70	8.8
21 Tue	00:21	0.91	3.0	6.30	20.7	29 Wed ☾	04:34	2.83	9.3	2.53	8.3
	06:21	7.01	23.0	6.10	20.0		10:47	5.25	17.2	2.42	7.9
	12:36	0.97	3.2	6.04	19.8		17:12	3.05	10.0	2.19	7.2
	18:37	7.29	23.9	6.32	20.7		23:27	4.97	16.3	1.91	6.3
22 Wed	00:55	0.86	2.8	6.43	21.1	30 Thu	05:48	3.16	10.4	1.80	5.9
	06:54	7.05	23.1	6.19	20.3		12:10	4.98	16.3	1.81	6.0
	13:08	0.96	3.1	6.10	20.0		19:06	3.19	10.5	1.79	5.9
	19:10	7.25	23.8	6.30	20.7						
23 Thu	01:27	0.93	3.0	6.33	20.8						
	07:26	7.00	23.0	6.07	19.9						
	13:39	1.05	3.4	5.95	19.5						
	19:42	7.11	23.3	6.06	19.9						
24 Fri	01:56	1.08	3.6	6.03	19.8						
	07:55	6.86	22.5	5.77	18.9						
	14:08	1.24	4.1	5.61	18.4						
	20:12	6.89	22.6	5.64	18.5						

Autumn is seal pupping season. Please follow the
Pembrokeshire Marine Code (now 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
1 Fri	01:15	4.84	15.9	1.65	5.4	9 Sat	01:47	0.60	2.0	7.05	23.1
	07:47	3.14	10.3	1.70	5.6		07:47	7.45	24.5	6.85	22.5
	14:06	5.12	16.8	1.98	6.5		14:03	0.69	2.3	6.76	22.2
	20:45	2.87	9.4	2.25	7.4		20:06	7.44	24.4	6.75	22.2
2 Sat	02:54	5.19	17.0	2.32	7.6	10 Sun	02:26	0.87	2.9	6.57	21.6
	09:08	2.72	8.9	2.47	8.1		08:27	7.20	23.6	6.32	20.7
	15:19	5.61	18.4	2.90	9.5		14:45	1.01	3.3	6.19	20.3
	21:45	2.33	7.7	3.28	10.8		20:48	7.05	23.1	6.05	19.8
3 Sun	03:50	5.74	18.8	3.40	11.2	11 Mon	03:06	1.31	4.3	5.75	18.9
	10:01	2.17	7.1	3.57	11.7		09:10	6.79	22.3	5.48	18.0
	16:07	6.18	20.3	4.01	13.2		15:29	1.47	4.8	5.32	17.5
	22:31	1.78	5.8	4.40	14.4		21:35	6.52	21.4	5.06	16.6
4 Mon	04:33	6.30	20.7	4.52	14.8	12 Tue	03:51	1.85	6.1	4.68	15.3
	10:45	1.64	5.4	4.66	15.3		10:00	6.29	20.6	4.45	14.6
	16:48	6.71	22.0	5.07	16.6		16:21	2.00	6.6	4.29	14.1
	23:12	1.28	4.2	5.44	17.8		22:30	5.93	19.5	3.93	12.9
5 Tue	05:12	6.80	22.3	5.52	18.1	13 Wed ☾	04:47	2.39	7.9	3.54	11.6
	11:25	1.18	3.9	5.62	18.4		11:04	5.81	19.1	3.42	11.2
	17:27	7.16	23.5	5.98	19.6		17:33	2.47	8.1	3.34	11.0
	23:51	0.88	2.9	6.28	20.6		23:45	5.44	17.8	2.97	9.7
6 Wed ●	05:51	7.19	23.6	6.31	20.7	14 Thu	06:15	2.78	9.1	2.66	8.7
	12:05	0.83	2.7	6.36	20.9		12:31	5.54	18.2	2.76	9.1
	18:06	7.48	24.6	6.66	21.8		19:18	2.61	8.6	2.93	9.6
7 Thu	00:29	0.62	2.0	6.87	22.5	15 Fri	01:24	5.30	17.4	2.69	8.8
	06:29	7.44	24.4	6.83	22.4		08:03	2.71	8.9	2.59	8.5
	12:44	0.61	2.0	6.83	22.4		14:09	5.70	18.7	2.99	9.8
	18:46	7.66	25.1	7.05	23.1		20:48	2.32	7.6	3.37	11.1
8 Fri	01:08	0.51	1.7	7.14	23.4	16 Sat	02:57	5.62	18.4	3.30	10.8
	07:08	7.54	24.7	7.02	23.0		09:19	2.30	7.6	3.32	10.9
	13:24	0.56	1.8	6.98	22.9		15:22	6.14	20.1	3.84	12.6
	19:26	7.65	25.1	7.09	23.3		21:52	1.88	6.2	4.26	14.0

