




















## TIDE TIMES + SUNSET TIMES + MOON PHASES

### Notes:

- Full Moon.
- The tidal phase will be close to spring tides (the highest of the high tides and lowest of the low tides).
- Tidal routes can be cut off close to high tide times quicker than you might think. Check and double check.
- Be prepared, be aware of your pacing times and distances.
- Use the alternative high tidal routes if unsure.

**All Times in British Summer Time**  
(Greenwich Mean Time (GMT) +1 Hour (BST))

**Holyhead.**  
**1, 2, 3, September 2023**

FRIDAY 1	 <b>Low tide</b> 05h42 0.16m  <b>High tide</b> 11h54 5.88m  <b>Low tide</b> 17h56 0.43m	<b>Friday</b> <b>1st September</b>	 <b>Moon</b> Full moon  <b>Sunrise</b> 07h27 ← 13h41min → -4 min  <b>Sunset</b> 21h09
SATURDAY 2	 <b>High tide</b> 00h08 6.28m  <b>Low tide</b> 06h25 0.12m  <b>High tide</b> 12h35 5.86m  <b>Low tide</b> 18h38 0.45m	<b>Saturday</b> <b>2nd September</b>	 <b>Moon</b> Waning gibbous moon  <b>Sunrise</b> 07h29 ← 13h37min → -4 min  <b>Sunset</b> 21h07
SUNDAY 3	 <b>High tide</b> 00h50 6.21m  <b>Low tide</b> 07h08 0.28m  <b>High tide</b> 13h17 5.70m  <b>Low tide</b> 19h21 0.63m	<b>Sunday</b> <b>3rd September</b>	 <b>Moon</b> Waning gibbous moon  <b>Sunrise</b> 07h31 ← 13h33min → -4 min  <b>Sunset</b> 21h04