

## MAY 2011

LOW TIDE				HIGH TIDE					
	AM	Ht.	PM	Ht.	AM	Ht.	PM	Ht.	
	Sunrise 6:15			-PDT-			Sunset 8:13		
1 Su	5:36	0.1	5:19	2.1	11:59	5.1	11:27	6.6	
2 M	6:12	-0.3	5:53	2.3	(12:42	5.2)	11:57	6.7	
3 Tu	6:47	-0.6	6:27	2.5	----	----	1:23	5.2	
4 W	7:23	-0.8	7:01	2.7	12:28	6.8	2:05	5.2	
5 Th	8:01	-0.8	7:37	2.9	1:00	6.8	2:49	5.1	
	Sunrise 6:09			-PDT-			Sunset 8:18		
6 F	8:41	-0.8	8:17	3.0	1:34	6.7	3:35	5.0	
7 Sa	9:25	-0.7	9:05	3.1	2:13	6.6	4:24	4.9	
8 Su	10:12	-0.6	10:05	3.1	2:58	6.3	5:15	4.9	
9 M	11:03	-0.3	11:17	2.9	3:53	6.0	6:08	5.1	
10 Tu	11:58	-0.1	----	----	5:01	5.6	6:59	5.4	
	Sunrise 6:04			-PDT-			Sunset 8:22		
11 W	12:36	2.5	12:54	0.3	6:19	5.3	7:47	5.8	
12 Th	1:50	1.8	1:50	0.6	7:40	5.1	8:33	6.4	
13 F	2:56	0.9	2:45	1.0	8:57	5.1	9:17	6.9	
14 Sa	3:53	-0.1	3:38	1.3	10:08	5.2	10:01	7.4	
15 Su	4:46	-0.9	4:28	1.7	11:12	5.4	10:44	7.7	
	Sunrise 5:59			-PDT-			Sunset 8:28		
16 M	5:36	-1.5	5:18	1.9	(12:11	5.6)	11:29	7.9	
17 Tu	6:24	-1.9	6:07	2.2	----	----	1:06	5.7	
18 W	7:12	-2.0	6:57	2.4	12:14	7.9	1:59	5.7	
19 Th	7:59	-1.9	7:47	2.5	12:59	7.7	2:50	5.6	
20 F	8:46	-1.6	8:40	2.7	1:46	7.4	3:41	5.5	
	Sunrise 5:54			-PDT-			Sunset 8:33		
21 Sa	9:33	-1.1	9:37	2.8	2:35	6.8	4:31	5.4	
22 Su	10:21	-0.6	10:40	2.8	3:26	6.2	5:22	5.4	
23 M	11:10	0.0	11:50	2.7	4:22	5.6	6:12	5.4	
24 Tu	11:59	0.6	----	----	5:24	5.0	6:59	5.6	
25 W	1:02	2.4	12:49	1.1	6:33	4.6	7:42	5.7	
	Sunrise 5:51			-PDT-			Sunset 8:37		
26 Th	2:08	1.9	1:39	1.6	7:47	4.3	8:22	6.0	
27 F	3:04	1.3	2:27	2.0	8:59	4.3	8:59	6.2	
28 Sa	3:51	0.7	3:13	2.3	10:04	4.4	9:35	6.4	
29 Su	4:33	0.2	3:56	2.6	11:00	4.5	10:10	6.7	
30 M	5:12	-0.3	4:38	2.8	11:49	4.7	10:46	6.9	
	Sunrise 5:49			-PDT-			Sunset 8:41		
31 Tu	5:50	-0.7	5:19	2.9	12:33	4.9	11:22	7.0	

