



Marées

PORT-BAIL

2026

SUR-MER

LES   
PORTS   
DE LA   
MANCHE



## INFOS NAUTIQUES

Association des  
plaisanciers de  
Port-Bail - 02 33 21 19 98  
www.app-portbail.fr

**14 avril** AG de l'APP

**11 avril** atelier  
matelotages

**18 et 19 avril** Bonheur  
est au Prés (Gorey)

**9 mai** nettoyage  
du port

**14 au 17 mai** balade  
à Guernesey

**30 mai** Challenge des  
Ecréhou

**18 au 21 juin** régates  
ASLAM

**Juillet et août**  
Concours de pêche

**12 juillet** balade aux  
Ecréhou

**9 août** repas des amis  
du port

**29 au 30 août** balade  
à Gorey

**4 au 6 septembre**  
régates ASLAM

**12 et 13 septembre**  
Allons au Pub (Gorey)

**19 septembre** Fond  
de cale

Cet annuaire vous est offert par la SPL des Ports de la Manche. Nous tenons à remercier les annonceurs pour leur soutien.

## NAUTI-SERVICES

*Pascal OZOUF*

Entretien et réparation naval

Mécanique - Carénage

Peinture - Manutention

**Tél 06 62 58 56 38**



## PORTBAIL PLAISANCE

Vêtements - Déco - Accastillage - Pêche

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Rue du Père Albert

50580 Portbail

06 17 27 09 88

loicnautic@outlook.com

Entretien - manutention - carénage

DATE	PLEINE MER & COEFFICIENT						BASSE MER			
	MATIN	Hauteur	Coef.	SOIR	Hauteur	Coef.	MATIN	Hauteur	SOIR	Hauteur
Jeu 1	<b>05:08</b>	<b>10.01</b>	69	<b>17:44</b>	<b>10.21</b>	74			<b>12:05</b>	<b>2.91</b>
Ven 2	06:11	10.61	79	18:46	10.72	84	0:36	2.66	13:11	2.33
Sam 3	<b>7:07</b>	<b>11.13</b>	88	<b>19:42</b>	<b>11.11</b>	91	<b>1:37</b>	<b>2.22</b>	<b>14:11</b>	<b>1.84</b>
Dim 4	<b>7:59</b>	<b>11.48</b>	94	<b>20:32</b>	<b>11.3</b>	95	<b>2:32</b>	<b>1.91</b>	<b>15:06</b>	<b>1.53</b>
Lun 5	8:46	11.62	96	21:18	11.27	95	3:23	1.78	15:56	1.43
Mar 6	9:29	11.53	93	22:00	11.05	91	4:08	1.83	16:40	1.56
Mer 7	10:10	11.23	87	22:39	10.66	82	04:49	2.04	17:20	1.91
Jeu 8	10:49	10.75	77	23:16	10.14	72	05:26	2.40	17:55	2.43
Ven 9	11:26	10.14	66	23:51	9.57	60	06:00	2.88	18:26	3.03
Sam 10				<b>12:02</b>	<b>9.49</b>	54	<b>06:32</b>	<b>3.40</b>	<b>18:58</b>	<b>3.60</b>
Dim 11	<b>00:29</b>	<b>9.00</b>	49	<b>12:44</b>	<b>8.86</b>	44	<b>07:10</b>	<b>3.92</b>	<b>19:38</b>	<b>4.11</b>
Lun 12	01:17	8.52	39	13:41	8.35	36	08:00	4.36	20:32	4.49
Mar 13	02:27	8.22	35	15:03	8.12	35	09:06	4.61	21:46	4.62
Mer 14	03:51	8.30	36	16:24	8.31	39	10:28	4.52	23:08	4.40
Jeu 15	04:59	8.71	43	17:27	8.76	47	11:43	4.10		
Ven 16	05:53	9.25	52	18:18	9.29	56	00:13	3.95	12:40	3.56
Sam 17	<b>06:37</b>	<b>9.77</b>	61	<b>19:02</b>	<b>9.76</b>	65	<b>01:05</b>	<b>3.48</b>	<b>13:28</b>	<b>3.07</b>
Dim 18	<b>07:18</b>	<b>10.21</b>	69	<b>19:42</b>	<b>10.14</b>	73	<b>01:48</b>	<b>3.08</b>	<b>14:10</b>	<b>2.69</b>
Lun 19	07:56	10.54	76	20:19	10.42	79	02:27	2.76	14:49	2.38
Mar 20	08:32	10.8	81	20:55	10.63	83	03:03	2.49	15:27	2.15
Mer 21	09:07	10.97	84	21:29	10.75	85	03:39	2.27	16:04	1.98
Jeu 22	09:42	11.02	85	22:04	10.74	84	04:14	2.15	16:40	1.95
Ven 23	10:17	10.91	82	22:39	10.58	80	04:50	2.19	17:16	2.08
Sam 24	<b>10:53</b>	<b>10.63</b>	76	<b>23:15</b>	<b>10.27</b>	73	<b>05:25</b>	<b>2.41</b>	<b>17:51</b>	<b>2.39</b>
Dim 25	<b>11:32</b>	<b>10.2</b>	68	<b>23:56</b>	<b>9.85</b>	64	<b>06:01</b>	<b>2.79</b>	<b>18:28</b>	<b>2.83</b>
Lun 26				12:18	9.69	59	06:43	3.27	19:13	3.34
Mar 27	00:47	9.37	54	13:19	9.16	50	07:38	3.75	20:15	3.81
Mer 28	01:55	8.96	47	14:41	8.81	47	08:54	4.06	21:35	4.03
Jeu 29	03:29	8.89	49	16:24	8.98	52	10:27	3.95	23:09	3.78
Ven 30	05:02	9.39	58	17:44	9.62	65	11:57	3.35		
Sam 31	<b>06:10</b>	<b>10.16</b>	72	<b>18:46</b>	<b>10.36</b>	78	<b>00:29</b>	<b>3.14</b>	<b>13:08</b>	<b>2.56</b>

