

# Abel Tasman National Park

## Low Water Tide Tables



For your safety: Walkers can cross the Awaroa Estuary within one and a half hours before and two hours after low tide. However, the actual times for crossing can be affected by natural influences such as tide heights and storm surges. Allow 20 to 35 minutes to cross the Awaroa Estuary. All times are corrected for daylight savings beginning on the last Sunday in September and ending on the first Sunday in April. Daylight saving times are subject to change by the Government at very short notice.

### JULY 2026

|    |     | Sunrise | Morning | Afternoon | Sunset |
|----|-----|---------|---------|-----------|--------|
| 1  | Wed | 07:53   | 04:16   | 16:46     | 17:10  |
| 2  | Thu | 07:53   | 04:52   | 17:22     | 17:10  |
| 3  | Fri | 07:53   | 05:29   | 17:58     | 17:11  |
| 4  | Sat | 07:52   | 06:07   | 18:33     | 17:11  |
| 5  | Sun | 07:52   | 06:47   | 19:10     | 17:12  |
| 6  | Mon | 07:52   | 07:29   | 19:51     | 17:12  |
| 7  | Tue | 07:52   | 08:14   | 20:38     | 17:13  |
| 8  | Wed | 07:51   | 09:05   | 21:37     | 17:14  |
| 9  | Thu | 07:51   | 10:01   | 22:48     | 17:14  |
| 10 | Fri | 07:51   | 11:04   | 23:15     | 17:15  |
| 11 | Sat | 07:50   | 00:03   | 12:13     | 17:16  |
| 12 | Sun | 07:50   | 01:11   | 13:26     | 17:16  |
| 13 | Mon | 07:49   | 02:11   | 14:33     | 17:17  |
| 14 | Tue | 07:49   | 03:06   | 15:33     | 17:18  |
| 15 | Wed | 07:48   | 03:57   | 16:26     | 17:18  |
| 16 | Thu | 07:48   | 04:46   | 17:13     | 17:19  |
| 17 | Fri | 07:47   | 05:33   | 17:56     | 17:20  |
| 18 | Sat | 07:47   | 06:20   | 18:37     | 17:21  |
| 19 | Sun | 07:46   | 07:05   | 19:17     | 17:22  |
| 20 | Mon | 07:45   | 07:49   | 19:58     | 17:22  |
| 21 | Tue | 07:45   | 08:34   | 20:44     | 17:23  |
| 22 | Wed | 07:44   | 09:21   | 21:40     | 17:24  |
| 23 | Thu | 07:43   | 10:14   | 22:52     | 17:25  |
| 24 | Fri | 07:42   | 11:13   | 23:26     | 17:26  |
| 25 | Sat | 07:41   | 00:07   | 12:20     | 17:27  |
| 26 | Sun | 07:40   | 01:10   | 13:26     | 17:28  |
| 27 | Mon | 07:40   | 02:01   | 14:24     | 17:29  |
| 28 | Tue | 07:39   | 02:44   | 15:11     | 17:29  |
| 29 | Wed | 07:38   | 03:22   | 15:51     | 17:30  |
| 30 | Thu | 07:37   | 03:58   | 16:27     | 17:31  |
| 31 | Fri | 07:36   | 04:33   | 17:01     | 17:32  |

### AUGUST 2026

|    |     | Sunrise | Morning | Afternoon | Sunset |
|----|-----|---------|---------|-----------|--------|
| 1  | Sat | 07:35   | 05:08   | 17:33     | 17:33  |
| 2  | Sun | 07:34   | 05:44   | 18:07     | 17:34  |
| 3  | Mon | 07:33   | 06:20   | 18:41     | 17:35  |
| 4  | Tue | 07:31   | 06:59   | 19:20     | 17:36  |
| 5  | Wed | 07:30   | 07:41   | 20:05     | 17:37  |
| 6  | Thu | 07:29   | 08:29   | 21:03     | 17:38  |
| 7  | Fri | 07:28   | 09:25   | 22:20     | 17:39  |
| 8  | Sat | 07:27   | 10:34   | 23:47     | 17:40  |
| 9  | Sun | 07:26   | 11:57   |           | 17:41  |
| 10 | Mon | 07:24   | 01:02   | 13:21     | 17:42  |
| 11 | Tue | 07:23   | 02:03   | 14:30     | 17:43  |
| 12 | Wed | 07:22   | 02:56   | 15:25     | 17:44  |
| 13 | Thu | 07:21   | 03:44   | 16:11     | 17:45  |
| 14 | Fri | 07:19   | 04:29   | 16:53     | 17:46  |
| 15 | Sat | 07:18   | 05:11   | 17:30     | 17:47  |
| 16 | Sun | 07:16   | 05:51   | 18:05     | 17:47  |
| 17 | Mon | 07:15   | 06:29   | 18:39     | 17:48  |
| 18 | Tue | 07:14   | 07:07   | 19:15     | 17:49  |
| 19 | Wed | 07:12   | 07:46   | 19:54     | 17:50  |
| 20 | Thu | 07:11   | 08:28   | 20:44     | 17:51  |
| 21 | Fri | 07:09   | 09:18   | 21:56     | 17:52  |
| 22 | Sat | 07:08   | 10:22   | 23:29     | 17:53  |
| 23 | Sun | 07:06   | 11:42   |           | 17:54  |
| 24 | Mon | 07:05   | 00:45   | 13:03     | 17:55  |
| 25 | Tue | 07:03   | 01:39   | 14:04     | 17:56  |
| 26 | Wed | 07:02   | 02:22   | 14:49     | 17:57  |
| 27 | Thu | 07:00   | 02:59   | 15:27     | 17:58  |
| 28 | Fri | 06:59   | 03:34   | 16:01     | 17:59  |
| 29 | Sat | 06:57   | 04:08   | 16:33     | 18:00  |
| 30 | Sun | 06:56   | 04:42   | 17:06     | 18:01  |
| 31 | Mon | 06:54   | 05:17   | 17:39     | 18:02  |