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 30 Oct

Date	Time	Height		Range		Date	Time	Height		Range	
		m	ft	m	ft			m	ft	m	ft
17 Sun	03:56	6.10	20.0	4.22	13.8	25 Mon	02:19	1.71	5.6	4.86	15.9
	10:15	1.84	6.0	4.25	14.0		08:21	6.48	21.3	4.77	15.6
	16:15	6.59	21.6	4.75	15.6		14:36	1.90	6.2	4.58	15.0
	22:40	1.49	4.9	5.10	16.7		20:39	6.25	20.5	4.36	14.3
18 Mon	04:42	6.51	21.3	5.02	16.5	26 Tue	02:48	2.04	6.7	4.22	13.8
	10:58	1.48	4.9	5.03	16.5		08:51	6.18	20.3	4.14	13.6
	16:58	6.91	22.7	5.43	17.8		15:07	2.24	7.4	3.93	12.9
	23:20	1.23	4.0	5.68	18.6		21:12	5.88	19.3	3.64	11.9
19 Tue	05:20	6.79	22.3	5.56	18.2	27 Wed	03:21	2.40	7.9	3.48	11.4
	11:35	1.25	4.1	5.53	18.2		09:27	5.83	19.1	3.43	11.2
	17:36	7.09	23.3	5.84	19.2		15:47	2.61	8.6	3.22	10.6
	23:54	1.10	3.6	5.99	19.7		21:53	5.48	18.0	2.87	9.4
20 Wed ○	05:54	6.94	22.8	5.84	19.2	28 Thu ☾	04:03	2.77	9.1	2.71	8.9
	12:09	1.15	3.8	5.79	19.0		10:15	5.47	17.9	2.70	8.8
	18:09	7.14	23.4	5.99	19.7		16:42	2.94	9.6	2.53	8.3
					22:53		5.12	16.8	2.18	7.1	
21 Thu	00:25	1.07	3.5	6.08	19.9	29 Fri	05:09	3.08	10.1	2.04	6.7
	06:26	7.00	23.0	5.93	19.5		11:28	5.20	17.0	2.12	7.0
	12:39	1.14	3.7	5.86	19.2		18:15	3.09	10.1	2.11	6.9
	18:41	7.11	23.3	5.97	19.6						
22 Fri	00:55	1.12	3.7	5.99	19.7	30 Sat	00:24	4.96	16.3	1.87	6.1
	06:55	6.98	22.9	5.86	19.2		06:54	3.11	10.2	1.85	6.1
	13:09	1.22	4.0	5.76	18.9		13:07	5.23	17.2	2.12	7.0
	19:12	7.00	23.0	5.78	19.0		19:56	2.84	9.3	2.39	7.9
23 Sat	01:24	1.24	4.1	5.76	18.9	31 Sun GMT	02:02	5.22	17.1	2.38	7.8
	07:24	6.88	22.6	5.64	18.5		08:22	2.76	9.1	2.46	8.1
	13:38	1.37	4.5	5.51	18.1		14:30	5.64	18.5	2.88	9.4
	19:40	6.82	22.4	5.45	17.9		21:02	2.35	7.7	3.29	10.8
24 Sun	01:51	1.44	4.7	5.38	17.7						
	07:52	6.72	22.0	5.27	17.3						
	14:06	1.60	5.3	5.11	16.8						
	20:09	6.57	21.6	4.97	16.3						