DATE	PLEINE MER & COEFFICIENT						BASSE MER			
	MATIN	Hauteur	Coef.	SOIR	Hauteur	Coef.	MATIN	Hauteur	SOIR	Hauteur
<b>Dim 1</b>	<b>07:05</b>	<b>10.89</b>	84	<b>19:38</b>	<b>10.96</b>	89	<b>01:33</b>	<b>2.46</b>	<b>14:08</b>	<b>1.87</b>
Lun 2	07:52	11.44	94	20:23	11.34	97	02:27	1.91	14:59	1.39
Mar 3	08:34	11.73	99	21:02	11.48	99	03:13	1.56	15:43	1.17
Mer 4	09:11	11.79	99	21:36	11.39	97	03:53	1.43	16:21	1.21
Jeu 5	09:46	11.6	94	22:08	11.11	90	04:28	1.51	16:53	1.50
Ven 6	10:17	11.19	84	22:38	10.66	79	04:57	1.81	17:19	1.98
<b>Sam 7</b>	<b>10:47</b>	<b>10.58</b>	73	<b>23:05</b>	<b>10.07</b>	66	<b>05:23</b>	<b>2.28</b>	<b>17:41</b>	<b>2.59</b>
<b>Dim 8</b>	<b>11:13</b>	<b>9.87</b>	59	<b>23:31</b>	<b>9.43</b>	52	<b>05:47</b>	<b>2.88</b>	<b>18:04</b>	<b>3.24</b>
Lun 9	11:41	9.12	46				06:16	3.54	18:34	3.92
Mar 10	00:01	8.77	39	12:19	8.38	33	06:55	4.21	19:17	4.57
Mer 11	00:51	8.11	28	13:32	7.72	25	07:53	4.79	20:28	5.07
Jeu 12	02:40	7.70	25	15:43	7.64	28	09:24	5.01	22:21	5.05
Ven 13	04:28	8.03	33	17:07	8.20	39	11:12	4.58	23:50	4.42
<b>Sam 14</b>	<b>05:33</b>	<b>8.73</b>	45	<b>18:01</b>	<b>8.95</b>	52			<b>12:18</b>	<b>3.82</b>
<b>Dim 15</b>	<b>06:20</b>	<b>9.49</b>	59	<b>18:45</b>	<b>9.67</b>	65	<b>00:45</b>	<b>3.67</b>	<b>13:08</b>	<b>3.08</b>
Lun 16	07:01	10.18	71	19:24	10.29	77	01:30	2.98	13:52	2.45
Mar 17	07:40	10.76	82	20:02	10.79	87	02:11	2.41	14:33	1.93
Mer 18	08:16	11.22	91	20:37	11.17	94	02:50	1.93	15:12	1.52
Jeu 19	08:51	11.54	96	21:11	11.41	97	03:26	1.56	15:49	1.24
Ven 20	09:25	11.67	97	21:44	11.46	96	04:02	1.36	16:24	1.18
<b>Sam 21</b>	<b>09:59</b>	<b>11.56</b>	94	<b>22:17</b>	<b>11.26</b>	91	<b>04:36</b>	<b>1.41</b>	<b>16:58</b>	<b>1.38</b>
<b>Dim 22</b>	<b>10:33</b>	<b>11.18</b>	86	<b>22:52</b>	<b>10.82</b>	81	<b>05:09</b>	<b>1.72</b>	<b>17:30</b>	<b>1.85</b>
Lun 23	11:10	10.56	74	23:30	10.17	67	05:42	2.28	18:04	2.53
Mar 24	11:54	9.76	60				06:20	2.99	18:46	3.31
Mer 25	00:18	9.40	52	12:53	8.91	46	07:14	3.73	19:48	4.05
Jeu 26	01:29	8.67	41	14:30	8.30	39	08:35	4.26	21:18	4.42
Ven 27	03:28	8.46	42	16:32	8.60	47	10:23	4.16	23:09	4.06
<b>Sam 28</b>	<b>05:04</b>	<b>9.14</b>	55	<b>17:44</b>	<b>9.46</b>	62			<b>12:01</b>	<b>3.35</b>

DATE	PLEINE MER & COEFFICIENT						BASSE MER			
	MATIN	Hauteur	Coef.	SOIR	Hauteur	Coef.	MATIN	Hauteur	SOIR	Hauteur
<b>Dim 1</b>	<b>06:05</b>	<b>10.05</b>	70	<b>18:38</b>	<b>10.32</b>	78	<b>00:30</b>	<b>3.18</b>	<b>13:06</b>	<b>2.43</b>
Lun 2	06:54	10.85	84	19:23	10.98	90	01:27	2.34	13:59	1.70
Mar 3	07:36	11.41	94	20:02	11.37	97	02:15	1.72	14:43	1.26
Mer 4	08:12	11.71	99	20:35	11.53	99	02:55	1.35	15:20	1.08
Jeu 5	08:45	11.79	99	21:05	11.51	97	03:30	1.20	15:52	1.11
Ven 6	09:15	11.65	94	21:34	11.31	91	03:59	1.26	16:19	1.35
<b>Sam 7</b>	<b>09:44</b>	<b>11.29</b>	86	<b>22:01</b>	<b>10.91</b>	81	<b>04:26</b>	<b>1.52</b>	<b>16:42</b>	<b>1.78</b>
<b>Dim 8</b>	<b>10:11</b>	<b>10.72</b>	75	<b>22:25</b>	<b>10.35</b>	69	<b>04:49</b>	<b>1.98</b>	<b>17:02</b>	<b>2.36</b>
Lun 9	10:34	10	62	22:47	9.68	55	05:12	2.59	17:23	3.05
Mar 10	10:58	9.23	48	23:13	8.96	41	05:38	3.29	17:49	3.79
Mer 11	11:31	8.43	34	23:51	8.18	28	06:10	4.03	18:23	4.54
Jeu 12				12:28	7.63	23	07:00	4.70	19:26	5.18
Ven 13	01:21	7.48	21	14:57	7.31	23	08:25	5.10	21:27	5.33
<b>Sam 14</b>	<b>03:51</b>	<b>7.64</b>	28	<b>16:38</b>	<b>7.92</b>	35	<b>10:33</b>	<b>4.76</b>	<b>23:20</b>	<b>4.61</b>
<b>Dim 15</b>	<b>05:03</b>	<b>8.42</b>	42	<b>17:33</b>	<b>8.79</b>	50	<b>11:48</b>	<b>3.88</b>		
Lun 16	05:52	9.32	58	18:17	9.67	66	00:16	3.67	12:38	2.97
Mar 17	06:33	10.18	73	18:57	10.45	80	01:02	2.81	13:24	2.19
Mer 18	07:13	10.92	87	19:35	11.1	92	01:44	2.08	14:07	1.55
Jeu 19	07:51	11.5	97	20:11	11.58	101	02:26	1.50	14:48	1.07
Ven 20	08:27	11.87	103	20:46	11.86	104	03:05	1.09	15:27	0.80
<b>Sam 21</b>	<b>09:03</b>	<b>12</b>	104	<b>21:21</b>	<b>11.88</b>	103	<b>03:42</b>	<b>0.90</b>	<b>16:03</b>	<b>0.79</b>
<b>Dim 22</b>	<b>09:38</b>	<b>11.82</b>	100	<b>21:55</b>	<b>11.59</b>	95	<b>04:18</b>	<b>1.00</b>	<b>16:37</b>	<b>1.10</b>
Lun 23	10:15	11.32	89	22:32	11.01	82	04:53	1.41	17:11	1.71
Mar 24	10:55	10.52	74	23:13	10.19	66	05:29	2.09	17:47	2.54
Mer 25	11:42	9.55	57				06:11	2.93	18:33	3.45
Jeu 26	00:05	9.26	49	12:48	8.59	43	07:10	3.74	19:41	4.22
Ven 27	01:25	8.48	39	14:43	8.12	39	08:36	4.21	21:18	4.47
<b>Sam 28</b>	<b>03:30</b>	<b>8.45</b>	43	<b>16:27</b>	<b>8.64</b>	49	<b>10:27</b>	<b>3.95</b>	<b>23:07</b>	<b>3.90</b>
<b>Dim 29</b>	<b>05:51</b>	<b>9.17</b>	56	<b>18:28</b>	<b>9.49</b>	63			<b>12:51</b>	<b>3.11</b>
Lun 30	06:46	10	70	19:16	10.27	77	01:16	3.00	13:48	2.31
Mar 31	07:31	10.69	82	19:57	10.83	86	02:07	2.24	14:35	1.75

