

		Porto: Lagos - Janeiro / January 2022								
Dia Day	FASE LUA	Baixa-mar / Low tide				Preia-mar / High tide				
		Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	
1	SAB / SAT		06:52	0.7 m	19:12	0.7 m	00:38	3.4 m	13:07	3.3 m
2	DOM / SUN	●	07:43	0.5 m	20:00	0.6 m	01:29	3.5 m	13:59	3.4 m
3	SEG / MON		08:33	0.4 m	20:47	0.6 m	02:19	3.6 m	14:50	3.4 m
4	TER / TUE		09:21	0.4 m	21:34	0.6 m	03:07	3.7 m	15:39	3.4 m
5	QUA / WED		10:10	0.5 m	22:20	0.7 m	03:55	3.7 m	16:28	3.3 m
6	QUI / THU		10:59	0.6 m	23:08	0.9 m	04:43	3.6 m	17:16	3.1 m
7	SEX / FRI		11:49	0.8 m	23:58	1.0 m	05:32	3.4 m	18:06	3.0 m
8	SAB / SAT		12:42	1.0 m	-	-	06:23	3.2 m	18:59	2.8 m
9	DOM / SUN	☾	00:53	1.2 m	13:39	1.2 m	07:18	3.0 m	19:58	2.7 m
10	SEG / MON		01:56	1.3 m	14:41	1.3 m	08:19	2.8 m	21:02	2.6 m
11	TER / TUE		03:06	1.4 m	15:47	1.4 m	09:26	2.7 m	22:09	2.6 m
12	QUA / WED		04:18	1.4 m	16:48	1.4 m	10:33	2.6 m	23:10	2.7 m
13	QUI / THU		05:21	1.4 m	17:40	1.3 m	11:32	2.7 m	-	-
14	SEX / FRI		06:12	1.3 m	18:24	1.2 m	00:00	2.8 m	12:21	2.7 m
15	SAB / SAT		06:55	1.1 m	19:03	1.1 m	00:43	2.9 m	13:04	2.8 m
16	DOM / SUN		07:33	1.0 m	19:39	1.0 m	01:21	3.0 m	13:42	2.9 m
17	SEG / MON		08:09	0.9 m	20:13	0.9 m	01:57	3.1 m	14:18	3.0 m
18	TER / TUE	○	08:43	0.8 m	20:47	0.9 m	02:32	3.2 m	14:52	3.1 m
19	QUA / WED		09:17	0.8 m	21:21	0.8 m	03:06	3.3 m	15:27	3.1 m
20	QUI / THU		09:51	0.8 m	21:55	0.8 m	03:40	3.3 m	16:02	3.1 m
21	SEX / FRI		10:26	0.8 m	22:30	0.9 m	04:15	3.3 m	16:38	3.1 m
22	SAB / SAT		11:02	0.8 m	23:08	1.0 m	04:52	3.3 m	17:16	3.0 m
23	DOM / SUN		11:43	0.9 m	23:52	1.1 m	05:31	3.2 m	17:59	2.9 m
24	SEG / MON		12:29	1.0 m	-	-	06:16	3.1 m	18:49	2.8 m
25	TER / TUE	☾	00:44	1.2 m	13:25	1.1 m	07:10	2.9 m	19:49	2.8 m
26	QUA / WED		01:49	1.3 m	14:35	1.2 m	08:17	2.8 m	21:02	2.8 m
27	QUI / THU		03:10	1.3 m	15:54	1.2 m	09:36	2.8 m	22:19	2.9 m
28	SEX / FRI		04:35	1.2 m	17:09	1.1 m	10:56	2.9 m	23:29	3.0 m
29	SAB / SAT		05:48	1.0 m	18:12	1.0 m	12:04	3.0 m	-	-
30	DOM / SUN		06:49	0.8 m	19:06	0.8 m	00:29	3.2 m	13:03	3.2 m
31	SEG / MON		07:40	0.6 m	19:54	0.7 m	01:22	3.5 m	13:54	3.3 m

Fonte: Instituto Hidrográfico

Porto: Lagos - Fevereiro / February 2022										
Dia Day	FASE LUA	Baixa-mar / Low tide				Preia-mar / High tide				
		Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	
1	TER / TUE	●	08:27	0.4 m	20:38	0.6 m	02:11	3.6 m	14:41	3.4 m
2	QUA / WED		09:11	0.4 m	21:20	0.5 m	02:56	3.7 m	15:26	3.4 m
3	QUI / THU		09:53	0.4 m	22:01	0.6 m	03:40	3.7 m	16:08	3.4 m
4	SEX / FRI		10:33	0.5 m	22:42	0.7 m	04:22	3.6 m	16:49	3.3 m
5	SAB / SAT		11:13	0.7 m	23:22	0.9 m	05:04	3.5 m	17:29	3.1 m
6	DOM / SUN		11:53	0.9 m	-	-	05:45	3.3 m	18:10	2.9 m
7	SEG / MON		00:05	1.1 m	12:36	1.1 m	06:28	3.0 m	18:56	2.7 m
8	TER / TUE	☾	00:53	1.3 m	13:26	1.4 m	07:17	2.7 m	19:50	2.6 m
9	QUA / WED		01:54	1.5 m	14:30	1.5 m	08:19	2.5 m	21:02	2.5 m
10	QUI / THU		03:17	1.6 m	15:53	1.6 m	09:41	2.4 m	22:26	2.5 m
11	SEX / FRI		04:48	1.5 m	17:10	1.5 m	11:03	2.5 m	23:34	2.6 m
12	SAB / SAT		05:55	1.4 m	18:07	1.4 m	12:04	2.6 m	-	-
13	DOM / SUN		06:42	1.2 m	18:49	1.2 m	00:25	2.8 m	12:50	2.7 m
14	SEG / MON		07:20	1.0 m	19:25	1.0 m	01:05	3.0 m	13:27	2.9 m
15	TER / TUE		07:54	0.9 m	19:58	0.9 m	01:40	3.2 m	14:01	3.0 m
16	QUA / WED	☉	08:26	0.7 m	20:30	0.8 m	02:14	3.3 m	14:34	3.2 m
17	QUI / THU		08:57	0.6 m	21:02	0.7 m	02:46	3.4 m	15:06	3.2 m
18	SEX / FRI		09:29	0.6 m	21:35	0.7 m	03:19	3.5 m	15:39	3.3 m
19	SAB / SAT		10:01	0.6 m	22:09	0.7 m	03:53	3.5 m	16:14	3.3 m
20	DOM / SUN		10:36	0.6 m	22:46	0.8 m	04:28	3.5 m	16:50	3.2 m
21	SEG / MON		11:13	0.8 m	23:27	0.9 m	05:06	3.3 m	17:30	3.1 m
22	TER / TUE		11:56	0.9 m	-	-	05:49	3.2 m	18:17	3.0 m
23	QUA / WED		00:16	1.0 m	12:49	1.1 m	06:41	3.0 m	19:15	2.8 m
24	QUI / THU	☾	01:20	1.2 m	14:00	1.3 m	07:50	2.8 m	20:32	2.7 m
25	SEX / FRI		02:49	1.3 m	15:33	1.4 m	09:21	2.7 m	22:02	2.8 m
26	SAB / SAT		04:31	1.2 m	17:03	1.3 m	10:53	2.7 m	23:21	3.0 m
27	DOM / SUN		05:49	1.0 m	18:10	1.1 m	12:04	2.9 m	-	-
28	SEG / MON		06:47	0.8 m	19:01	0.9 m	00:23	3.2 m	12:59	3.1 m

