

# GUIDE DES MARÉES 2026

## AVRIL

APRIL / APRIL

DATE	BASSES MERS LOW TIDE		PLEINES MERS HIGH TIDE			
	Matin	Soir	Matin	Coef	Soir	Coef
M 01	11:23	23:37	05:13	89	17:28	92
J 02	11:59	---	05:39	93	17:54	93
V 03	00:13	12:33	06:06	93	18:21	91
S 04	00:47	13:05	06:34	89	18:49	86
D 05	01:20	13:36	07:03	82	19:18	78
L 06	01:52	14:07	07:31	73	19:48	68
M 07	02:25	14:40	08:00	62	20:21	56
M 08	03:02	15:18	08:33	50	21:02	43
J 09	03:46	16:08	09:17	37	22:13	32
V 10	04:46	17:22	11:14	27	---	---
S 11	06:09	18:54	00:18	25	13:21	26
D 12	07:35	20:09	01:39	29	14:26	35
L 13	08:37	21:01	02:37	42	15:12	50
M 14	09:23	21:44	03:22	58	15:49	66
M 15	10:04	22:24	04:01	73	16:23	81
J 16	10:43	23:04	04:38	87	16:58	93
V 17	11:22	23:45	05:15	97	17:34	101
S 18	12:03	---	05:54	104	18:11	105
D 19	00:27	12:45	06:34	104	18:50	102
L 20	01:11	13:29	07:16	99	19:32	94
M 21	01:58	14:16	08:03	88	20:19	81
M 22	02:49	15:09	09:00	73	21:20	65
J 23	03:47	16:10	10:30	58	23:03	51
V 24	04:56	17:23	12:14	46	---	---
S 25	06:17	18:44	00:41	44	13:35	44
D 26	07:37	19:59	01:58	47	14:37	51
L 27	08:42	20:59	02:57	56	15:25	61
M 28	09:32	21:49	03:41	66	16:00	71
M 29	10:15	22:32	04:15	74	16:29	77
J 30	10:54	23:11	04:43	80	16:55	81

## MAI

MAY / MAI

DATE	BASSES MERS LOW TIDE		PLEINES MERS HIGH TIDE			
	Matin	Soir	Matin	Coef	Soir	Coef
V 01	11:30	23:47	05:11	82	17:24	82
S 02	12:03	---	05:40	82	17:54	82
D 03	00:21	12:35	06:09	80	18:25	78
L 04	00:54	13:07	06:40	76	18:56	73
M 05	01:28	13:40	07:10	69	19:29	66
M 06	02:02	14:15	07:41	62	20:05	57
J 07	02:40	14:55	08:17	53	20:49	48
V 08	03:24	15:44	09:05	44	21:53	40
S 09	04:18	16:47	10:29	37	23:19	35
D 10	05:24	18:00	12:17	35	---	---
L 11	06:36	19:10	00:38	36	13:27	40
M 12	07:40	20:09	01:42	45	14:21	51
M 13	08:34	20:59	02:36	57	15:06	64
J 14	09:21	21:46	03:23	70	15:48	77
V 15	10:07	22:33	04:08	83	16:30	88
S 16	10:52	23:21	04:52	92	17:12	96
D 17	11:39	---	05:37	98	17:55	99
L 18	00:09	12:27	06:24	99	18:41	97
M 19	00:59	13:16	07:14	95	19:31	91
M 20	01:50	14:07	08:08	87	20:27	81
J 21	02:43	15:02	09:11	76	21:31	70
V 22	03:40	16:01	10:27	64	22:48	59
S 23	04:43	17:06	11:47	55	---	---
D 24	05:50	18:14	00:07	52	12:59	51
L 25	06:59	19:22	01:18	50	13:59	51
M 26	08:02	20:22	02:18	53	14:47	55
M 27	08:56	21:15	03:06	57	15:25	60
J 28	09:43	22:02	03:44	62	15:57	65
V 29	10:24	22:44	04:16	67	16:29	68
S 30	11:02	23:23	04:49	70	17:01	70
D 31	11:37	23:59	05:21	71	17:35	71