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## JUNE 2011

LOW TIDE				HIGH TIDE					
	AM	Ht.	PM	Ht.	AM	Ht.	PM	Ht.	
	Sunrise 5:48			-PDT-			Sunset 8:42		
1 W	6:27	-1.0	5:58	2.9	(1:15	5.1)	11:58	7.1	
2 Th	7:05	-1.2	6:39	3.0	----	----	1:56	5.1	
3 F	7:43	-1.3	7:21	3.0	12:36	7.1	2:38	5.2	
4 Sa	8:23	-1.3	8:08	2.9	1:16	7.0	3:20	5.3	
5 Su	9:04	-1.1	9:01	2.9	1:59	6.8	4:03	5.4	
	Sunrise 5:46			-PDT-			Sunset 8:45		
6 M	9:47	-0.9	10:02	2.7	2:47	6.5	4:47	5.6	
7 Tu	10:33	-0.4	11:11	2.4	3:44	6.0	5:31	5.8	
8 W	11:21	0.1	----	----	4:50	5.4	6:17	6.2	
9 Th	12:24	1.8	12:12	0.7	6:07	4.9	7:04	6.6	
10 F	1:35	1.1	1:08	1.3	7:30	4.6	7:52	7.0	
	Sunrise 5:45			-PDT-			Sunset 8:48		
11 Sa	2:41	0.3	2:06	1.8	8:52	4.6	8:40	7.4	
12 Su	3:40	-0.5	3:05	2.2	10:08	4.8	9:29	7.7	
13 M	4:34	-1.1	4:02	2.5	11:15	5.0	10:18	7.9	
14 Tu	5:24	-1.6	4:57	2.6	(12:12	5.3)	11:07	7.9	
15 W	6:12	-1.8	5:50	2.6	(1:03	5.5)	11:55	7.8	
	Sunrise 5:45			-PDT-			Sunset 8:50		
16 Th	6:57	-1.8	6:41	2.6	----	----	1:50	5.6	
17 F	7:41	-1.7	7:32	2.6	12:41	7.6	2:34	5.7	
18 Sa	8:23	-1.3	8:22	2.6	1:27	7.2	3:17	5.7	
19 Su	9:04	-0.9	9:15	2.6	2:13	6.7	3:58	5.7	
20 M	9:44	-0.3	10:12	2.6	3:00	6.1	4:38	5.8	
	Sunrise 5:46			-PDT-			Sunset 8:52		
21 Tu	10:24	0.3	11:13	2.4	3:50	5.5	5:19	5.8	
22 W	11:04	0.9	----	----	4:46	4.9	5:59	5.9	
23 Th	12:18	2.2	(11:46	1.6)	5:51	4.4	6:39	6.0	
24 F	1:23	1.8	12:32	2.1	7:05	4.1	7:21	6.2	
25 Sa	2:23	1.3	1:23	2.6	8:24	4.0	8:03	6.4	
	Sunrise 5:47			-PDT-			Sunset 8:52		
26 Su	3:16	0.8	2:18	2.9	9:40	4.1	8:47	6.6	
27 M	4:03	0.3	3:12	3.1	10:43	4.4	9:30	6.8	
28 Tu	4:46	-0.2	4:02	3.2	11:34	4.6	10:13	7.1	
29 W	5:26	-0.7	4:50	3.2	(12:17	4.9)	10:55	7.3	
30 Th	6:05	-1.0	5:36	3.1	(12:57	5.1)	11:37	7.4	

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## Coastal Trekking Tips

- Bring a tide table and hike the narrow stretches of the Lost Coast Trail on an outgoing tide.
- Pack out all trash and food scraps.
- Keep drinking water sources clean by digging a 'cathole' below the high tide line to deposit and bury feces.
- Carry wash water away from creeks to bathe or do dishes.
- Remember, you are one of thousands of visitors to the Lost Coast. Set a trend...Leave No Trace!

# HIGH & LOW TIDES 2011



Bureau of Land Management  
King Range NCA

Lost Coast Trail Information  
707-825-2300  
or  
707-986-5400

[www.blm.gov/ca/st/en/fo/arcata.html](http://www.blm.gov/ca/st/en/fo/arcata.html)