Fonte: Instituto Hidrográfico

Dia Day		FASE LUA	Porto: Lagos - Março / March 2022							
			Baixa-mar / Low tide				Preia-mar / High tide			
			Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)
1	TER / TUE		07:33	0.6 m	19:44	0.7 m	01:13	3.4 m	13:45	3.3 m
2	QUA / WED	●	08:14	0.4 m	20:24	0.6 m	01:58	3.6 m	14:27	3.4 m
3	QUI / THU		08:52	0.4 m	21:01	0.5 m	02:40	3.7 m	15:05	3.5 m
4	SEX / FRI		09:28	0.4 m	21:37	0.5 m	03:19	3.7 m	15:41	3.4 m
5	SAB / SAT		10:02	0.5 m	22:12	0.6 m	03:56	3.6 m	16:16	3.4 m
6	DOM / SUN		10:35	0.7 m	22:47	0.8 m	04:32	3.5 m	16:51	3.2 m
7	SEG / MON		11:08	0.9 m	23:23	1.0 m	05:07	3.2 m	17:25	3.0 m
8	TER / TUE		11:43	1.1 m	-	-	05:43	3.0 m	18:02	2.8 m
9	QUA / WED		00:03	1.2 m	12:23	1.3 m	06:24	2.7 m	18:46	2.6 m
10	QUI / THU	☾	00:54	1.4 m	13:17	1.6 m	07:16	2.5 m	19:50	2.5 m
11	SEX / FRI		02:15	1.6 m	14:47	1.7 m	08:42	2.3 m	21:30	2.4 m
12	SAB / SAT		04:09	1.6 m	16:35	1.6 m	10:30	2.3 m	23:00	2.5 m
13	DOM / SUN		05:30	1.4 m	17:42	1.5 m	11:41	2.5 m	23:57	2.7 m
14	SEG / MON		06:19	1.2 m	18:25	1.3 m	12:26	2.7 m	-	-
15	TER / TUE		06:55	1.0 m	19:01	1.0 m	00:38	3.0 m	13:01	2.9 m
16	QUA / WED		07:27	0.8 m	19:33	0.8 m	01:13	3.2 m	13:34	3.1 m
17	QUI / THU		07:58	0.7 m	20:06	0.7 m	01:46	3.4 m	14:06	3.3 m
18	SEX / FRI	○	08:29	0.5 m	20:38	0.6 m	02:19	3.5 m	14:39	3.4 m
19	SAB / SAT		09:01	0.5 m	21:12	0.5 m	02:53	3.6 m	15:13	3.5 m
20	DOM / SUN		09:35	0.5 m	21:47	0.5 m	03:28	3.6 m	15:48	3.5 m
21	SEG / MON		10:10	0.6 m	22:25	0.6 m	04:06	3.5 m	16:26	3.4 m
22	TER / TUE		10:49	0.7 m	23:08	0.8 m	04:46	3.4 m	17:08	3.3 m
23	QUA / WED		11:33	0.9 m	-	-	05:31	3.2 m	17:56	3.1 m
24	QUI / THU		00:00	1.0 m	12:27	1.2 m	06:27	2.9 m	18:56	2.9 m
25	SEX / FRI	☾	01:09	1.2 m	13:44	1.4 m	07:42	2.7 m	20:18	2.8 m
26	SAB / SAT		02:49	1.3 m	15:29	1.5 m	09:21	2.6 m	21:53	2.8 m
Hora Legal de Verão / Summer time (UTC +1)										
27	DOM / SUN		05:33	1.2 m	17:59	1.3 m	11:52	2.7 m	-	-
28	SEG / MON		06:45	1.0 m	19:01	1.1 m	00:12	3.0 m	12:57	2.9 m
29	TER / TUE		07:36	0.8 m	19:48	0.9 m	01:10	3.2 m	13:46	3.1 m
30	QUA / WED		08:17	0.6 m	20:28	0.7 m	01:58	3.4 m	14:27	3.3 m
31	QUI / THU		08:53	0.5 m	21:04	0.6 m	02:39	3.5 m	15:04	3.4 m