Visit 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
1 Mon	03:07	5.74	18.8	3.39	11.1	9 Tue	02:54	1.41	4.6	5.57	18.3
	09:21	2.24	7.3	3.50	11.5		08:59	6.88	22.6	5.47	17.9
	15:26	6.18	20.3	3.94	12.9		15:21	1.50	4.9	5.38	17.7
	21:53	1.80	5.9	4.38	14.4		21:26	6.47	21.2	4.97	16.3
2 Tue	03:55	6.31	20.7	4.50	14.8	10 Wed	03:42	1.91	6.3	4.56	15.0
	10:10	1.70	5.6	4.61	15.1		09:53	6.42	21.1	4.51	14.8
	16:12	6.72	22.0	5.02	16.5		16:18	1.97	6.5	4.45	14.6
	22:37	1.30	4.3	5.42	17.8		22:24	5.94	19.5	3.97	13.0
3 Wed	04:39	6.83	22.4	5.52	18.1	11 Thu ☾	04:41	2.38	7.8	3.56	11.7
	10:54	1.23	4.0	5.60	18.4		10:57	6.00	19.7	3.63	11.9
	16:56	7.18	23.5	5.95	19.5		17:30	2.36	7.7	3.65	12.0
	23:20	0.91	3.0	6.26	20.5		23:36	5.53	18.1	3.18	10.4
4 Thu ●	05:21	7.24	23.7	6.32	20.8	12 Fri	06:04	2.67	8.8	2.86	9.4
	11:37	0.87	2.8	6.37	20.9		12:15	5.76	18.9	3.09	10.1
	17:39	7.50	24.6	6.63	21.8		19:00	2.47	8.1	3.29	10.8
5 Fri	00:03	0.67	2.2	6.83	22.4	13 Sat	01:01	5.41	17.8	2.94	9.6
	06:02	7.50	24.6	6.83	22.4		07:36	2.64	8.7	2.77	9.1
	12:20	0.65	2.1	6.85	22.5		13:38	5.82	19.1	3.18	10.4
	18:21	7.65	25.1	7.00	23.0		20:18	2.30	7.6	3.52	11.5
6 Sat	00:45	0.60	2.0	7.06	23.2	14 Sun	02:23	5.62	18.4	3.31	10.9
	06:44	7.60	24.9	7.00	23.0		08:48	2.36	7.7	3.26	10.7
	13:03	0.61	2.0	6.99	22.9		14:48	6.09	20.0	3.73	12.2
	19:05	7.62	25.0	7.01	23.0		21:20	2.01	6.6	4.08	13.4
7 Sun	01:27	0.71	2.3	6.91	22.7	15 Mon	03:24	5.96	19.6	3.95	13.0
	07:27	7.52	24.7	6.81	22.3		09:43	2.02	6.6	3.94	12.9
	13:47	0.75	2.5	6.77	22.2		15:43	6.39	21.0	4.37	14.3
	19:50	7.38	24.2	6.64	21.8		22:08	1.74	5.7	4.65	15.3
8 Mon	02:09	0.99	3.2	6.39	21.0	16 Tue	04:10	6.29	20.6	4.56	15.0
	08:12	7.27	23.8	6.28	20.6		10:28	1.75	5.7	4.55	14.9
	14:33	1.06	3.5	6.21	20.4		16:27	6.62	21.7	4.88	16.0
	20:36	6.98	22.9	5.92	19.4		22:48	1.54	5.0	5.09	16.7

