

# 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 2025

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

### AUGUST 2025

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

### SEPTEMBER 2025

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

### OCTOBER 2025

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

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Department of Conservation  
*Te Papa Atawhai*