Fonte: Instituto Hidrográfico

Dia Day		FASE LUA	Porto: Lagos - Abril / April 2022							
			Baixa-mar / Low tide				Preia-mar / High tide			
			Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)
1	SEX / FRI	●	09:26	0.5 m	21:37	0.5 m	03:17	3.6 m	15:39	3.4 m
2	SAB / SAT		09:57	0.5 m	22:10	0.6 m	03:53	3.6 m	16:12	3.4 m
3	DOM / SUN		10:28	0.6 m	22:43	0.6 m	04:27	3.5 m	16:44	3.4 m
4	SEG / MON		10:58	0.7 m	23:15	0.8 m	05:00	3.3 m	17:16	3.2 m
5	TER / TUE		11:29	0.9 m	23:50	1.0 m	05:33	3.1 m	17:48	3.1 m
6	QUA / WED		12:02	1.1 m	-	-	06:07	2.9 m	18:22	2.9 m
7	QUI / THU		00:28	1.2 m	12:39	1.3 m	06:46	2.7 m	19:03	2.7 m
8	SEX / FRI		01:17	1.4 m	13:28	1.5 m	07:36	2.5 m	20:01	2.5 m
9	SAB / SAT	☾	02:30	1.6 m	14:50	1.7 m	08:55	2.3 m	21:32	2.4 m
10	DOM / SUN		04:20	1.6 m	16:42	1.7 m	10:42	2.3 m	23:08	2.5 m
11	SEG / MON		05:45	1.4 m	17:58	1.5 m	11:58	2.5 m	-	-
12	TER / TUE		06:37	1.2 m	18:46	1.3 m	00:11	2.7 m	12:46	2.7 m
13	QUA / WED		07:16	1.0 m	19:25	1.1 m	00:57	2.9 m	13:24	2.9 m
14	QUI / THU		07:51	0.8 m	20:01	0.8 m	01:35	3.2 m	13:58	3.1 m
15	SEX / FRI		08:24	0.6 m	20:36	0.6 m	02:12	3.4 m	14:33	3.3 m
16	SAB / SAT	☉	08:58	0.5 m	21:11	0.5 m	02:48	3.5 m	15:09	3.5 m
17	DOM / SUN		09:33	0.4 m	21:49	0.4 m	03:26	3.6 m	15:46	3.6 m
18	SEG / MON		10:09	0.4 m	22:28	0.5 m	04:05	3.6 m	16:25	3.6 m
19	TER / TUE		10:48	0.5 m	23:11	0.6 m	04:47	3.5 m	17:07	3.5 m
20	QUA / WED		11:31	0.7 m	23:59	0.7 m	05:32	3.3 m	17:53	3.3 m
21	QUI / THU		12:19	1.0 m	-	-	06:23	3.1 m	18:45	3.2 m
22	SEX / FRI		00:57	1.0 m	13:19	1.2 m	07:25	2.9 m	19:50	3.0 m
23	SAB / SAT	☾	02:14	1.1 m	14:42	1.4 m	08:44	2.7 m	21:11	2.8 m
24	DOM / SUN		03:51	1.2 m	16:21	1.4 m	10:17	2.6 m	22:39	2.9 m
25	SEG / MON		05:20	1.1 m	17:42	1.3 m	11:37	2.7 m	23:52	3.0 m
26	TER / TUE		06:24	1.0 m	18:40	1.1 m	12:37	2.9 m	-	-
27	QUA / WED		07:12	0.8 m	19:26	0.9 m	00:49	3.2 m	13:23	3.1 m
28	QUI / THU		07:52	0.7 m	20:05	0.8 m	01:35	3.3 m	14:02	3.2 m
29	SEX / FRI		08:25	0.7 m	20:39	0.7 m	02:15	3.4 m	14:38	3.3 m
30	SAB / SAT	●	08:57	0.7 m	21:12	0.7 m	02:51	3.4 m	15:11	3.4 m

Fonte: Instituto Hidrográfico

Dia Day		FASE LUA	Porto: Lagos - Maio / May 2022							
			Baixa-mar / Low tide				Preia-mar / High tide			
			Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)
1	DOM / SUN		09:26	0.7 m	21:45	0.7 m	03:26	3.4 m	15:43	3.4 m
2	SEG / MON		09:56	0.7 m	22:17	0.7 m	03:59	3.3 m	16:15	3.3 m
3	TER / TUE		10:27	0.8 m	22:51	0.9 m	04:32	3.2 m	16:47	3.2 m
4	QUA / WED		10:59	1.0 m	23:27	1.0 m	05:06	3.0 m	17:20	3.1 m
5	QUI / THU		11:33	1.1 m	-	-	05:42	2.9 m	17:56	2.9 m
6	SEX / FRI		00:07	1.2 m	12:12	1.3 m	06:23	2.7 m	18:39	2.8 m
7	SAB / SAT		00:56	1.3 m	13:01	1.5 m	07:14	2.5 m	19:33	2.7 m
8	DOM / SUN		02:01	1.4 m	14:10	1.6 m	08:21	2.4 m	20:44	2.6 m
9	SEG / MON	☾	03:25	1.5 m	15:39	1.6 m	09:44	2.4 m	22:05	2.6 m
10	TER / TUE		04:43	1.4 m	16:57	1.5 m	10:57	2.5 m	23:12	2.7 m
11	QUA / WED		05:41	1.2 m	17:55	1.3 m	11:53	2.7 m	-	-
12	QUI / THU		06:27	1.0 m	18:41	1.1 m	00:06	2.9 m	12:38	2.9 m
13	SEX / FRI		07:08	0.8 m	19:24	0.9 m	00:52	3.1 m	13:19	3.1 m
14	SAB / SAT		07:47	0.7 m	20:05	0.7 m	01:35	3.3 m	13:59	3.3 m
15	DOM / SUN		08:27	0.5 m	20:47	0.5 m	02:17	3.4 m	14:40	3.5 m
16	SEG / MON	☉	09:07	0.5 m	21:30	0.4 m	03:01	3.5 m	15:23	3.6 m
17	TER / TUE		09:49	0.5 m	22:15	0.4 m	03:46	3.5 m	16:07	3.6 m
18	QUA / WED		10:33	0.6 m	23:03	0.5 m	04:34	3.4 m	16:54	3.5 m
19	QUI / THU		11:20	0.8 m	23:57	0.7 m	05:25	3.3 m	17:44	3.4 m
20	SEX / FRI		12:13	1.0 m	-	-	06:20	3.1 m	18:40	3.3 m
21	SAB / SAT		00:59	0.9 m	13:16	1.2 m	07:24	2.9 m	19:44	3.1 m
22	DOM / SUN	☾	02:12	1.0 m	14:32	1.3 m	08:36	2.8 m	20:56	3.0 m
23	SEG / MON		03:33	1.1 m	15:55	1.3 m	09:54	2.7 m	22:12	3.0 m
24	TER / TUE		04:49	1.1 m	17:09	1.3 m	11:06	2.8 m	23:21	3.0 m
25	QUA / WED		05:51	1.0 m	18:09	1.2 m	12:05	2.9 m	-	-
26	QUI / THU		06:40	1.0 m	18:58	1.0 m	00:18	3.0 m	12:52	3.0 m
27	SEX / FRI		07:20	0.9 m	19:39	1.0 m	01:06	3.1 m	13:33	3.1 m
28	SAB / SAT		07:55	0.9 m	20:15	0.9 m	01:48	3.1 m	14:10	3.2 m
29	DOM / SUN		08:27	0.9 m	20:50	0.8 m	02:26	3.1 m	14:45	3.2 m
30	SEG / MON	●	08:59	0.9 m	21:24	0.8 m	03:01	3.1 m	15:18	3.2 m
31	TER / TUE		09:31	0.9 m	21:59	0.9 m	03:36	3.1 m	15:52	3.2 m