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
17 Wed	04:50	6.54	21.5	5.01	16.4	25 Thu	03:06	2.25	7.4	3.73	12.2
	11:06	1.56	5.1	4.98	16.3		09:12	6.04	19.8	3.79	12.4
	17:06	6.77	22.2	5.21	17.1		15:34	2.39	7.8	3.65	12.0
	23:24	1.42	4.7	5.35	17.5		21:38	5.68	18.6	3.29	10.8
18 Thu	05:25	6.71	22.0	5.29	17.3	26 Fri	03:49	2.52	8.3	3.16	10.4
	11:41	1.46	4.8	5.25	17.2		09:59	5.77	18.9	3.25	10.6
	17:42	6.84	22.4	5.38	17.6		16:26	2.62	8.6	3.16	10.4
	23:56	1.37	4.5	5.47	17.9		22:32	5.41	17.8	2.80	9.2
19 Fri ☉	05:58	6.80	22.3	5.43	17.8	27 Sat ☾	04:45	2.75	9.0	2.66	8.7
	12:13	1.42	4.7	5.38	17.6		11:00	5.56	18.2	2.81	9.2
	18:15	6.84	22.4	5.42	17.8		17:33	2.73	9.0	2.83	9.3
					23:42		5.27	17.3	2.54	8.3	
20 Sat	00:27	1.38	4.5	5.47	17.9	28 Sun	06:01	2.83	9.3	2.44	8.0
	06:29	6.83	22.4	5.46	17.9		12:15	5.52	18.1	2.69	8.8
	12:45	1.45	4.8	5.39	17.7		18:57	2.63	8.6	2.89	9.5
	18:46	6.79	22.3	5.34	17.5						
21 Sun	00:57	1.44	4.7	5.35	17.6	29 Mon	01:03	5.37	17.6	2.74	9.0
	06:59	6.80	22.3	5.36	17.6		07:25	2.66	8.7	2.71	8.9
	13:15	1.54	5.0	5.27	17.3		13:32	5.73	18.8	3.07	10.1
	19:17	6.68	21.9	5.14	16.9		20:09	2.32	7.6	3.41	11.2
22 Mon	01:27	1.57	5.1	5.11	16.8	30 Tue	02:14	5.72	18.8	3.40	11.1
	07:30	6.70	22.0	5.13	16.8		08:33	2.28	7.5	3.43	11.3
	13:46	1.69	5.5	5.02	16.5		14:37	6.12	20.1	3.83	12.6
	19:48	6.50	21.3	4.82	15.8		21:09	1.90	6.2	4.22	13.8
23 Tue	01:58	1.75	5.8	4.75	15.6						
	08:00	6.53	21.4	4.78	15.7						
	14:18	1.89	6.2	4.64	15.2						
	20:21	6.27	20.6	4.38	14.4						
24 Wed	02:30	1.99	6.5	4.28	14.0						
	08:34	6.31	20.7	4.32	14.2						
	14:54	2.13	7.0	4.18	13.7						
	20:56	5.98	19.6	3.85	12.6						

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
1 Wed	03:12	6.18	20.3	4.28	14.1	9 Thu	03:35	1.72	5.6	4.83	15.8
	09:30	1.85	6.1	4.34	14.2		09:45	6.67	21.9	4.95	16.2
	15:33	6.55	21.5	4.71	15.4		16:11	1.71	5.6	4.95	16.3
	22:02	1.49	4.9	5.07	16.6		22:13	6.13	20.1	4.41	14.5
2 Thu	04:04	6.65	21.8	5.16	16.9	10 Fri	04:30	2.08	6.8	4.05	13.3
	10:22	1.42	4.7	5.23	17.1		10:41	6.31	20.7	4.23	13.9
	16:24	6.95	22.8	5.54	18.2		17:11	2.05	6.7	4.26	14.0
	22:51	1.14	3.7	5.81	19.1		23:12	5.77	18.9	3.72	12.2
3 Fri	04:52	7.04	23.1	5.90	19.4	11 Sat ☾	05:33	2.37	7.8	3.40	11.1
	11:12	1.07	3.5	5.97	19.6		11:42	6.02	19.7	3.65	12.0
	17:14	7.25	23.8	6.18	20.3		18:18	2.28	7.5	3.74	12.3
	23:39	0.91	3.0	6.34	20.8						
4 Sat ●	05:39	7.33	24.0	6.42	21.0	12 Sun	00:18	5.54	18.2	3.27	10.7
	12:00	0.84	2.8	6.49	21.3		06:46	2.51	8.2	3.03	9.9
	18:03	7.41	24.3	6.57	21.5		12:51	5.86	19.2	3.35	11.0
					19:27		2.34	7.7	3.52	11.5	
5 Sun	00:26	0.81	2.7	6.59	21.6	13 Mon	01:29	5.51	18.1	3.17	10.4
	06:27	7.47	24.5	6.65	21.8		07:57	2.48	8.1	3.03	9.9
	12:48	0.75	2.5	6.72	22.0		13:58	5.86	19.2	3.38	11.1
	18:51	7.40	24.3	6.65	21.8		20:31	2.27	7.5	3.59	11.8
6 Mon	01:12	0.86	2.8	6.54	21.4	14 Tue	02:35	5.65	18.5	3.38	11.1
	07:14	7.45	24.5	6.59	21.6		08:59	2.33	7.7	3.32	10.9
	13:37	0.82	2.7	6.64	21.8		14:59	5.98	19.6	3.64	11.9
	19:40	7.24	23.7	6.42	21.1		21:26	2.12	7.0	3.85	12.6
7 Tue	01:58	1.05	3.4	6.18	20.3	15 Wed	03:30	5.88	19.3	3.76	12.3
	08:03	7.30	23.9	6.24	20.5		09:51	2.14	7.0	3.74	12.3
	14:26	1.03	3.4	6.27	20.6		15:51	6.14	20.1	3.99	13.1
	20:29	6.93	22.7	5.91	19.4		22:12	1.96	6.4	4.18	13.7
8 Wed	02:45	1.35	4.4	5.58	18.3	16 Thu	04:17	6.12	20.1	4.17	13.7
	08:52	7.02	23.0	5.67	18.6		10:36	1.96	6.4	4.16	13.6
	15:17	1.35	4.4	5.67	18.6		16:36	6.29	20.7	4.33	14.2
	21:20	6.54	21.5	5.19	17.0		22:54	1.81	5.9	4.49	14.7