## JUIN

JUNE / JUNI

DATE	BASSES MERS LOW TIDE		PLEINES MERS HIGH TIDE			
	Matin	Soir	Matin	Coef	Soir	Coef
L 01	12:12	---	05:54	71	18:09	71
M 02	00:34	12:46	06:25	70	18:42	69
M 03	01:10	13:21	06:58	68	19:17	66
J 04	01:46	13:57	07:31	64	19:54	62
V 05	02:24	14:37	08:07	59	20:37	57
S 06	03:05	15:22	08:52	54	21:28	52
D 07	03:50	16:13	09:48	50	22:29	48
L 08	04:42	17:11	11:02	47	23:36	47
M 09	05:41	18:14	12:21	47	---	---
M 10	06:42	19:16	00:44	49	13:28	52
J 11	07:43	20:16	01:48	55	14:26	60
V 12	08:41	21:13	02:48	64	15:19	69
S 13	09:36	22:09	03:44	74	16:09	79
D 14	10:30	23:03	04:38	83	16:59	87
L 15	11:22	23:57	05:30	90	17:49	93
M 16	12:14	---	06:22	94	18:40	95
M 17	00:50	13:06	07:14	94	19:31	93
J 18	01:41	13:57	08:05	90	20:22	87
V 19	02:33	14:49	08:57	83	21:14	79
S 20	03:24	15:42	09:49	74	22:06	69
D 21	04:17	16:37	10:46	64	23:02	59
L 22	05:13	17:36	11:51	55	---	---
M 23	06:12	18:38	00:08	51	12:59	48
M 24	07:14	19:41	01:19	47	13:59	46
J 25	08:15	20:40	02:21	46	14:49	47
V 26	09:09	21:33	03:13	49	15:31	51
S 27	09:57	22:20	03:57	54	16:10	56
D 28	10:39	23:02	04:36	59	16:48	61
L 29	11:17	23:41	05:12	63	17:23	65
M 30	11:53	---	05:45	67	17:57	69

# GUIDE DES MARÉES 2026

## JUILLET

JULY/ JULI

DATE	BASSES MERS LOW TIDE		PLEINES MERS HIGH TIDE			
	Matin	Soir	Matin	Coef	Soir	Coef
M 01	00:18	12:29	06:17	70	18:31	71
J 02	00:53	13:04	06:47	71	19:04	72
V 03	01:29	13:40	07:19	72	19:39	71
S 04	02:04	14:17	07:51	70	20:16	69
D 05	02:41	14:56	08:28	68	20:58	66
L 06	03:21	15:40	09:11	64	21:46	61
M 07	04:04	16:29	10:03	59	22:43	56
M 08	04:55	17:27	11:12	54	23:52	52
J 09	05:53	18:32	12:38	52	---	---
V 10	07:00	19:41	01:10	52	13:55	53
S 11	08:09	20:50	02:26	56	15:02	60
D 12	09:16	21:55	03:34	65	16:02	70
L 13	10:17	22:54	04:35	76	16:55	81
M 14	11:13	23:49	05:29	86	17:45	90
M 15	12:05	---	06:17	94	18:32	96
J 16	00:39	12:54	07:02	98	19:17	98
V 17	01:27	13:41	07:43	97	19:58	94
S 18	02:13	14:27	08:21	91	20:35	86
D 19	02:58	15:13	08:55	81	21:09	75
L 20	03:43	16:01	09:29	69	21:47	63
M 21	04:30	16:52	10:10	57	22:33	50
M 22	05:22	17:50	11:12	45	23:39	40
J 23	06:22	18:56	12:55	37	---	---
V 24	07:30	20:05	01:30	35	14:16	35
S 25	08:37	21:08	02:49	37	15:12	40
D 26	09:34	22:01	03:44	44	15:57	48
L 27	10:19	22:44	04:26	53	16:35	57
M 28	10:59	23:22	05:01	61	17:09	65
M 29	11:35	23:58	05:32	69	17:41	72
J 30	12:10	---	06:01	75	18:12	78
V 31	00:32	12:43	06:29	80	18:44	82