Fonte: Instituto Hidrográfico

Dia Day		FASE LUA	Porto: Lagos - Junho / June 2022							
			Baixa-mar / Low tide				Preia-mar / High tide			
			Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)
1	QUA / WED		10:04	0.9 m	22:34	0.9 m	04:11	3.0 m	16:26	3.2 m
2	QUI / THU		10:39	1.0 m	23:12	1.0 m	04:48	2.9 m	17:02	3.1 m
3	SEX / FRI		11:15	1.1 m	23:53	1.1 m	05:26	2.8 m	17:40	3.0 m
4	SAB / SAT		11:55	1.2 m	-	-	06:08	2.7 m	18:22	2.9 m
5	DOM / SUN		00:39	1.2 m	12:41	1.3 m	06:54	2.6 m	19:09	2.8 m
6	SEG / MON		01:32	1.3 m	13:36	1.4 m	07:48	2.6 m	20:04	2.8 m
7	TER / TUE	☾	02:33	1.3 m	14:42	1.5 m	08:49	2.5 m	21:07	2.7 m
8	QUA / WED		03:37	1.3 m	15:52	1.4 m	09:54	2.6 m	22:12	2.8 m
9	QUI / THU		04:39	1.2 m	16:58	1.3 m	10:55	2.7 m	23:13	2.9 m
10	SEX / FRI		05:35	1.1 m	17:56	1.1 m	11:50	2.9 m	-	-
11	SAB / SAT		06:26	0.9 m	18:49	0.9 m	00:09	3.0 m	12:41	3.1 m
12	DOM / SUN		07:14	0.8 m	19:39	0.7 m	01:02	3.2 m	13:29	3.3 m
13	SEG / MON		08:01	0.7 m	20:28	0.6 m	01:53	3.3 m	14:17	3.4 m
14	TER / TUE	☉	08:47	0.6 m	21:17	0.5 m	02:43	3.4 m	15:05	3.6 m
15	QUA / WED		09:34	0.6 m	22:07	0.4 m	03:34	3.4 m	15:54	3.6 m
16	QUI / THU		10:22	0.6 m	22:58	0.5 m	04:26	3.4 m	16:44	3.6 m
17	SEX / FRI		11:12	0.7 m	23:52	0.6 m	05:18	3.3 m	17:36	3.5 m
18	SAB / SAT		12:05	0.9 m	-	-	06:13	3.2 m	18:30	3.4 m
19	DOM / SUN		00:50	0.7 m	13:03	1.0 m	07:10	3.0 m	19:27	3.3 m
20	SEG / MON		01:52	0.9 m	14:07	1.2 m	08:11	2.9 m	20:29	3.1 m
21	TER / TUE	☾	02:58	1.0 m	15:16	1.3 m	09:16	2.8 m	21:35	3.0 m
22	QUA / WED		04:04	1.1 m	16:26	1.3 m	10:22	2.8 m	22:41	2.9 m
23	QUI / THU		05:06	1.1 m	17:31	1.3 m	11:24	2.8 m	23:42	2.9 m
24	SEX / FRI		06:00	1.2 m	18:27	1.2 m	12:18	2.8 m	-	-
25	SAB / SAT		06:47	1.1 m	19:14	1.1 m	00:36	2.9 m	13:04	2.9 m
26	DOM / SUN		07:27	1.1 m	19:56	1.1 m	01:23	2.9 m	13:46	3.0 m
27	SEG / MON		08:04	1.1 m	20:34	1.0 m	02:05	2.9 m	14:24	3.1 m
28	TER / TUE		08:39	1.0 m	21:10	0.9 m	02:43	2.9 m	15:00	3.1 m
29	QUA / WED	●	09:14	1.0 m	21:46	0.9 m	03:20	2.9 m	15:36	3.2 m
30	QUI / THU		09:49	1.0 m	22:22	0.9 m	03:57	3.0 m	16:11	3.2 m