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
17 Fri	04:58	6.34	20.8	4.53	14.9	25 Sat	03:37	2.07	6.8	3.94	12.9
	11:15	1.81	5.9	4.53	14.9		09:45	6.16	20.2	4.09	13.4
	17:16	6.42	21.1	4.61	15.1		16:09	2.11	6.9	4.05	13.3
	23:30	1.69	5.5	4.74	15.5		22:12	5.81	19.1	3.71	12.2
18 Sat	05:35	6.51	21.4	4.82	15.8	26 Sun	04:24	2.24	7.3	3.58	11.7
	11:52	1.70	5.6	4.81	15.8		10:35	5.99	19.6	3.75	12.3
	17:53	6.51	21.4	4.81	15.8		17:00	2.24	7.3	3.75	12.3
					23:07		5.65	18.5	3.42	11.2	
19 Sun ○	00:06	1.61	5.3	4.90	16.1	27 Mon ☾	05:19	2.37	7.8	3.28	10.8
	06:09	6.62	21.7	5.01	16.4		11:33	5.87	19.2	3.49	11.5
	12:27	1.63	5.4	4.99	16.4		18:01	2.30	7.6	3.56	11.7
	18:28	6.55	21.5	4.92	16.1						
20 Mon	00:39	1.58	5.2	4.97	16.3	28 Tue	00:11	5.59	18.3	3.29	10.8
	06:43	6.68	21.9	5.10	16.7		06:27	2.41	7.9	3.17	10.4
	13:01	1.62	5.3	5.06	16.6		12:39	5.85	19.2	3.43	11.3
	19:02	6.54	21.4	4.92	16.1		19:12	2.25	7.4	3.59	11.8
21 Tue	01:12	1.59	5.2	4.94	16.2	29 Wed	01:21	5.68	18.6	3.42	11.2
	07:16	6.67	21.9	5.08	16.7		07:41	2.30	7.6	3.38	11.1
	13:35	1.64	5.4	5.03	16.5		13:50	5.97	19.6	3.67	12.0
	19:36	6.47	21.2	4.83	15.8		20:23	2.07	6.8	3.90	12.8
22 Wed	01:45	1.65	5.4	4.82	15.8	30 Thu	02:30	5.93	19.5	3.86	12.7
	07:50	6.61	21.7	4.95	16.3		08:51	2.04	6.7	3.89	12.8
	14:09	1.72	5.6	4.89	16.0		14:57	6.23	20.4	4.18	13.7
	20:10	6.35	20.8	4.64	15.2		21:29	1.79	5.9	4.43	14.5
23 Thu	02:20	1.76	5.8	4.60	15.1	31 Fri	03:33	6.30	20.7	4.50	14.8
	08:25	6.49	21.3	4.74	15.5		09:55	1.70	5.6	4.60	15.1
	14:45	1.82	6.0	4.67	15.3		15:59	6.54	21.4	4.84	15.9
	20:47	6.20	20.3	4.37	14.3		22:28	1.48	4.9	5.05	16.6
24 Fri	02:57	1.90	6.2	4.30	14.1						
	09:03	6.34	20.8	4.44	14.6						
	15:24	1.96	6.4	4.38	14.4						
	21:27	6.01	19.7	4.05	13.3						

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

It is recommended that you:

-  **Inform** Tell others where you are going and when you will be back.
-  **Tides and Weather** Check the tides and forecast to ensure conditions are and will remain suitable for your vessel and activity.
-  **SOS Device** Carry a marine VHF radio with Ch16 and capable of listening to Ch12 (harbour working channel) as well as any other means of calling for help.
-  **Wear a Lifejacket** You never know when you might need it and it could just save your life.
-  **Engine and Equipment checks** Ensure you have appropriate working equipment, fuel and spares aboard and that all moorings or anchors being used are capable of withstanding extreme weather conditions.
-  **Training** Ensure your vessel is handled in a competent manner and avoid taking unnecessary risks.

