Location	Lat	Long	High Water		Low Water		MHWS	MHWN	MLWN	MLWS
BELGIUM *Time zone –0100*										
Antwerpen	51 21N	4 14E	+0128	+0116	+0121	+0144	+1.2	+1.0	+0.1	+0.1
Blankenberge	51 19N	3 07E		–0007		–0002	+0.1	+0.1	–0.1	–0.1
			0300	**0900**	**0300**	**0900**				
ZEEBRUGGE	51 21N	3 12E	and	and	and	and	4.8	4.0	1.1	0.5
Standard port			**1500**	**2100**	**1500**	**2100**				
Oostende	51 14N	2 56E	–0019	–0019	–0008	–0008	+0.4	+0.2	+0.2	+0.1
Nieuwpoort	51 09N	2 43E	–0031	–0031	–0010	–0010	+0.7	+0.5	+0.3	+0.1
FRANCE *Time zone –0100*										
			0200	**0800**	**0200**	**0900**				
DUNKERQUE	51 03N	2 22E	and	and	and	and	6.0	5.0	1.5	0.6
Standard port			**1400**	**2000**	**1400**	**2100**				
Gravelines	51 01N	2 06E	–0010	–0015	–0010	–0005	+0.5	+0.3	+0.1	0.0
Sandettie Bank	51 15N	2 03E	–0010	–0015	–0015	–0010	–0.6	–0.6	–0.2	–0.1
Calais	50 58N	1 51E	–0020	–0030	–0015	–0005	+1.2	+0.9	+0.6	+0.3
Wissant	50 53N	1 40E	–0035	–0050	–0030	–0010	+2.0	+1.5	+0.9	+0.4
Boulogne	50 44N	1 35E	–0045	–0100	–0045	–0025	+2.8	+2.2	+1.1	+0.5
			0100	**0600**	**0100**	**0700**				
DIEPPE	49 56N	1 05E	and	and	and	and	9.3	7.4	2.5	0.8
Standard port			**1300**	**1800**	**1300**	**1900**				
Le Touquet, Étaples	50 31N	1 35E	+0010	+0015	+0030	+0030	+0.2	+0.2	+0.3	+0.4
Berck	50 24N	1 34E	+0005	+0015	+0025	+0030	+0.4	+0.5	+0.3	+0.4
La Somme										
Le Hourdel	50 13N	1 34E	+0020	+0020	*No data*	*No data*	+0.8	+0.6	*No data*	
St Valéry	50 11N	1 37E	+0035	+0035	*No data*	*No data*	+0.9	+0.7	*No data*	
Cayeux	50 11N	1 29E	0000	+0005	+0015	+0010	+0.5	+0.6	+0.4	+0.4
Le Tréport	50 04N	1 22E	+0005	0000	+0005	+0015	+0.3	+0.2	+0.1	+0.1
St Valéry–en–Caux	49 52N	0 42E	–0005	–0005	–0015	–0015	–0.5	–0.4	–0.1	–0.1
Fécamp	49 46N	0 22E	–0015	–0010	–0030	–0040	–0.8	–0.5	+0.3	+0.4
Etretat	49 42N	0 12E	–0020	–0015	–0050	–0050	–1.1	–0.8	+0.3	+0.4
			0000	**0500**	**0000**	**0700**				
LE HAVRE	49 29N	0 07E	and	and	and	and	8.0	6.7	2.9	1.2
Standard port			**1200**	**1700**	**1200**	**1900**				
Antifer (Le Havre)	49 39N	0 09E	+0025	+0015	+0005	–0005	+0.1	0.0	0.0	0.0
La Seine										
Chenal du Rouen	49 26N	0 07E	0000	0000	0000	+0015	0.0	–0.1	0.0	–0.1
Honfleur	49 25N	0 14E	–0150	–0135	+0025	+0040	0.0	0.0	+0.1	+0.4
Tancarville	49 28N	0 28E	–0135	–0120	+0030	+0145	+0.1	+0.1	+0.3	+1.0
Quilleboeuf	49 28N	0 32E	–0055	–0110	+0105	+0210	+0.1	+0.1	+0.5	+1.4
Vatteville	49 29N	0 40E	+0015	–0040	+0205	+0240	–0.1	–0.1	+0.9	+2.2
Caudebec	49 32N	0 44E	–0005	–0030	+0220	+0300	–0.1	–0.1	+1.0	+2.3
Heurteauville	49 27N	0 49E	+0055	+0005	+0250	+0330	–0.2	–0.1	+1.2	+2.6
Duclair	49 29N	0 53E	+0210	+0145	+0350	+0410	–0.2	0.0	+1.5	+3.2
Rouen	49 27N	1 06E	+0305	+0240	+0505	+0515	–0.1	+0.2	+1.6	+3.3
Trouville	49 22N	0 05E	–0100	–0010	0000	+0005	+0.4	+0.3	+0.3	+0.1
Dives	49 18N	0 05W	–0100	–0010	0000	0000	+0.3	+0.2	+0.2	+0.1