DATE	PLEINE MER & COEFFICIENT						BASSE MER			
	MATIN	Hauteur	Coef.	SOIR	Hauteur	Coef.	MATIN	Hauteur	SOIR	Hauteur
Mer 1	08:10	11.13	89	20:32	11.16	92	02:50	1.74	15:15	1.44
Jeu 2	08:44	11.37	93	21:03	11.31	93	03:26	1.47	15:49	1.33
Ven 3	09:15	11.43	93	21:32	11.32	91	03:58	1.37	16:18	1.37
<b>Sam 4</b>	<b>09:44</b>	<b>11.33</b>	89	<b>22:01</b>	<b>11.18</b>	86	<b>04:28</b>	<b>1.42</b>	<b>16:44</b>	<b>1.55</b>
<b>Dim 5</b>	<b>10:13</b>	<b>11.03</b>	82	<b>22:28</b>	<b>10.86</b>	78	<b>04:55</b>	<b>1.63</b>	<b>17:08</b>	<b>1.91</b>
<b>Lun 6</b>	<b>10:41</b>	<b>10.53</b>	73	<b>22:53</b>	<b>10.35</b>	68	<b>05:19</b>	<b>2.02</b>	<b>17:29</b>	<b>2.43</b>
Mar 7	11:06	9.89	62	23:17	9.72	56	05:43	2.56	17:52	3.07
Mer 8	11:32	9.17	50	23:44	9.01	43	06:11	3.19	18:18	3.76
Jeu 9				12:07	8.43	37	06:43	3.86	18:52	4.44
Ven 10	00:23	8.27	32	13:05	7.74	27	07:29	4.46	19:50	5.00
<b>Sam 11</b>	<b>01:44</b>	<b>7.62</b>	25	<b>15:02</b>	<b>7.42</b>	26	<b>08:45</b>	<b>4.83</b>	<b>21:33</b>	<b>5.17</b>
<b>Dim 12</b>	<b>03:55</b>	<b>7.63</b>	29	<b>16:47</b>	<b>7.89</b>	35	<b>10:38</b>	<b>4.64</b>	<b>23:29</b>	<b>4.58</b>
Lun 13	05:15	8.31	42	17:49	8.72	50			12:02	3.84
Mar 14	06:09	9.20	58	18:37	9.62	66	00:32	3.65	12:57	2.94
Mer 15	06:55	10.08	73	19:20	10.46	81	01:22	2.77	13:46	2.14
Jeu 16	07:38	10.86	87	20:01	11.17	93	02:08	2.02	14:32	1.49
Ven 17	08:19	11.47	97	20:40	11.68	101	02:54	1.42	15:17	1.04
<b>Sam 18</b>	<b>09:00</b>	<b>11.84</b>	104	<b>21:19</b>	<b>11.95</b>	105	<b>03:38</b>	<b>1.02</b>	<b>16:00</b>	<b>0.81</b>
<b>Dim 19</b>	<b>09:40</b>	<b>11.93</b>	104	<b>21:58</b>	<b>11.92</b>	102	<b>04:21</b>	<b>0.86</b>	<b>16:40</b>	<b>0.87</b>
Lun 20	10:21	11.69	99	22:37	11.58	94	05:02	0.98	17:19	1.23
Mar 21	11:03	11.12	88	23:19	10.95	81	05:42	1.41	17:59	1.86
Mer 22	11:49	10.3	73				06:25	2.07	18:41	2.66
Jeu 23	00:06	10.13	65	12:43	9.39	58	07:14	2.84	19:33	3.47
Ven 24	01:05	9.28	51	13:53	8.62	46	08:16	3.51	20:43	4.06
<b>Sam 25</b>	<b>02:25</b>	<b>8.67</b>	44	<b>15:33</b>	<b>8.37</b>	44	<b>09:35</b>	<b>3.82</b>	<b>22:10</b>	<b>4.14</b>
<b>Dim 26</b>	<b>04:06</b>	<b>8.68</b>	47	<b>16:57</b>	<b>8.76</b>	51	<b>11:05</b>	<b>3.61</b>	<b>23:36</b>	<b>3.67</b>
Lun 27	05:19	9.17	56	17:56	9.39	61			12:17	3.07
Mar 28	06:13	9.75	66	18:43	9.98	71	00:40	3.03	13:12	2.55
Mer 29	06:58	10.23	74	19:23	10.42	77	01:30	2.50	13:58	2.18
Jeu 30	07:38	10.56	80	19:59	10.69	81	02:13	2.15	14:37	1.97