RNLI safety information is available by visiting www.rnli.org.uk

Been involved in an incident on the Waterway?

Report to Milford Haven Port Control on 01646 696136/7 or complete an incident report form, found on the Port's website: goo.gl/yqhVwz



The Water Ranger

The Water Ranger patrols the Waterway in a grey RHIB with Patrol on the sides from St Ann's Head at the entrance to the Haven, upriver to Haverfordwest on the Western Cleddau, and Blackpool Mill on the Eastern Cleddau. The main aim of this service is to provide information, advice and assistance to all Waterway users, police the zoning system and enforce the appropriate Bye-laws.

If you wish to contact the Water Ranger please call 01646 696100.

Further information for recreation users can be found by visiting www.mhpa.co.uk/enjoy-the-waterway

Waterway patrol vessels

Port pilot vessels operate throughout the Waterway 24/7 and can be recognised by their green hulls and white superstructure. All patrol vessels keep radio watch on channel 12.

Sharing the Estuary Safely

You are sharing the Haven with wildlife, commercial activity and a whole range of other leisure activities. To promote the safety of navigation and reduce conflict between users, the Waterway is zoned for high speed activity. The zones also ensure that the sensitive areas of the Haven remain tranquil and can be used for quiet enjoyment. The Milford Haven Port Authority Bye-laws (see page 16) control navigation and should be followed at all times.



Conservation & Wildlife

The Haven is a special place, protected for its tranquil, scenic landscape and varied wildlife. The upper and lower reaches form part of the Pembrokeshire Coast National Park because of their unspoilt character. For more information on exploring the National Park visit: www.pembrokeshirecoast.org.uk

In spring and summer the peaceful bays and rivers form breeding grounds for many birds, whilst in winter up to 25,000 birds such as shelduck, teal, widgeon, curlew and redshank come here to feed. Many parts of the foreshore are Sites of Special Scientific Interest and the whole Haven forms part of the Pembrokeshire Marine Special Area of Conservation because of its international importance for marine wildlife above and below the water. For more information visit www.pembrokeshiremarinesac.org.uk

Human activities in the Haven can damage and disturb wildlife and its habitats. Please think and act in an environmentally friendly way by following the zoning, Bye-laws and Pembrokeshire Marine Code. Following the Marine Code will help you to enjoy the best of the coast without disturbing sensitive wildlife. www.pembrokeshiremarinecode.org.uk



Recreation Activities

A whole range of water-based recreation activities take place on the Waterway, including sailing, power boating, water-skiing, personal watercraft use (jet-skiing), windsurfing, canoeing, fishing, diving and bathing. Activities take place both on an informal basis and through organised events.



Navigation Notes

Commercial Vessel Speed

Large commercial vessels may, at times, make passage at higher speeds than expected to maintain proper control and steerage. Users should monitor the approach of vessels and remain clear when required.

Approach for Milford Docks

Leading lights 348° fixed blue in line with fixed blue on white background attached to wall below the Lord Nelson Hotel.

Cleddau Bridge

There may be confused water by bridge piers approximately 1 hour before and after High Water springs.



Lifeboats

A Tamar class lifeboat is based at Angle. **People in danger and needing rescue services should contact Milford Coastguard - 999** - ask for Coastguard, or call on VHF channel 16 using accepted emergency procedures.



Public Pontoons (Mar-Oct)

A maximum stay of 12hrs is permitted with no return within 24hrs. The 'T-Head' must remain clear at all times for embarking / disembarking.



Fishing Restrictions

Welsh Government legislation and the Bass Order 1990 restrict fishing between 30th April and 1st November in areas of the Waterway. Fishing methods, minimum sizes and catch quantities are also controlled throughout. For information call 0300 025 3500. Fishing for salmon, trout, freshwater species and eels within the Waterway requires a valid UK rod licence.