Ouistreham	49 17N	0 15W	–0045	–0010	–0005	0000	–0.3	–0.3	–0.2	–0.3
Courseulles-sur-Mer	49 20N	0 27W	–0100	–0005	–0015	–0025	–0.6	–0.6	–0.3	–0.1
Arromanches	49 21N	0 37W	–0055	–0025	–0025	–0035	–0.6	–0.6	–0.2	–0.2
Port-en-Bessin	49 21N	0 45W	–0055	–0030	–0030	–0035	–0.7	–0.7	–0.2	–0.1
Alpha-Baie de Seine	49 49N	0 20W	+0030	+0020	–0005	–0020	–1.0	–0.9	–0.4	–0.2
			0300	**1000**	**0400**	**1000**				
CHERBOURG	49 39N	1 38W	and	and	and	and	6.4	5.1	2.6	1.1
Standard port			**1500**	**2200**	**1600**	**2200**				
Rade de la Capelle	49 25N	1 05W	+0125	+0055	+0125	+0110	+0.7	+0.7	0.0	+0.1
Iles Saint Marcouf	49 30N	1 08W	+0130	+0055	+0120	+0110	+0.5	+0.5	0.0	0.0
St Vaast-la-Hougue	49 34N	1 16W	+0115	+0045	+0120	+0110	+0.3	+0.3	–0.2	–0.1
Barfleur	49 40N	1 15W	+0115	+0050	+0045	+0050	+0.2	+0.1	0.0	+0.1
Omonville	49 42N	1 50W	–0015	–0010	–0015	–0015	–0.1	–0.1	0.0	0.0
Goury	49 43N	1 57W	–0100	–0040	–0105	–0120	+1.2	+1.3	+0.7	0.0
CHANNEL ISLANDS *Time zone UT*										
			0300	**0900**	**0200**	**0900**				
ST HELIER	49 11N	2 07W	and	and	and	and	11.0	8.1	4.0	1.4
Standard port			**1500**	**2100**	**1400**	**2100**				
Alderney, Braye	49 43N	2 12W	+0050	+0040	+0025	+0105	–4.8	–3.4	–1.5	–0.5
Sark, Maseline Pier	49 26N	2 21W	+0005	+0015	+0005	+0010	–2.1	–1.5	–0.6	–0.3
Guernsey, ST PETER PORT	49 27N	2 31W	*Standard port (no Secondaries)*							

Location	Lat	Long	High Water		Low Water		MHWS	MHWN	MLWN	MLWS
Jersey										
St Catherine Bay	49 13N	2 01W	0000	+0010	+0010	+0010	0.0	–0.1	0.0	+0.1
Bouley Bay	49 15N	2 05W	+0002	+0002	+0004	+0004	–0.3	–0.3	–0.1	–0.1
Les Ecrehou	49 17N	1 56W	+0005	+0009	+0011	+0009	–0.2	+0.1	–0.2	0.0
Les Minquiers	48 57N	2 08W	–0014	–0018	–0001	–0008	+0.5	+0.6	+0.1	+0.1
FRANCE *Time zone –0100*										
			0100	**0800**	**0300**	**0800**				
ST MALO	48 38N	2 02W	and	and	and	and	12.2	9.3	4.2	1.5
Standard port			**1300**	**2000**	**1500**	**2000**				
Les Ardentes	48 58N	1 52W	+0010	+0010	+0020	+0010	0.0	–0.1	0.0	–0.1
Iles Chausey	48 52N	1 49W	+0005	+0005	+0015	+0015	+0.8	+0.7	+0.6	+0.4
Diélette	49 33N	1 52W	+0045	+0035	+0020	+0035	–2.5	–1.9	–0.7	–0.3
Carteret	49 22N	1 47W	+0030	+0020	+0015	+0030	–1.6	–1.2	–0.7	–0.3
Portbail	49 18N	1 45W	+0030	+0025	+0025	+0030	–0.8	–0.6	–0.2	–0.1
St Germain sur Ay	49 14N	1 36W	+0025	+0025	+0035	+0035	–0.7	–0.5	0.0	+0.1
Le Sénéquet	49 05N	1 40W	+0015	+0015	+0025	+0025	–0.3	–0.3	+0.1	+0.1
Regnéville sur Mer	49 01N	1 33W	+0010	+0010	+0030	+0020	+0.5	+0.4	+0.2	0.0
Granville	48 50N	1 36W	+0010	+0005	+0025	+0015	+0.7	+0.4	+0.3	0.0
Cancale	48 40N	1 51W	0000	0000	+0010	+0010	+0.8	+0.6	+0.3	+0.1
Ile des Hebihens	48 37N	2 11W	0000	0000	–0005	–0005	–0.2	–0.2	–0.1	–0.1
St Cast	48 38N	2 15W	0000	0000	–0005	–0005	–0.2	–0.2	–0.1	–0.1
Erquy	48 38N	2 28W	0000	–0005	–0020	–0010	–0.8	–0.6	–0.2	–0.2