DATE	PLEINE MER & COEFFICIENT						BASSE MER			
	MATIN	Hauteur	Coef.	SOIR	Hauteur	Coef.	MATIN	Hauteur	SOIR	Hauteur
Ven 1	08:12	10.73	82	20:31	10.84	82	02:51	1.95	15:12	1.89
Sam 2	08:45	10.79	82	21:02	10.89	82	03:25	1.87	15:43	1.90
Dim 3	09:17	10.74	80	21:32	10.82	78	03:57	1.88	16:12	2.02
Lun 4	09:48	10.54	76	22:02	10.58	73	04:27	2.01	16:39	2.28
Mar 5	10:19	10.19	69	22:31	10.19	66	04:55	2.27	17:04	2.67
Mer 6	10:49	9.72	62	23:00	9.69	57	05:23	2.65	17:31	3.14
Jeu 7	11:22	9.18	53	23:34	9.12	48	05:53	3.12	18:01	3.65
Ven 8				12:02	8.63	44	06:29	3.61	18:39	4.14
Sam 9	00:19	8.56	40	12:58	8.16	37	07:15	4.04	19:33	4.52
Dim 10	01:25	8.12	35	14:15	7.93	35	08:18	4.30	20:52	4.64
Lun 11	02:53	8.05	36	15:42	8.15	40	09:41	4.22	22:24	4.33
Mar 12	04:13	8.45	45	16:51	8.75	51	11:03	3.73	23:37	3.66
Mer 13	05:16	9.12	57	17:48	9.52	64			12:07	3.05
Jeu 14	06:09	9.88	70	18:37	10.29	77	00:35	2.92	13:02	2.37
Ven 15	06:59	10.59	83	19:24	10.96	88	01:28	2.24	13:55	1.80
Sam 16	07:48	11.15	92	20:10	11.46	96	02:20	1.69	14:46	1.40
Dim 17	08:35	11.49	98	20:55	11.71	99	03:12	1.31	15:35	1.20
Lun 18	09:23	11.57	99	21:41	11.71	97	04:01	1.12	16:22	1.23
Mar 19	10:10	11.36	95	22:27	11.43	91	04:49	1.17	17:07	1.50
Mer 20	10:59	10.91	87	23:14	10.93	81	05:37	1.46	17:52	1.98
Jeu 21	11:49	10.28	76				06:25	1.94	18:40	2.58
Ven 22	00:04	10.3	70	12:43	9.62	64	07:16	2.50	19:32	3.16
Sam 23	01:00	9.65	59	13:44	9.06	55	08:12	3.02	20:32	3.58
Dim 24	02:06	9.15	52	14:55	8.76	51	09:14	3.36	21:39	3.74
Lun 25	03:20	8.93	50	16:07	8.80	51	10:20	3.45	22:46	3.63
Mar 26	04:30	9.01	53	17:09	9.07	55	11:23	3.34	23:48	3.36
Mer 27	05:29	9.26	57	18:01	9.44	60			12:20	3.12
Jeu 28	06:19	9.54	62	18:47	9.79	65	00:42	3.07	13:11	2.89
Ven 29	07:04	9.79	67	19:27	10.08	68	01:31	2.81	13:56	2.70
Sam 30	07:44	9.98	70	20:04	10.28	70	02:14	2.61	14:36	2.57
Dim 31	08:21	10.1	71	20:38	10.39	71	02:54	2.48	15:13	2.51

DATE	PLEINE MER & COEFFICIENT						BASSE MER			
	MATIN	Hauteur	Coef.	SOIR	Hauteur	Coef.	MATIN	Hauteur	SOIR	Hauteur
Lun 1	08:57	10.14	71	21:12	10.4	71	03:31	2.40	15:46	2.54
Mar 2	09:32	10.1	70	21:45	10.31	69	04:05	2.41	16:17	2.64
Mer 3	10:06	9.96	68	22:19	10.12	66	04:37	2.49	16:47	2.81
Jeu 4	10:41	9.74	64	22:53	9.85	62	05:09	2.66	17:19	3.04
Ven 5	11:17	9.46	59	23:30	9.52	57	05:44	2.89	17:54	3.30
<b>Sam 6</b>	<b>11:57</b>	<b>9.16</b>	<b>54</b>				<b>06:22</b>	<b>3.16</b>	<b>18:33</b>	<b>3.57</b>
<b>Dim 7</b>	<b>00:13</b>	<b>9.18</b>	<b>52</b>	<b>12:43</b>	<b>8.87</b>	<b>50</b>	<b>07:05</b>	<b>3.42</b>	<b>19:19</b>	<b>3.82</b>
Lun 8	01:03	8.89	48	13:37	8.68	47	07:55	3.62	20:17	3.96
Mar 9	02:03	8.74	47	14:41	8.67	47	08:54	3.68	21:25	3.93
Mer 10	03:11	8.80	49	15:49	8.91	52	10:02	3.56	22:38	3.67
Jeu 11	04:19	9.11	55	16:55	9.37	60	11:12	3.26	23:47	3.22
Ven 12	05:24	9.59	64	17:57	9.95	69			12:19	2.82
<b>Sam 13</b>	<b>06:25</b>	<b>10.14</b>	<b>74</b>	<b>18:54</b>	<b>10.53</b>	<b>79</b>	<b>00:51</b>	<b>2.68</b>	<b>13:21</b>	<b>2.35</b>
<b>Dim 14</b>	<b>07:24</b>	<b>10.63</b>	<b>83</b>	<b>19:49</b>	<b>11.03</b>	<b>87</b>	<b>01:52</b>	<b>2.15</b>	<b>14:20</b>	<b>1.95</b>
Lun 15	08:20	11	90	20:42	11.37	93	02:51	1.71	15:16	1.68
Mar 16	09:15	11.19	94	21:32	11.52	95	03:48	1.41	16:09	1.56
Mer 17	10:06	11.19	94	22:21	11.45	93	04:42	1.27	16:59	1.62
Jeu 18	10:56	10.98	90	23:09	11.19	87	05:32	1.34	17:47	1.83
Ven 19	11:43	10.62	83	23:55	10.75	79	06:20	1.60	18:33	2.18
<b>Sam 20</b>				<b>12:29</b>	<b>10.14</b>	<b>74</b>	<b>07:06</b>	<b>2.03</b>	<b>19:18</b>	<b>2.61</b>
<b>Dim 21</b>	<b>00:42</b>	<b>10.21</b>	<b>69</b>	<b>13:15</b>	<b>9.63</b>	<b>64</b>	<b>07:50</b>	<b>2.54</b>	<b>20:03</b>	<b>3.06</b>
Lun 22	01:30	9.64	59	14:05	9.16	55	08:35	3.05	20:51	3.45
Mar 23	02:25	9.13	51	15:03	8.81	48	09:23	3.47	21:46	3.74
Mer 24	03:28	8.78	47	16:09	8.69	46	10:18	3.74	22:47	3.85
Jeu 25	04:35	8.66	46	17:15	8.81	47	11:20	3.80	23:51	3.77
Ven 26	05:39	8.77	49	18:12	9.11	51			12:23	3.67
<b>Sam 27</b>	<b>06:34</b>	<b>9.03</b>	<b>54</b>	<b>19:01</b>	<b>9.46</b>	<b>56</b>	<b>00:52</b>	<b>3.52</b>	<b>13:19</b>	<b>3.43</b>
<b>Dim 28</b>	<b>07:22</b>	<b>9.34</b>	<b>59</b>	<b>19:44</b>	<b>9.78</b>	<b>61</b>	<b>01:44</b>	<b>3.22</b>	<b>14:08</b>	<b>3.18</b>
Lun 29	08:05	9.62	63	20:23	10.04	65	02:30	2.94	14:51	2.97
Mar 30	08:44	9.84	67	20:59	10.22	69	03:12	2.71	15:29	2.83