Fonte: Instituto Hidrográfico

Dia Day		FASE LUA	Porto: Lagos - Julho / July 2022							
			Baixa-mar / Low tide				Preia-mar / High tide			
			Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)
1	SEX / FRI		10:24	1.0 m	22:59	0.9 m	04:34	2.9 m	16:47	3.2 m
2	SAB / SAT		11:00	1.0 m	23:37	1.0 m	05:11	2.9 m	17:24	3.2 m
3	DOM / SUN		11:38	1.1 m	-	-	05:49	2.9 m	18:01	3.1 m
4	SEG / MON		00:16	1.0 m	12:18	1.2 m	06:29	2.8 m	18:41	3.0 m
5	TER / TUE		00:58	1.1 m	13:02	1.2 m	07:12	2.8 m	19:26	2.9 m
6	QUA / WED		01:45	1.1 m	13:54	1.3 m	08:02	2.7 m	20:18	2.9 m
7	QUI / THU	☾	02:39	1.2 m	14:56	1.3 m	08:59	2.7 m	21:19	2.8 m
8	SEX / FRI		03:41	1.2 m	16:05	1.3 m	10:03	2.7 m	22:26	2.8 m
9	SAB / SAT		04:46	1.1 m	17:17	1.2 m	11:08	2.8 m	23:35	2.9 m
10	DOM / SUN		05:50	1.0 m	18:23	1.0 m	12:10	3.0 m	-	-
11	SEG / MON		06:50	0.9 m	19:23	0.8 m	00:39	3.0 m	13:08	3.2 m
12	TER / TUE		07:45	0.8 m	20:18	0.6 m	01:38	3.2 m	14:02	3.4 m
13	QUA / WED	☉	08:36	0.7 m	21:10	0.5 m	02:34	3.3 m	14:54	3.6 m
14	QUI / THU		09:25	0.6 m	22:00	0.4 m	03:26	3.4 m	15:44	3.7 m
15	SEX / FRI		10:12	0.6 m	22:49	0.4 m	04:17	3.4 m	16:33	3.7 m
16	SAB / SAT		11:00	0.6 m	23:37	0.5 m	05:06	3.4 m	17:21	3.7 m
17	DOM / SUN		11:48	0.7 m	-	-	05:55	3.3 m	18:10	3.5 m
18	SEG / MON		00:27	0.6 m	12:37	0.9 m	06:44	3.1 m	19:00	3.4 m
19	TER / TUE		01:17	0.8 m	13:30	1.0 m	07:35	3.0 m	19:52	3.1 m
20	QUA / WED	☾	02:11	1.0 m	14:28	1.2 m	08:29	2.8 m	20:50	2.9 m
21	QUI / THU		03:09	1.2 m	15:34	1.3 m	09:30	2.7 m	21:54	2.7 m
22	SEX / FRI		04:12	1.3 m	16:47	1.4 m	10:36	2.7 m	23:03	2.6 m
23	SAB / SAT		05:17	1.4 m	17:57	1.4 m	11:42	2.7 m	-	-
24	DOM / SUN		06:16	1.4 m	18:56	1.3 m	00:08	2.6 m	12:39	2.8 m
25	SEG / MON		07:06	1.3 m	19:43	1.2 m	01:04	2.7 m	13:27	2.9 m
26	TER / TUE		07:48	1.2 m	20:23	1.1 m	01:50	2.7 m	14:08	3.0 m
27	QUA / WED		08:25	1.1 m	20:59	1.0 m	02:30	2.8 m	14:45	3.1 m
28	QUI / THU	●	09:01	1.0 m	21:33	0.9 m	03:07	2.9 m	15:20	3.2 m
29	SEX / FRI		09:34	0.9 m	22:06	0.8 m	03:41	3.0 m	15:54	3.3 m
30	SAB / SAT		10:08	0.9 m	22:39	0.8 m	04:15	3.0 m	16:27	3.3 m
31	DOM / SUN		10:41	0.9 m	23:12	0.8 m	04:48	3.1 m	17:01	3.3 m

Fonte: Instituto Hidrográfico

Dia Day		FASE LUA	Porto: Lagos - Agosto / August 2022							
			Baixa-mar / Low tide				Preia-mar / High tide			
			Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)
1	SEG / MON		11:14	0.9 m	23:46	0.8 m	05:22	3.0 m	17:35	3.3 m
2	TER / TUE		11:50	1.0 m	-	-	05:58	3.0 m	18:11	3.2 m
3	QUA / WED		00:22	0.9 m	12:29	1.0 m	06:36	2.9 m	18:51	3.1 m
4	QUI / THU		01:03	1.0 m	13:15	1.1 m	07:20	2.9 m	19:38	3.0 m
5	SEX / FRI	☾	01:52	1.1 m	14:12	1.2 m	08:14	2.8 m	20:38	2.8 m
6	SAB / SAT		02:53	1.2 m	15:26	1.3 m	09:20	2.7 m	21:52	2.7 m
7	DOM / SUN		04:09	1.3 m	16:52	1.3 m	10:37	2.8 m	23:15	2.8 m
8	SEG / MON		05:29	1.2 m	18:13	1.1 m	11:52	2.9 m	-	-
9	TER / TUE		06:39	1.1 m	19:18	0.9 m	00:30	2.9 m	12:57	3.1 m
10	QUA / WED		07:37	0.9 m	20:13	0.6 m	01:33	3.1 m	13:53	3.4 m
11	QUI / THU		08:28	0.7 m	21:02	0.4 m	02:27	3.3 m	14:44	3.6 m
12	SEX / FRI	☉	09:14	0.6 m	21:47	0.3 m	03:16	3.4 m	15:31	3.7 m
13	SAB / SAT		09:57	0.5 m	22:30	0.3 m	04:01	3.5 m	16:16	3.8 m
14	DOM / SUN		10:40	0.5 m	23:12	0.4 m	04:45	3.5 m	17:00	3.7 m
15	SEG / MON		11:22	0.6 m	23:53	0.6 m	05:27	3.4 m	17:43	3.6 m
16	TER / TUE		12:04	0.8 m	-	-	06:09	3.2 m	18:26	3.4 m
17	QUA / WED		00:34	0.8 m	12:48	1.0 m	06:52	3.1 m	19:11	3.1 m
18	QUI / THU		01:18	1.0 m	13:37	1.2 m	07:38	2.9 m	20:00	2.8 m
19	SEX / FRI	☾	02:07	1.3 m	14:38	1.4 m	08:32	2.7 m	21:01	2.6 m
20	SAB / SAT		03:09	1.5 m	16:00	1.5 m	09:42	2.6 m	22:21	2.4 m
21	DOM / SUN		04:30	1.6 m	17:32	1.5 m	11:05	2.5 m	23:46	2.4 m
22	SEG / MON		05:51	1.5 m	18:42	1.4 m	12:17	2.6 m	-	-
23	TER / TUE		06:50	1.4 m	19:30	1.2 m	00:50	2.5 m	13:10	2.8 m
24	QUA / WED		07:34	1.3 m	20:07	1.1 m	01:36	2.7 m	13:51	3.0 m
25	QUI / THU		08:09	1.1 m	20:40	0.9 m	02:13	2.8 m	14:26	3.1 m
26	SEX / FRI		08:42	0.9 m	21:11	0.8 m	02:46	3.0 m	14:58	3.3 m
27	SAB / SAT	●	09:14	0.8 m	21:41	0.7 m	03:18	3.1 m	15:30	3.4 m
28	DOM / SUN		09:44	0.7 m	22:11	0.6 m	03:49	3.2 m	16:01	3.4 m
29	SEG / MON		10:16	0.7 m	22:41	0.6 m	04:20	3.2 m	16:33	3.4 m
30	TER / TUE		10:48	0.7 m	23:13	0.7 m	04:52	3.2 m	17:06	3.4 m
31	QUA / WED		11:22	0.8 m	23:48	0.8 m	05:27	3.2 m	17:42	3.3 m