Dahouët	48 35N	2 34W	–0005	0000	–0025	–0010	–0.8	–0.7	–0.2	–0.1
Le Légué (Buoy)	48 34N	2 41W	–0010	–0005	–0020	–0015	–0.8	–0.5	–0.2	–0.1
Binic	48 36N	2 49W	–0005	–0005	–0025	–0015	–0.8	–0.6	–0.2	–0.1
St Quay-Portrieux	48 38N	2 49W	–0010	–0010	–0030	–0010	–0.9	–0.7	–0.2	–0.1
Paimpol	48 47N	3 02W	–0010	–0005	–0035	–0025	–1.4	–0.9	–0.4	–0.1
Ile de Bréhat	48 50N	3 00W	–0015	–0005	–0040	–0030	–1.6	–1.2	–0.5	0.0
Les Héaux de Bréhat	48 55N	3 05W	–0015	–0010	–0010	–0045	–2.3	–1.6	–0.6	–0.1
Lézardrieux	48 47N	3 06W	–0020	–0015	–0055	–0045	–1.7	–1.3	–0.5	–0.2
Port-Béni	48 51N	3 10W	–0020	–0020	–0105	–0050	–2.4	–1.7	–0.6	–0.2
Tréguier	48 47N	3 13W	–0020	–0020	–0100	–0045	–2.3	–1.6	–0.6	–0.2
Perros-Guirec	48 49N	3 28W	–0035	–0035	–0115	–0100	–2.8	–2.0	–0.7	–0.1
Ploumanac'h	48 50N	3 29W	–0035	–0040	–0120	–0100	–2.9	–2.0	–0.7	–0.2
			0000	**0600**	**0000**	**0600**				
BREST	48 23N	4 30W	and	and	and	and	7.0	5.5	2.7	1.1
Standard port			**1200**	**1800**	**1200**	**1800**				
Trébeurden	48 46N	3 35W	+0100	+0110	+0120	+0100	+2.2	+1.8	+0.8	+0.3
Locquirec	48 42N	3 38W	+0100	+0110	+0125	+0100	+2.2	+1.8	+0.8	+0.4
Anse de Primel	48 43N	3 50W	+0100	+0110	+0120	+0100	+2.0	+1.6	+0.7	+0.2
Chateau du Taureau (Morlaix)	48 41N	3 53W	+0055	+0105	+0115	+0055	+1.9	+1.6	+0.7	+0.2
Roscoff	48 43N	3 58W	+0055	+0105	+0115	+0055	+1.9	+1.6	+0.7	+0.2
Ile de Batz	48 44N	4 00W	+0045	+0100	+0105	+0055	+1.9	+1.5	+0.8	+0.3
Brignogan	48 40N	4 19W	+0040	+0045	+0100	+0040	+1.4	+1.1	+0.5	+0.1
L'Aber Wrac'h	48 36N	4 34W	+0030	+0030	+0040	+0035	+0.7	+0.6	+0.1	–0.1
Aber Benoit	48 35N	4 37W	+0022	+0025	+0035	+0020	+0.9	+0.8	+0.3	+0.1
Portsall	48 34N	4 43W	+0015	+0020	+0025	+0015	+0.5	+0.4	0.0	–0.1
L'Aber-Ildut	48 28N	4 45W	+0010	+0010	+0020	+0010	+0.3	+0.2	–0.1	–0.1
Ouessant, Baie de Lampaul	48 27N	5 06W	+0010	+0010	–0005	+0005	–0.1	–0.1	–0.1	–0.1
Molene	48 24N	4 58W	+0015	+0010	+0020	+0020	+0.3	+0.3	+0.1	+0.1
Le Conquet	48 22N	4 47W	0000	0000	+0005	+0005	–0.2	–0.2	–0.1	0.0
Le Trez Hir	48 21N	4 42W	–0005	–0005	–0015	–0010	–0.4	–0.4	–0.2	–0.1
Camaret	48 17N	4 35W	–0010	–0010	–0015	–0010	–0.4	–0.4	–0.3	–0.1
Morgat	48 13N	4 30W	–0005	–0010	–0020	–0005	–0.5	–0.4	–0.2	0.0
Douarnenez	48 06N	4 19W	–0010	–0010	–0020	–0010	–0.4	–0.4	–0.2	–0.1
Ile de Sein	48 02N	4 51W	–0005	–0005	–0015	–0010	–0.9	–0.7	–0.4	–0.2
Anse de Feunteun Aod	48 02N	4 42W	–0030	–0040	–0035	–0025	–1.4	–1.2	–0.6	–0.2
Audierne	48 01N	4 33W	–0035	–0030	–0035	–0030	–1.8	–1.4	–0.7	–0.3
Le Guilvinec	47 48N	4 17W	–0010	–0025	–0025	–0015	–1.9	–1.5	–0.7	–0.2
Lesconil	47 48N	4 13W	–0010	–0030	–0030	–0020	–2.0	–1.5	–0.7	–0.2
Pont l'Abbe River, Loctudy	47 50N	4 10W	–0010	–0030	–0035	–0020	–2.1	–1.7	–0.9	–0.4
Odet River										
Bénodet	47 53N	4 07W	–0010	–0025	–0030	–0020	–1.7	–1.4	–0.6	–0.1
Corniguel	47 58N	4 06W	+0015	+0010	–0015	–0010	–2.1	–1.7	–1.1	–0.8