## AOÛT

AUGUST/ AUGUST

DATE	BASSES MERS LOW TIDE		PLEINES MERS HIGH TIDE			
	Matin	Soir	Matin	Coef	Soir	Coef
S 01	01:06	13:17	06:58	83	19:16	83
D 02	01:40	13:52	07:28	83	19:50	82
L 03	02:14	14:29	08:01	80	20:27	77
M 04	02:51	15:09	08:38	74	21:09	70
M 05	03:31	15:55	09:20	66	22:01	61
J 06	04:19	16:51	10:19	57	23:15	52
V 07	05:17	18:00	12:01	48	---	---
S 08	06:30	19:22	00:53	46	13:44	46
D 09	07:52	20:43	02:23	48	15:00	53
L 10	09:08	21:51	03:35	59	16:00	66
M 11	10:11	22:48	04:32	74	16:50	81
M 12	11:04	23:38	05:20	87	17:34	93
J 13	11:52	---	06:01	97	18:13	100
V 14	00:23	12:36	06:37	102	18:50	102
S 15	01:06	13:19	07:10	101	19:22	98
D 16	01:47	14:00	07:39	95	19:52	90
L 17	02:26	14:40	08:07	84	20:23	78
M 18	03:05	15:21	08:37	71	20:55	64
M 19	03:46	16:06	09:12	57	21:34	49
J 20	04:31	16:59	10:02	42	22:32	36
V 21	05:28	18:07	11:42	30	---	---
S 22	06:43	19:30	00:47	27	13:43	26
D 23	08:07	20:45	02:28	28	14:51	32
L 24	09:11	21:39	03:27	38	15:37	44
M 25	09:57	22:21	04:07	51	16:14	57
M 26	10:36	22:57	04:39	63	16:46	68
J 27	11:11	23:32	05:07	74	17:17	78
V 28	11:44	---	05:35	83	17:47	86
S 29	00:05	12:18	06:03	89	18:18	91
D 30	00:38	12:51	06:32	93	18:50	93
L 31	01:11	13:26	07:02	93	19:24	91

## SEPTEMBRE

SEPTEMBER / SEPTEMBER

DATE	BASSES MERS LOW TIDE		PLEINES MERS HIGH TIDE			
	Matin	Soir	Matin	Coef	Soir	Coef
M 01	01:46	14:03	07:35	89	20:00	85
M 02	02:23	14:44	08:10	81	20:40	75
J 03	03:05	15:31	08:50	69	21:33	62
V 04	03:53	16:29	09:49	55	23:05	48
S 05	04:55	17:46	12:00	43	---	---
D 06	06:17	19:21	01:03	40	13:45	41
L 07	07:50	20:45	02:28	45	14:57	52
M 08	09:05	21:47	03:31	60	15:52	68
M 09	10:02	22:36	04:21	76	16:37	83
J 10	10:50	23:20	05:01	90	17:14	95
V 11	11:33	---	05:35	98	17:47	101
S 12	00:01	12:14	06:05	102	18:18	101
D 13	00:40	12:53	06:33	100	18:47	97
L 14	01:17	13:30	07:01	93	19:15	89
M 15	01:52	14:07	07:29	83	19:45	77
M 16	02:27	14:44	07:59	70	20:15	63
J 17	03:04	15:24	08:33	56	20:50	49
V 18	03:44	16:12	09:18	41	21:42	35
S 19	04:37	17:19	10:48	28	---	---
D 20	05:55	18:50	00:16	24	13:03	22
L 21	07:30	20:13	01:59	24	14:16	29
M 22	08:38	21:08	02:56	35	15:06	42
M 23	09:25	21:49	03:35	50	15:43	57
J 24	10:04	22:25	04:07	64	16:16	71
V 25	10:40	22:59	04:35	77	16:47	82
S 26	11:14	23:33	05:05	87	17:19	92
D 27	11:49	---	05:35	95	17:52	97
L 28	00:07	12:25	06:06	99	18:26	99
M 29	00:43	13:03	06:39	98	19:01	96
M 30	01:21	13:43	07:13	92	19:40	88