Fonte: Instituto Hidrográfico

Dia Day		FASE LUA	Porto: Lagos - Setembro / September 2022							
			Baixa-mar / Low tide				Preia-mar / High tide			
			Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)
1	QUI / THU		12:00	0.9 m	-	-	06:04	3.1 m	18:21	3.1 m
2	SEX / FRI		00:27	0.9 m	12:45	1.1 m	06:47	3.0 m	19:09	3.0 m
3	SAB / SAT	☾	01:15	1.1 m	13:43	1.2 m	07:40	2.8 m	20:12	2.8 m
4	DOM / SUN		02:19	1.3 m	15:06	1.3 m	08:52	2.7 m	21:38	2.6 m
5	SEG / MON		03:49	1.4 m	16:49	1.3 m	10:21	2.7 m	23:14	2.7 m
6	TER / TUE		05:24	1.3 m	18:14	1.1 m	11:45	2.9 m	-	-
7	QUA / WED		06:36	1.1 m	19:15	0.8 m	00:30	2.9 m	12:50	3.2 m
8	QUI / THU		07:31	0.9 m	20:04	0.6 m	01:28	3.1 m	13:43	3.4 m
9	SEX / FRI		08:16	0.7 m	20:47	0.4 m	02:16	3.3 m	14:30	3.6 m
10	SAB / SAT	☉	08:58	0.5 m	21:27	0.3 m	02:59	3.4 m	15:13	3.7 m
11	DOM / SUN		09:37	0.5 m	22:04	0.3 m	03:40	3.5 m	15:54	3.8 m
12	SEG / MON		10:15	0.5 m	22:40	0.4 m	04:18	3.5 m	16:33	3.7 m
13	TER / TUE		10:52	0.6 m	23:15	0.6 m	04:55	3.4 m	17:12	3.5 m
14	QUA / WED		11:29	0.7 m	23:50	0.8 m	05:32	3.3 m	17:50	3.3 m
15	QUI / THU		12:08	0.9 m	-	-	06:09	3.1 m	18:29	3.0 m
16	SEX / FRI		00:27	1.1 m	12:51	1.2 m	06:49	2.9 m	19:12	2.7 m
17	SAB / SAT	☾	01:09	1.3 m	13:46	1.4 m	07:37	2.7 m	20:09	2.5 m
18	DOM / SUN		02:05	1.5 m	15:12	1.6 m	08:45	2.5 m	21:38	2.3 m
19	SEG / MON		03:38	1.7 m	17:05	1.6 m	10:23	2.5 m	23:22	2.3 m
20	TER / TUE		05:23	1.6 m	18:20	1.4 m	11:48	2.6 m	-	-
21	QUA / WED		06:27	1.5 m	19:06	1.2 m	00:29	2.5 m	12:43	2.8 m
22	QUI / THU		07:10	1.3 m	19:40	1.0 m	01:12	2.7 m	13:23	3.0 m
23	SEX / FRI		07:44	1.1 m	20:11	0.9 m	01:46	2.9 m	13:56	3.1 m
24	SAB / SAT		08:15	0.9 m	20:40	0.7 m	02:17	3.0 m	14:28	3.3 m
25	DOM / SUN	●	08:46	0.7 m	21:10	0.6 m	02:47	3.2 m	14:59	3.4 m
26	SEG / MON		09:17	0.6 m	21:40	0.5 m	03:18	3.3 m	15:31	3.5 m
27	TER / TUE		09:49	0.6 m	22:11	0.5 m	03:50	3.4 m	16:04	3.5 m
28	QUA / WED		10:22	0.6 m	22:44	0.6 m	04:23	3.4 m	16:40	3.5 m
29	QUI / THU		10:59	0.7 m	23:20	0.7 m	04:59	3.3 m	17:18	3.3 m
30	SEX / FRI		11:39	0.8 m	-	-	05:39	3.2 m	18:01	3.1 m