DATE	PLEINE MER & COEFFICIENT						BASSE MER			
	MATIN	Hauteur	Coef.	SOIR	Hauteur	Coef.	MATIN	Hauteur	SOIR	Hauteur
Mer 1	09:21	9.99	70	21:35	10.32	71	03:49	2.56	16:04	2.73
Jeu 2	09:57	10.07	71	22:09	10.36	72	04:24	2.46	16:37	2.66
Ven 3	10:31	10.09	72	22:44	10.32	71	04:59	2.41	17:11	2.63
<b>Sam 4</b>	<b>11:06</b>	<b>10.04</b>	70	<b>23:19</b>	<b>10.2</b>	69	<b>05:35</b>	<b>2.42</b>	<b>17:46</b>	<b>2.68</b>
<b>Dim 5</b>	<b>11:42</b>	<b>9.90</b>	68	<b>23:56</b>	<b>9.98</b>	66	<b>06:12</b>	<b>2.53</b>	<b>18:22</b>	<b>2.83</b>
Lun 6				12:20	9.69	64	06:49	2.71	19:01	3.07
Mar 7	00:37	9.70	61	13:03	9.44	59	07:29	2.97	19:45	3.35
Mer 8	01:23	9.39	56	13:53	9.21	54	08:15	3.24	20:39	3.61
Jeu 9	02:20	9.14	52	14:55	9.07	52	09:12	3.48	21:47	3.74
Ven 10	03:28	9.04	52	16:08	9.13	53	10:23	3.56	23:06	3.61
<b>Sam 11</b>	<b>04:47</b>	<b>9.18</b>	56	<b>17:27</b>	<b>9.48</b>	60	<b>11:43</b>	<b>3.38</b>		
<b>Dim 12</b>	<b>06:06</b>	<b>9.60</b>	65	<b>18:39</b>	<b>10.05</b>	70	<b>00:25</b>	<b>3.17</b>	<b>12:59</b>	<b>2.95</b>
Lun 13	07:15	10.16	76	19:41	10.69	81	01:36	2.56	14:06	2.42
<b>Mar 14</b>	<b>08:16</b>	<b>10.71</b>	86	<b>20:36</b>	<b>11.23</b>	90	<b>02:40</b>	<b>1.96</b>	<b>15:06</b>	<b>1.95</b>
Mer 15	09:10	11.12	94	21:26	11.59	96	03:40	1.47	16:01	1.61
Jeu 16	09:59	11.33	98	22:12	11.72	98	04:34	1.15	16:50	1.43
Ven 17	10:43	11.32	97	22:54	11.61	94	05:22	1.06	17:35	1.46
<b>Sam 18</b>	<b>11:23</b>	<b>11.08</b>	91	<b>23:33</b>	<b>11.25</b>	86	<b>06:05</b>	<b>1.24</b>	<b>18:14</b>	<b>1.70</b>
<b>Dim 19</b>				<b>12:00</b>	<b>10.66</b>	81	<b>06:42</b>	<b>1.66</b>	<b>18:49</b>	<b>2.13</b>
Lun 20	00:11	10.69	75	12:37	10.11	69	07:14	2.26	19:22	2.69
Mar 21	00:49	10	63	13:14	9.48	57	07:45	2.92	19:57	3.31
Mer 22	01:29	9.26	50	13:58	8.86	45	08:20	3.57	20:42	3.90
Jeu 23	02:19	8.57	40	15:00	8.37	37	09:08	4.12	21:43	4.35
Ven 24	03:33	8.10	35	16:25	8.20	35	10:17	4.46	23:03	4.45
<b>Sam 25</b>	<b>05:02</b>	<b>8.07</b>	37	<b>17:44</b>	<b>8.48</b>	40	<b>11:41</b>	<b>4.42</b>		
<b>Dim 26</b>	<b>06:13</b>	<b>8.45</b>	44	<b>18:43</b>	<b>8.98</b>	48	<b>00:22</b>	<b>4.14</b>	<b>12:54</b>	<b>4.03</b>
Lun 27	07:08	8.97	53	19:29	9.51	57	01:24	3.62	13:50	3.54
Mar 28	07:51	9.48	61	20:09	9.98	65	02:13	3.11	14:35	3.10
Mer 29	08:30	9.91	69	20:46	10.36	72	02:56	2.70	15:15	2.74
Jeu 30	09:07	10.24	75	21:21	10.65	78	03:35	2.37	15:52	2.45
Ven 31	09:41	10.49	80	21:55	10.86	82	04:12	2.12	16:26	2.21

DATE	PLEINE MER & COEFFICIENT						BASSE MER			
	MATIN	Hauteur	Coef.	SOIR	Hauteur	Coef.	MATIN	Hauteur	SOIR	Hauteur
Sam 1	10:14	10.66	83	22:27	10.96	83	04:47	1.92	16:59	2.04
Dim 2	10:47	10.73	83	23:00	10.92	82	05:21	1.83	17:32	2.01
Lun 3	11:20	10.65	80	23:34	10.7	77	05:55	1.89	18:06	2.17
Mar 4	11:54	10.4	74				06:28	2.14	18:39	2.51
Mer 5	00:09	10.31	70	12:31	10.01	66	07:02	2.55	19:16	2.98
Jeu 6	00:50	9.80	61	13:16	9.53	57	07:41	3.07	20:04	3.52
Ven 7	01:43	9.24	52	14:15	9.04	48	08:35	3.61	21:13	3.95
Sam 8	02:55	8.77	46	15:39	8.76	46	09:50	3.99	22:43	4.02
Dim 9	04:35	8.69	48	17:22	9.06	53	11:24	3.91		
Lun 10	06:09	9.24	59	18:40	9.84	66	00:18	3.51	12:52	3.32
Mar 11	07:16	10.04	74	19:38	10.69	81	01:33	2.69	14:00	2.55
Mer 12	08:11	10.79	87	20:29	11.39	93	02:36	1.89	14:58	1.88
Jeu 13	08:59	11.33	97	21:13	11.84	100	03:31	1.29	15:50	1.40
Ven 14	09:41	11.6	102	21:53	12.01	102	04:21	0.94	16:34	1.15
Sam 15	10:19	11.62	101	22:29	11.9	98	05:02	0.87	17:13	1.15
Dim 16	10:53	11.41	95	23:03	11.54	90	05:37	1.09	17:45	1.41
Lun 17	11:25	10.99	84	23:35	10.93	78	06:07	1.56	18:14	1.89
Mar 18	11:55	10.39	71				06:32	2.20	18:39	2.54
Mer 19	00:06	10.14	64	12:24	9.67	57	06:55	2.93	19:08	3.28
Jeu 20	00:36	9.28	49	12:56	8.91	42	07:23	3.68	19:45	4.04
Ven 21	01:13	8.42	36	13:45	8.17	30	08:04	4.42	20:41	4.70
Sam 22	02:25	7.70	27	15:33	7.71	26	09:12	5.00	22:13	4.99
Dim 23	04:33	7.57	28	17:21	8.01	32	11:06	5.05		
Lun 24	05:57	8.12	38	18:25	8.69	44	00:01	4.58	12:37	4.42
Mar 25	06:50	8.87	51	19:09	9.44	57	01:05	3.81	13:31	3.65
Mer 26	07:31	9.58	63	19:48	10.12	68	01:53	3.07	14:15	2.98
Jeu 27	08:08	10.18	74	20:24	10.67	78	02:35	2.47	14:55	2.44
Ven 28	08:44	10.65	83	20:59	11.09	86	03:15	2.01	15:32	2.03
Sam 29	09:18	11.01	89	21:32	11.38	91	03:52	1.66	16:07	1.71
Dim 30	09:50	11.25	93	22:04	11.52	93	04:27	1.43	16:40	1.52
Lun 31	10:22	11.34	93	22:37	11.46	91	05:00	1.35	17:13	1.52