Local Weather Information

Weather forecasts are broadcast by **Milford Haven Coastguard on channels 16 and 84**. Times: Inshore weather 0750, repeated three hourly, and 1950, repeated three hourly. Strong wind and gale warnings are broadcast as soon as they have been received and on subsequent three hour forecasts.



Tidal Information

Differences at High Water

Approximate times to be applied to Milford Haven

High Water predictions

Dover	+5 hrs	Tenby	-14 mins
Fishguard	+1 hr 3 mins	Swansea	+5 mins
Neyland	+2 mins	Ilfracombe	-30 mins
Haverfordwest	+10 mins	Padstow	-50 mins

Tidal Streams

Across the entrance to Milford Haven the streams run approximately at right angles to the line of approach; while within the entrance they run nearly parallel to the channel.

The tidal streams run approximately as follows:

Position	Interval from High Water Milford Haven	Direction
----------	--	-----------

1 mile outside entrance	+0455	East
	-0125	West
<i>Maximum spring rate in each direction is 2.25 knots</i>		
Inside the entrance	-0555	Ingoing
	+0030	Outgoing
<i>Maximum spring ingoing rate is 1.5 knots and outgoing rate is 1.75 knots</i>		

It should be noted that heavy swell may be experienced until inside St Ann's Head and in adverse conditions as far as Angle Light-buoy.

Tidal streams within the Haven run in the direction of the deepwater channel as far as Wear Point (51°42'N, 04°59'W). In the reach above the Wear Point the ingoing stream is deflected to the north side of the channel by Carr Spit (51°42'N, 04°57'.8W).

In Pembroke Reach the ingoing stream runs principally in the channel north of Dockyard Bank, attaining a spring rate of 2.0 knots; it is weak and irregular in the channel south of this bank, in which it attains a spring rate of 0.5 knot. The outgoing stream runs strongly in the channel south of the Dockyard Bank, attaining a spring rate of 2 knots. It is weak on the south side of the channel, north of the bank; in the north part of the latter channel an eddy runs strongly during the outgoing stream.



Safety

FOG - recommended procedure for small craft in visibility of 0.5 mile or less

- All craft with VHF radio maintain a listening watch on channel 12
- Provided you are aware of your position and you intend staying out of the fairway, monitor the commercial activity reported on channel 12
- If you are uncertain of your position, it may be prudent to anchor clear of the shipping channel until visibility improves

Sound signals used by vessels in the area (Bye-laws No 9)

Signal	Meaning
Four short blasts in rapid succession	A power-driven vessel underway is about to turn around (altering course more than 135°)

Followed after a short interval by

One short blast or	Vessel turning with head to starboard
Two short blasts	Vessel turning with head to port
Three short blasts	Vessel operating to stern
One long blast, two short blasts	Power-driven vessel or vessel not under command unable to give way to a sailing vessel
Five short blasts	A vessel is doubtful if you are taking sufficient avoiding action

Further Information

Key Contacts VHF Channel STD number

Milford Haven Port Control	12	01646 696137
Water Ranger	12 & 16	01646 696100
Milford Pierhead	14	01646 696310
Castlemartin Firing Range	16	01646 662367

Emergency Numbers

HM Coastguard	999 or 01646 690909
Police (inc. Marine Unit)	999 or 0845 330 2000
Customs	0800 595000
Withybush Hospital, Haverfordwest	01437 764545
Natural Resources Wales (Incident Hotline)	0300 065 3000

Berths/Boatyards/Chandlery

Dale Sailing	01646 603110
East Llanion Marine	01646 686866
Lawrenny Quay	01646 651212
Milford Marina and Boatyard	01646 696312/3
Neyland Marina	01646 601601
Quadra Marine	01646 278270
Rudders Boatyard	01646 600288
Windjammer Marine	01646 699070

Yacht Clubs

Dale	01646 636362
Neyland	01646 600267
Pembrokeshire	01646 692799
Pembroke Haven	01646 684403

Other

Tourist Information Centre, Haverfordwest	01437 775244
Pembrokeshire Coast National Park	01646 624800
Pembrokeshire County Council Beaches Dept.	01646 602105
Crime Stoppers	0800 555111