Fonte: Instituto Hidrográfico

Dia Day		FASE LUA	Porto: Lagos - Outubro / October 2022							
			Baixa-mar / Low tide				Preia-mar / High tide			
			Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)
1	SAB / SAT		00:01	0.9 m	12:28	1.0 m	06:24	3.1 m	18:53	2.9 m
2	DOM / SUN		00:52	1.2 m	13:33	1.2 m	07:22	2.9 m	20:04	2.7 m
3	SEG / MON	☾	02:04	1.4 m	15:07	1.3 m	08:40	2.8 m	21:40	2.6 m
4	TER / TUE		03:46	1.5 m	16:54	1.2 m	10:14	2.8 m	23:15	2.7 m
5	QUA / WED		05:22	1.3 m	18:10	1.0 m	11:36	2.9 m	-	-
6	QUI / THU		06:28	1.1 m	19:04	0.8 m	00:24	2.9 m	12:38	3.2 m
7	SEX / FRI		07:18	0.9 m	19:48	0.6 m	01:15	3.1 m	13:27	3.4 m
8	SAB / SAT		08:00	0.7 m	20:26	0.5 m	01:58	3.3 m	14:11	3.6 m
9	DOM / SUN	☉	08:38	0.6 m	21:01	0.4 m	02:37	3.4 m	14:51	3.6 m
10	SEG / MON		09:14	0.5 m	21:35	0.5 m	03:14	3.5 m	15:29	3.6 m
11	TER / TUE		09:49	0.5 m	22:07	0.6 m	03:49	3.5 m	16:05	3.5 m
12	QUA / WED		10:23	0.6 m	22:39	0.7 m	04:23	3.4 m	16:41	3.4 m
13	QUI / THU		10:58	0.8 m	23:11	0.9 m	04:58	3.3 m	17:16	3.2 m
14	SEX / FRI		11:35	1.0 m	23:45	1.1 m	05:32	3.1 m	17:53	2.9 m
15	SAB / SAT		12:16	1.2 m	-	-	06:09	2.9 m	18:34	2.7 m
16	DOM / SUN		00:24	1.3 m	13:08	1.4 m	06:54	2.7 m	19:28	2.4 m
17	SEG / MON	☾	01:16	1.5 m	14:28	1.6 m	07:56	2.5 m	20:52	2.3 m
18	TER / TUE		02:43	1.7 m	16:18	1.6 m	09:29	2.5 m	22:37	2.3 m
19	QUA / WED		04:34	1.7 m	17:37	1.4 m	10:59	2.5 m	23:48	2.5 m
20	QUI / THU		05:45	1.5 m	18:25	1.2 m	11:59	2.7 m	-	-
21	SEX / FRI		06:31	1.3 m	19:02	1.0 m	00:33	2.7 m	12:42	2.9 m
22	SAB / SAT		07:08	1.1 m	19:34	0.9 m	01:08	2.9 m	13:18	3.1 m
23	DOM / SUN		07:42	0.9 m	20:05	0.7 m	01:40	3.1 m	13:52	3.3 m
24	SEG / MON		08:15	0.7 m	20:37	0.6 m	02:13	3.2 m	14:27	3.4 m
25	TER / TUE	●	08:49	0.6 m	21:09	0.5 m	02:46	3.4 m	15:02	3.5 m
26	QUA / WED		09:24	0.5 m	21:44	0.5 m	03:21	3.5 m	15:39	3.5 m
27	QUI / THU		10:02	0.5 m	22:21	0.6 m	03:59	3.5 m	16:19	3.4 m
28	SEX / FRI		10:43	0.6 m	23:01	0.7 m	04:39	3.4 m	17:02	3.3 m
29	SAB / SAT		11:29	0.8 m	23:47	0.9 m	05:23	3.3 m	17:51	3.1 m
Hora Legal de Inverno Winter time (UTC)										
30	DOM / SUN		11:24	0.9 m	23:44	1.2 m	05:14	3.2 m	17:51	2.9 m
31	SEG / MON		12:36	1.1 m	-	-	06:16	3.0 m	19:06	2.7 m

Fonte: Instituto Hidrográfico

Dia Day		FASE LUA	Porto: Lagos - Novembro / November 2022							
			Baixa-mar / Low tide				Preia-mar / High tide			
			Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)
1	TER / TUE	☾	01:01	1.4 m	14:09	1.2 m	07:34	2.9 m	20:36	2.6 m
2	QUA / WED		02:39	1.4 m	15:41	1.1 m	09:00	2.9 m	22:00	2.7 m
3	QUI / THU		04:05	1.3 m	16:50	1.0 m	10:17	3.0 m	23:04	2.9 m
4	SEX / FRI		05:08	1.1 m	17:42	0.8 m	11:17	3.2 m	23:53	3.1 m
5	SAB / SAT		05:57	0.9 m	18:24	0.7 m	12:06	3.3 m	-	-
6	DOM / SUN		06:39	0.8 m	19:01	0.6 m	00:35	3.2 m	12:49	3.4 m
7	SEG / MON		07:17	0.7 m	19:35	0.6 m	01:13	3.3 m	13:28	3.4 m
8	TER / TUE	☉	07:52	0.6 m	20:07	0.6 m	01:49	3.4 m	14:05	3.4 m
9	QUA / WED		08:26	0.6 m	20:38	0.7 m	02:23	3.4 m	14:40	3.3 m
10	QUI / THU		09:00	0.7 m	21:10	0.8 m	02:57	3.4 m	15:15	3.2 m
11	SEX / FRI		09:35	0.8 m	21:42	0.9 m	03:31	3.3 m	15:51	3.0 m
12	SAB / SAT		10:12	1.0 m	22:17	1.1 m	04:06	3.1 m	16:28	2.9 m
13	DOM / SUN		10:54	1.1 m	22:57	1.3 m	04:43	3.0 m	17:10	2.7 m
14	SEG / MON		11:44	1.3 m	23:46	1.5 m	05:27	2.8 m	18:01	2.5 m
15	TER / TUE		12:49	1.4 m	-	-	06:21	2.7 m	19:07	2.4 m
16	QUA / WED	☾	00:54	1.6 m	14:12	1.5 m	07:31	2.6 m	20:29	2.4 m
17	QUI / THU		02:22	1.6 m	15:29	1.4 m	08:49	2.6 m	21:42	2.5 m
18	SEX / FRI		03:40	1.5 m	16:27	1.3 m	09:57	2.7 m	22:37	2.6 m
19	SAB / SAT		04:37	1.4 m	17:12	1.1 m	10:49	2.8 m	23:21	2.8 m
20	DOM / SUN		05:23	1.2 m	17:51	0.9 m	11:34	3.0 m	-	-
21	SEG / MON		06:05	1.0 m	18:28	0.8 m	00:00	3.0 m	12:15	3.2 m
22	TER / TUE		06:44	0.8 m	19:06	0.6 m	00:39	3.2 m	12:56	3.3 m
23	QUA / WED	●	07:24	0.6 m	19:44	0.6 m	01:18	3.4 m	13:37	3.4 m
24	QUI / THU		08:06	0.5 m	20:24	0.6 m	01:59	3.5 m	14:21	3.4 m
25	SEX / FRI		08:49	0.5 m	21:06	0.6 m	02:41	3.5 m	15:07	3.4 m
26	SAB / SAT		09:36	0.5 m	21:52	0.7 m	03:27	3.5 m	15:56	3.3 m
27	DOM / SUN		10:27	0.7 m	22:42	0.9 m	04:15	3.4 m	16:49	3.1 m
28	SEG / MON		11:25	0.8 m	23:41	1.1 m	05:09	3.3 m	17:49	3.0 m
29	TER / TUE		12:33	1.0 m	-	-	06:09	3.2 m	18:57	2.8 m
30	QUA / WED	☾	00:51	1.2 m	13:51	1.1 m	07:18	3.0 m	20:12	2.7 m