DATE	PLEINE MER & COEFFICIENT						BASSE MER			
	MATIN	Hauteur	Coef.	SOIR	Hauteur	Coef.	MATIN	Hauteur	SOIR	Hauteur
Mar 1	10:54	11.23	89	23:10	11.16	85	05:32	1.48	17:46	1.76
Mer 2	11:27	10.87	81	23:45	10.61	75	06:04	1.86	18:18	2.25
Jeu 3				12:04	10.29	69	06:37	2.45	18:54	2.91
Ven 4	00:26	9.87	62	12:49	9.57	55	07:15	3.19	19:43	3.64
<b>Sam 5</b>	<b>01:21</b>	<b>9.05</b>	<b>48</b>	<b>13:53</b>	<b>8.83</b>	<b>43</b>	<b>08:12</b>	<b>3.93</b>	<b>20:59</b>	<b>4.22</b>
<b>Dim 6</b>	<b>02:44</b>	<b>8.38</b>	<b>40</b>	<b>15:37</b>	<b>8.46</b>	<b>41</b>	<b>09:37</b>	<b>4.40</b>	<b>22:41</b>	<b>4.24</b>
Lun 7	04:50	8.46	45	17:29	9.01	52	11:25	4.17		
Mar 8	06:11	9.29	60	18:35	9.96	68	00:22	3.50	12:53	3.31
Mer 9	07:08	10.23	76	19:27	10.87	83	01:30	2.51	13:54	2.39
Jeu 10	07:56	11	90	20:11	11.54	95	02:26	1.70	14:45	1.68
Ven 11	08:37	11.49	98	20:51	11.92	101	03:15	1.17	15:30	1.25
<b>Sam 12</b>	<b>09:14</b>	<b>11.71</b>	<b>102</b>	<b>21:26</b>	<b>12.03</b>	<b>101</b>	<b>03:57</b>	<b>0.94</b>	<b>16:09</b>	<b>1.09</b>
<b>Dim 13</b>	<b>09:47</b>	<b>11.69</b>	<b>100</b>	<b>21:59</b>	<b>11.88</b>	<b>97</b>	<b>04:33</b>	<b>0.98</b>	<b>16:43</b>	<b>1.16</b>
Lun 14	10:18	11.48	93	22:30	11.49	89	05:03	1.25	17:13	1.45
Mar 15	10:47	11.08	83	22:59	10.88	77	05:29	1.71	17:38	1.95
Mer 16	11:15	10.48	70	23:26	10.09	63	05:51	2.34	18:02	2.60
Jeu 17	11:40	9.74	56	23:51	9.22	49	06:12	3.07	18:29	3.35
Ven 18				12:05	8.95	41	06:38	3.85	19:02	4.13
<b>Sam 19</b>	<b>00:23</b>	<b>8.36</b>	<b>35</b>	<b>12:45</b>	<b>8.14</b>	<b>28</b>	<b>07:14</b>	<b>4.62</b>	<b>19:53</b>	<b>4.84</b>
<b>Dim 20</b>	<b>01:25</b>	<b>7.56</b>	<b>24</b>	<b>14:30</b>	<b>7.49</b>	<b>22</b>	<b>08:16</b>	<b>5.27</b>	<b>21:19</b>	<b>5.23</b>
Lun 21	03:56	7.35	24	16:48	7.74	29	10:21	5.40	23:29	4.83
Mar 22	05:28	7.97	35	17:54	8.51	42			12:10	4.64
Mer 23	06:19	8.82	50	18:38	9.38	57	00:36	3.93	13:01	3.71
Jeu 24	06:59	9.66	64	19:16	10.19	71	01:23	3.05	13:44	2.90
Ven 25	07:36	10.39	77	19:54	10.87	82	02:05	2.33	14:25	2.25
<b>Sam 26</b>	<b>08:13</b>	<b>10.98</b>	<b>87</b>	<b>20:30</b>	<b>11.37</b>	<b>92</b>	<b>02:45</b>	<b>1.78</b>	<b>15:04</b>	<b>1.77</b>
<b>Dim 27</b>	<b>08:48</b>	<b>11.41</b>	<b>95</b>	<b>21:05</b>	<b>11.69</b>	<b>97</b>	<b>03:24</b>	<b>1.40</b>	<b>15:41</b>	<b>1.44</b>
Lun 28	09:21	11.67	99	21:39	11.82	99	04:01	1.19	16:17	1.28
Mar 29	09:55	11.73	98	22:13	11.7	96	04:36	1.17	16:52	1.34
Mer 30	10:28	11.54	92	22:49	11.3	88	05:10	1.40	17:28	1.66