### SEPTEMBER 2026

|    |     | Sunrise | Morning | Afternoon | Sunset |
|----|-----|---------|---------|-----------|--------|
| 1  | Tue | 06:53   | 05:54   | 18:14     | 18:03  |
| 2  | Wed | 06:51   | 06:33   | 18:53     | 18:04  |
| 3  | Thu | 06:49   | 07:15   | 19:40     | 18:05  |
| 4  | Fri | 06:48   | 08:03   | 20:41     | 18:06  |
| 5  | Sat | 06:46   | 09:02   | 22:08     | 18:07  |
| 6  | Sun | 06:44   | 10:19   | 23:43     | 18:08  |
| 7  | Mon | 06:43   | 11:56   |           | 18:09  |
| 8  | Tue | 06:41   | 00:57   | 13:21     | 18:10  |
| 9  | Wed | 06:40   | 01:54   | 14:22     | 18:11  |
| 10 | Thu | 06:38   | 02:43   | 15:10     | 18:12  |
| 11 | Fri | 06:36   | 03:26   | 15:51     | 18:13  |
| 12 | Sat | 06:34   | 04:06   | 16:27     | 18:14  |
| 13 | Sun | 06:33   | 04:44   | 17:00     | 18:15  |
| 14 | Mon | 06:31   | 05:19   | 17:31     | 18:16  |
| 15 | Tue | 06:29   | 05:54   | 18:03     | 18:17  |
| 16 | Wed | 06:28   | 06:28   | 18:35     | 18:18  |
| 17 | Thu | 06:26   | 07:05   | 19:12     | 18:19  |
| 18 | Fri | 06:24   | 07:46   | 19:59     | 18:20  |
| 19 | Sat | 06:23   | 08:35   | 21:07     | 18:21  |
| 20 | Sun | 06:21   | 09:38   | 22:48     | 18:22  |
| 21 | Mon | 06:19   | 11:04   |           | 18:23  |
| 22 | Tue | 06:18   | 00:12   | 12:30     | 18:24  |
| 23 | Wed | 06:16   | 01:07   | 13:32     | 18:25  |
| 24 | Thu | 06:14   | 01:50   | 14:17     | 18:26  |
| 25 | Fri | 06:12   | 02:28   | 14:55     | 18:27  |
| 26 | Sat | 06:11   | 03:03   | 15:30     | 18:28  |
| 27 | Sun | 07:09   | 04:39   | 17:04     | 19:29  |
| 28 | Mon | 07:07   | 05:15   | 17:38     | 19:30  |
| 29 | Tue | 07:06   | 05:52   | 18:14     | 19:31  |
| 30 | Wed | 07:04   | 06:31   | 18:53     | 19:32  |

### OCTOBER 2026

|    |     | Sunrise | Morning | Afternoon | Sunset |
|----|-----|---------|---------|-----------|--------|
| 1  | Thu | 07:02   | 07:13   | 19:35     | 19:33  |
| 2  | Fri | 07:01   | 07:58   | 20:26     | 19:34  |
| 3  | Sat | 06:59   | 08:50   | 21:34     | 19:35  |
| 4  | Sun | 06:57   | 09:53   | 23:07     | 19:36  |
| 5  | Mon | 06:56   | 11:16   |           | 19:37  |
| 6  | Tue | 06:54   | 00:35   | 12:53     | 19:38  |
| 7  | Wed | 06:52   | 01:43   | 14:09     | 19:39  |
| 8  | Thu | 06:51   | 02:36   | 15:04     | 19:40  |
| 9  | Fri | 06:49   | 03:22   | 15:48     | 19:41  |
| 10 | Sat | 06:48   | 04:03   | 16:25     | 19:42  |
| 11 | Sun | 06:46   | 04:40   | 16:59     | 19:43  |
| 12 | Mon | 06:44   | 05:16   | 17:30     | 19:44  |
| 13 | Tue | 06:43   | 05:50   | 18:01     | 19:45  |
| 14 | Wed | 06:41   | 06:24   | 18:32     | 19:46  |
| 15 | Thu | 06:40   | 06:58   | 19:05     | 19:48  |
| 16 | Fri | 06:38   | 07:35   | 19:42     | 19:49  |
| 17 | Sat | 06:36   | 08:16   | 20:28     | 19:50  |
| 18 | Sun | 06:35   | 09:03   | 21:31     | 19:51  |
| 19 | Mon | 06:33   | 10:03   | 22:58     | 19:52  |
| 20 | Tue | 06:32   | 11:19   |           | 19:53  |
| 21 | Wed | 06:30   | 00:20   | 12:41     | 19:54  |
| 22 | Thu | 06:29   | 01:20   | 13:47     | 19:55  |
| 23 | Fri | 06:28   | 02:07   | 14:37     | 19:57  |
| 24 | Sat | 06:26   | 02:49   | 15:19     | 19:58  |
| 25 | Sun | 06:25   | 03:29   | 15:58     | 19:59  |
| 26 | Mon | 06:23   | 04:09   | 16:36     | 20:00  |
| 27 | Tue | 06:22   | 04:50   | 17:15     | 20:01  |
| 28 | Wed | 06:21   | 05:32   | 17:55     | 20:02  |
| 29 | Thu | 06:19   | 06:16   | 18:38     | 20:04  |
| 30 | Fri | 06:18   | 07:02   | 19:26     | 20:05  |
| 31 | Sat | 06:17   | 07:51   | 20:23     | 20:06  |

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