

High Tides and Low Tides



Study*ladder*

Tides

Oceans cover seventy percent of the surface of the Earth. The water levels around coastlines rise and fall throughout the day.

Sometimes the water is deeper and covers more of the land. We call this high tide. Sometimes the water recedes. It moves away from the coast and becomes shallower, exposing more land. We call this low tide.

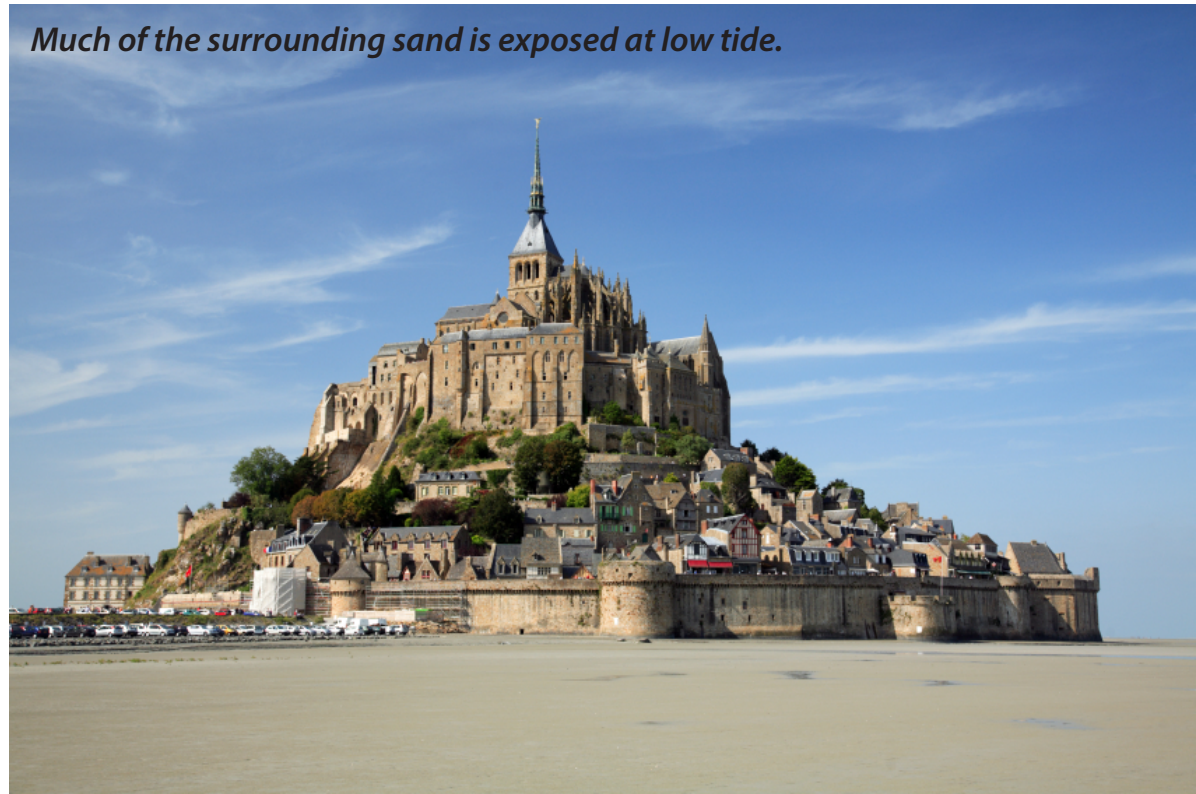
The tide changes from high to low twice in a period of 24 hours and 50 minutes. Tide times do not happen at the same time each day.

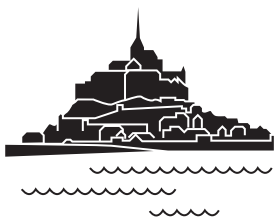
High tides occur about 12 hours and 25 minutes apart. It takes about 6 hours and 12.5 minutes for the water at the shore to go from high tide to low tide (or from low tide to high tide.)

Mont Saint Michel Abbey in France at high tide is almost an island surrounded by water at very high tides.































Much of the surrounding sand is exposed at low tide.





Tide Times

Saint Mont Michel, Normandie, France

Friday 3rd June 2016	Saturday 4th June 2016	Sunday 5th June 2016	Monday 6th June 2016	Tuesday 7th June 2016	Wednesday 8th June 2016	Thursday 9th June 2016
 1st tide (low) Time 00:59 Height 2.4 m	 1st tide (low) Time 01:54 Height 1.7 m	 1st tide (low) Time 02:44 Height 1.3 m	 1st tide (low) Time 03:32 Height 1 m	 1st tide (low) Time 04:17 Height 1 m	 1st tide (low) Time 05:01 Height 1.3 m	 1st tide (low) Time 05:45 Height 1.8 m
 2nd tide (high) Time 06:26 Height 11.6 m	 2nd tide (high) Time 07:16 Height 12.2	 2nd tide (high) Time 08:02 Height 12.5 m	 2nd tide (high) Time 08:47 Height 12.6 m	 2nd tide (high) Time 09:32 Height 12.5 m	 2nd tide (high) Time 10:15 Height 12.1 m	 2nd tide (high) Time 11:00 Height 11.5 m
 3rd tide (low) Time 13:27 Height 1.9 m	 3rd tide (low) Time 14:19 Height 1.4m	 3rd tide (low) Time 15:07 Height 1.2 m	 3rd tide (low) Time 15:53 Height 1.1 m	 3rd tide (low) Time 16:37 Height 1.3 m	 3rd tide (low) Time 17:20 Height 1.8	 3rd tide (low) Time 18:04 Height 2.3 m
 4th tide (high) Time 18:52 Height 11.9 m	 4th tide (high) Time 19:39 Height 12.4 m	 4th tide (high) Time 20:24 Height 12.7 m	 4th tide (high) Time 21:09 Height 12.8 m	 4th tide (high) Time 21:52 Height 12.5 m	 4th tide (high) Time 22:35 Height 12.1 m	 4th tide (high) Time 23:20 Height 11.4 m