DATE	PLEINE MER & COEFFICIENT						BASSE MER			
	MATIN	Hauteur	Coef.	SOIR	Hauteur	Coef.	MATIN	Hauteur	SOIR	Hauteur
Jeu 1	11:05	11.07	82	23:28	10.61	75	05:44	1.90	18:04	2.24
Ven 2	11:45	10.34	68				06:19	2.61	18:45	3.00
Sam 3	<b>00:14</b>	<b>9.73</b>	60	<b>12:36</b>	<b>9.49</b>	53	<b>07:03</b>	<b>3.44</b>	<b>19:41</b>	<b>3.76</b>
Dim 4	<b>01:16</b>	<b>8.82</b>	46	<b>13:49</b>	<b>8.71</b>	41	<b>08:07</b>	<b>4.20</b>	<b>21:02</b>	<b>4.26</b>
Lun 5	02:54	8.26	40	15:46	8.53	43	09:39	4.52	22:46	4.09
Mar 6	04:49	8.62	48	17:18	9.20	55	11:25	4.06		
Mer 7	05:56	9.47	62	18:16	10.09	70	00:14	3.28	12:40	3.15
Jeu 8	06:47	10.33	77	19:04	10.86	83	01:14	2.41	13:34	2.32
Ven 9	07:30	10.98	87	19:46	11.39	91	02:04	1.77	14:21	1.76
Sam 10	<b>08:09</b>	<b>11.36</b>	94	<b>20:23</b>	<b>11.64</b>	95	<b>02:48</b>	<b>1.42</b>	<b>15:03</b>	<b>1.47</b>
Dim 11	<b>08:43</b>	<b>11.51</b>	95	<b>20:57</b>	<b>11.66</b>	95	<b>03:26</b>	<b>1.32</b>	<b>15:39</b>	<b>1.40</b>
Lun 12	09:14	11.48	93	21:28	11.5	91	03:59	1.42	16:11	1.52
Mar 13	09:44	11.3	88	21:59	11.15	83	04:28	1.68	16:41	1.79
Mer 14	10:13	10.95	79	22:28	10.61	74	04:54	2.08	17:08	2.22
Jeu 15	10:41	10.42	68	22:56	9.93	62	05:17	2.63	17:33	2.79
Ven 16	11:06	9.75	56	23:22	9.18	50	05:39	3.27	18:00	3.44
Sam 17	<b>11:33</b>	<b>9.03</b>	43	<b>23:56</b>	<b>8.44</b>	37	<b>06:06</b>	<b>3.96</b>	<b>18:33</b>	<b>4.11</b>
Dim 18				<b>12:12</b>	<b>8.29</b>	32	<b>06:40</b>	<b>4.63</b>	<b>19:19</b>	<b>4.71</b>
Lun 19	00:54	7.76	28	13:35	7.68	25	07:37	5.18	20:33	5.08
Mar 20	02:49	7.48	26	15:43	7.72	29	09:16	5.36	22:24	4.89
Mer 21	04:30	7.92	34	17:01	8.37	41	11:13	4.80	23:47	4.12
Jeu 22	05:30	8.71	48	17:52	9.21	55			12:15	3.91
Ven 23	06:15	9.57	62	18:35	10.04	69	00:39	3.25	13:02	3.06
Sam 24	<b>06:57</b>	<b>10.37</b>	76	<b>19:16</b>	<b>10.77</b>	82	<b>01:25</b>	<b>2.48</b>	<b>13:46</b>	<b>2.36</b>
Dim 25	<b>06:36</b>	<b>11.04</b>	87	<b>18:56</b>	<b>11.33</b>	92	<b>02:09</b>	<b>1.90</b>	<b>13:30</b>	<b>1.84</b>
Lun 26	07:15	11.52	95	19:35	11.68	98	01:51	1.50	14:12	1.49
Mar 27	07:52	11.81	99	20:14	11.8	100	02:32	1.30	14:54	1.33
Mer 28	08:30	11.85	99	20:54	11.65	96	03:12	1.31	15:35	1.40
Jeu 29	09:09	11.61	93	21:36	11.2	88	03:51	1.58	16:16	1.72
Ven 30	09:51	11.1	82	22:21	10.51	76	04:31	2.08	16:59	2.26
Sam 31	<b>10:38</b>	<b>10.38</b>	69	<b>23:13</b>	<b>9.68</b>	62	<b>05:14</b>	<b>2.76</b>	<b>17:48</b>	<b>2.94</b>

DATE	PLEINE MER & COEFFICIENT						BASSE MER			
	MATIN	Hauteur	Coef.	SOIR	Hauteur	Coef.	MATIN	Hauteur	SOIR	Hauteur
<b>Dim 1</b>	<b>11:34</b>	<b>9.60</b>	56				<b>06:05</b>	<b>3.50</b>	<b>18:48</b>	<b>3.57</b>
Lun 2	00:19	8.94	51	12:47	8.98	47	07:11	4.08	20:02	3.91
Mar 3	01:48	8.57	47	14:24	8.86	48	08:32	4.25	21:27	3.79
Mer 4	03:19	8.83	52	15:45	9.28	56	09:59	3.89	22:43	3.29
Jeu 5	04:24	9.43	61	16:44	9.89	66	11:07	3.25	23:42	2.73
Ven 6	05:15	10.07	71	17:34	10.44	75			12:02	2.67
<b>Sam 7</b>	<b>05:59</b>	<b>10.58</b>	78	<b>18:17</b>	<b>10.81</b>	81	<b>00:32</b>	<b>2.30</b>	<b>12:49</b>	<b>2.27</b>
<b>Dim 8</b>	<b>06:39</b>	<b>10.89</b>	83	<b>18:55</b>	<b>10.98</b>	84	<b>01:15</b>	<b>2.07</b>	<b>13:31</b>	<b>2.06</b>
Lun 9	07:14	11.03	84	19:30	11	84	01:53	2.01	14:08	2.02
Mar 10	07:46	11.04	83	20:03	10.89	82	02:27	2.07	14:43	2.08
<b>Mer 11</b>	<b>08:18</b>	<b>10.94</b>	80	<b>20:35</b>	<b>10.66</b>	77	<b>02:57</b>	<b>2.24</b>	<b>15:14</b>	<b>2.25</b>
Jeu 12	08:48	10.7	74	21:07	10.3	71	03:26	2.52	15:44	2.54
Ven 13	09:18	10.31	67	21:38	9.84	63	03:52	2.91	16:12	2.93
<b>Sam 14</b>	<b>09:48</b>	<b>9.82</b>	58	<b>22:10</b>	<b>9.31</b>	54	<b>04:18</b>	<b>3.37</b>	<b>16:42</b>	<b>3.38</b>
<b>Dim 15</b>	<b>10:20</b>	<b>9.27</b>	49	<b>22:46</b>	<b>8.78</b>	45	<b>04:47</b>	<b>3.86</b>	<b>17:16</b>	<b>3.86</b>
Lun 16	11:01	8.73	41	23:36	8.32	38	05:23	4.32	17:58	4.29
Mar 17				12:00	8.29	35	06:11	4.70	18:56	4.58
Mer 18	00:46	8.04	34	13:23	8.13	35	07:22	4.88	20:13	4.59
Jeu 19	02:10	8.14	37	14:46	8.40	41	08:50	4.70	21:35	4.22
Ven 20	03:23	8.63	46	15:52	8.99	51	10:09	4.15	22:43	3.60
<b>Sam 21</b>	<b>04:22</b>	<b>9.34</b>	57	<b>16:46</b>	<b>9.70</b>	64	<b>11:11</b>	<b>3.45</b>	<b>23:39</b>	<b>2.94</b>
<b>Dim 22</b>	<b>05:12</b>	<b>10.09</b>	70	<b>17:36</b>	<b>10.39</b>	76			<b>12:04</b>	<b>2.78</b>
Lun 23	05:59	10.78	81	18:23	10.97	86	00:30	2.35	12:55	2.21
Mar 24	06:44	11.31	90	19:10	11.37	93	01:19	1.91	13:45	1.79
Mer 25	07:29	11.65	96	19:57	11.54	97	02:07	1.65	14:35	1.54
Jeu 26	08:14	11.75	97	20:44	11.46	96	02:54	1.59	15:23	1.50
Ven 27	09:00	11.6	94	21:32	11.14	90	03:40	1.74	16:12	1.66
<b>Sam 28</b>	<b>09:47</b>	<b>11.23</b>	86	<b>22:22</b>	<b>10.63</b>	82	<b>04:27</b>	<b>2.09</b>	<b>17:00</b>	<b>2.02</b>
<b>Dim 29</b>	<b>10:37</b>	<b>10.69</b>	76	<b>23:13</b>	<b>10.03</b>	71	<b>05:14</b>	<b>2.58</b>	<b>17:51</b>	<b>2.50</b>
Lun 30	11:30	10.09	66				06:05	3.10	18:44	3.00