Fonte: Instituto Hidrográfico

Dia Day		FASE LUA	Porto: Lagos - Dezembro / December 2022							
			Baixa-mar / Low tide				Preia-mar / High tide			
			Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)	Manhã Morning	Altura (m) Height (m)	Tarde Afternoon	Altura (m) Height (m)
1	QUI / THU		02:12	1.3 m	15:09	1.1 m	08:33	3.0 m	21:27	2.8 m
2	SEX / FRI		03:31	1.3 m	16:17	1.0 m	09:45	3.0 m	22:32	2.9 m
3	SAB / SAT		04:37	1.2 m	17:12	1.0 m	10:48	3.0 m	23:25	3.0 m
4	DOM / SUN		05:32	1.0 m	17:57	0.9 m	11:41	3.1 m	-	-
5	SEG / MON		06:18	0.9 m	18:36	0.9 m	00:10	3.1 m	12:27	3.1 m
6	TER / TUE		06:58	0.9 m	19:11	0.9 m	00:51	3.2 m	13:08	3.1 m
7	QUA / WED		07:35	0.8 m	19:45	0.8 m	01:28	3.2 m	13:46	3.1 m
8	QUI / THU	○	08:11	0.8 m	20:17	0.9 m	02:03	3.3 m	14:23	3.1 m
9	SEX / FRI		08:46	0.8 m	20:51	0.9 m	02:38	3.3 m	14:58	3.0 m
10	SAB / SAT		09:22	0.9 m	21:25	1.0 m	03:14	3.2 m	15:35	3.0 m
11	DOM / SUN		09:59	0.9 m	22:01	1.1 m	03:49	3.2 m	16:12	2.9 m
12	SEG / MON		10:39	1.0 m	22:40	1.2 m	04:27	3.1 m	16:52	2.8 m
13	TER / TUE		11:22	1.2 m	23:23	1.3 m	05:07	3.0 m	17:36	2.7 m
14	QUA / WED		12:11	1.3 m	-	-	05:51	2.9 m	18:25	2.6 m
15	QUI / THU		00:13	1.4 m	13:08	1.3 m	06:41	2.8 m	19:22	2.5 m
16	SEX / FRI	☾	01:13	1.5 m	14:10	1.3 m	07:40	2.7 m	20:25	2.5 m
17	SAB / SAT		02:21	1.5 m	15:14	1.3 m	08:44	2.7 m	21:29	2.6 m
18	DOM / SUN		03:30	1.4 m	16:12	1.2 m	09:48	2.8 m	22:27	2.7 m
19	SEG / MON		04:33	1.3 m	17:05	1.1 m	10:47	2.9 m	23:19	2.9 m
20	TER / TUE		05:28	1.1 m	17:54	0.9 m	11:41	3.0 m	-	-
21	QUA / WED		06:19	0.9 m	18:41	0.8 m	00:08	3.1 m	12:32	3.2 m
22	QUI / THU		07:07	0.7 m	19:27	0.7 m	00:56	3.3 m	13:21	3.3 m
23	SEX / FRI	●	07:55	0.5 m	20:12	0.6 m	01:43	3.5 m	14:11	3.4 m
24	SAB / SAT		08:43	0.5 m	20:59	0.6 m	02:31	3.6 m	15:00	3.4 m
25	DOM / SUN		09:32	0.4 m	21:46	0.7 m	03:19	3.6 m	15:51	3.4 m
26	SEG / MON		10:23	0.5 m	22:36	0.8 m	04:09	3.6 m	16:43	3.3 m
27	TER / TUE		11:17	0.6 m	23:29	0.9 m	05:00	3.5 m	17:36	3.1 m
28	QUA / WED		12:14	0.8 m	-	-	05:54	3.4 m	18:33	3.0 m
29	QUI / THU		00:28	1.0 m	13:16	0.9 m	06:52	3.2 m	19:35	2.9 m
30	SEX / FRI	☽	01:33	1.2 m	14:22	1.1 m	07:56	3.0 m	20:41	2.8 m
31	SAB / SAT		02:45	1.3 m	15:30	1.2 m	09:05	2.9 m	21:49	2.8 m

Fonte: Instituto Hidrográfico