DATE	PLEINE MER & COEFFICIENT						BASSE MER			
	MATIN	Hauteur	Coef.	SOIR	Hauteur	Coef.	MATIN	Hauteur	SOIR	Hauteur
Mar 1	00:10	9.46	62	12:30	9.55	58	07:01	3.55	19:43	3.39
Mer 2	01:15	9.06	55	13:40	9.21	53	08:03	3.81	20:46	3.60
Jeu 3	02:27	8.94	52	14:54	9.16	53	09:10	3.84	21:51	3.59
Ven 4	03:36	9.12	54	16:00	9.35	57	10:17	3.66	22:55	3.42
<b>Sam 5</b>	<b>04:35</b>	<b>9.47</b>	59	<b>16:58</b>	<b>9.65</b>	62	<b>11:19</b>	<b>3.37</b>	<b>23:51</b>	<b>3.17</b>
<b>Dim 6</b>	<b>05:27</b>	<b>9.85</b>	64	<b>17:48</b>	<b>9.93</b>	66			<b>12:13</b>	<b>3.08</b>
Lun 7	06:12	10.18	69	18:32	10.13	70	00:40	2.95	13:00	2.84
Mar 8	06:51	10.41	72	19:11	10.26	73	01:22	2.79	13:42	2.68
Mer 9	07:27	10.53	74	19:47	10.32	74	02:01	2.72	14:20	2.60
Jeu 10	08:01	10.57	74	20:22	10.29	73	02:35	2.72	14:55	2.59
Ven 11	08:34	10.51	72	20:56	10.18	71	03:07	2.81	15:28	2.67
<b>Sam 12</b>	<b>09:07</b>	<b>10.34</b>	69	<b>21:29</b>	<b>9.98</b>	67	<b>03:37</b>	<b>2.96</b>	<b>15:59</b>	<b>2.83</b>
<b>Dim 13</b>	<b>09:39</b>	<b>10.1</b>	65	<b>22:02</b>	<b>9.72</b>	63	<b>04:07</b>	<b>3.16</b>	<b>16:31</b>	<b>3.05</b>
Lun 14	10:12	9.80	60	22:36	9.43	57	04:38	3.39	17:05	3.31
Mar 15	10:49	9.47	55	23:15	9.12	52	05:13	3.65	17:43	3.59
Mer 16	11:32	9.14	49				05:52	3.92	18:26	3.84
Jeu 17	00:02	8.86	47	12:25	8.87	45	06:40	4.14	19:19	4.01
Ven 18	01:00	8.70	44	13:30	8.74	44	07:42	4.27	20:22	4.06
<b>Sam 19</b>	<b>02:09</b>	<b>8.75</b>	45	<b>14:43</b>	<b>8.87</b>	48	<b>08:54</b>	<b>4.20</b>	<b>21:34</b>	<b>3.89</b>
<b>Dim 20</b>	<b>03:21</b>	<b>9.07</b>	51	<b>15:53</b>	<b>9.26</b>	55	<b>10:11</b>	<b>3.86</b>	<b>22:47</b>	<b>3.51</b>
Lun 21	04:27	9.62	61	16:59	9.82	66	11:22	3.33	23:54	2.99
Mar 22	05:27	10.25	72	17:59	10.41	77			12:26	2.71
Mer 23	06:23	10.86	83	18:56	10.92	87	00:54	2.46	13:25	2.14
Jeu 24	07:16	11.35	91	19:50	11.27	95	01:50	2.03	14:22	1.69
<b>Ven 25</b>	<b>08:08</b>	<b>11.66</b>	97	<b>20:42</b>	<b>11.43</b>	99	<b>02:44</b>	<b>1.75</b>	<b>15:17</b>	<b>1.41</b>
<b>Sam 26</b>	<b>08:56</b>	<b>11.75</b>	99	<b>21:31</b>	<b>11.37</b>	98	<b>03:35</b>	<b>1.65</b>	<b>16:08</b>	<b>1.33</b>
<b>Dim 27</b>	<b>09:44</b>	<b>11.62</b>	96	<b>22:17</b>	<b>11.11</b>	93	<b>04:23</b>	<b>1.73</b>	<b>16:57</b>	<b>1.46</b>
Lun 28	10:29	11.28	89	23:01	10.67	84	05:09	1.99	17:42	1.82
Mar 29	11:14	10.77	78	23:45	10.13	73	05:53	2.39	18:25	2.34
Mer 30	11:59	10.15	67				06:36	2.88	19:08	2.94
Jeu 31	00:31	9.56	61	12:50	9.52	55	07:21	3.39	19:53	3.51

# RÉGLEMENTATION SUR LA PÊCHE À PIED

Réglementation conforme à l'arrêté n°34/2021 de la Direction Interrégionale de la Mer Manche Est - Mer du Nord, réglementant l'exercice de la pêche maritime de loisir pratiquée à pied ou sous-marine dans le département de la Manche, effectif au 22 Février 2021, et modifié par l'arrêté ministériel du 12 mai 2023.



Moule



Bigorneau



	Taille mini. en cm	MANCHE 50	
		Période de pêche	Limite par jour
Amande de mer	4	1/09 au 30/04	100
Araignée de mer	12	15/10 au 1/09	10
Bigorneau	-	Toute l'année	¶¶
Bouquet	5	1/07 au 1/03 exclu <i>Chausey 1/08 au 1/03</i>	5 litres
Coque	2.7	Toute l'année	500
Coquille St.-Jacques	11	Consulter le site*	30
Couteau	10	Toute l'année	¶¶
Crevette grise	3	Toute l'année	5 litres
Étrille	6.5	Toute l'année	40
Homard	8.7	Toute l'année	4
Huître creuse	5	01/09 au 30/04	72
Huître plate	6	01/09 au 30/04	40
Moule	4	Toute l'année	5 litres
Ormeau	9	16/09 au 30/04 Coef. ≥ 100	12
Palourde	4	Toute l'année	100
Pétoncle	4	Toute l'année	¶¶
Praire	4.3	1/09 au 30/04	100
Tourteau	15	Toute l'année	10



Coque



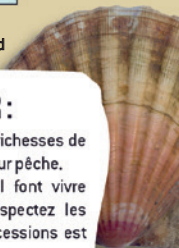
Couteau

¶¶ Limité à la consommation familiale.

\* <https://www.cplecotentin.com/cople-de-peche-a-pied>

## LA PÊCHE À PIED EST AUSSI UN MÉTIER :

- Les pêcheurs à pied professionnels exploitent également les richesses de l'estran. Ils sont les seuls à pouvoir revendre le produit de leur pêche. Les exploitations conchylicoles présentes sur notre littoral font vivre de nombreuses familles. Pour une bonne cohabitation, respectez les professionnels et leurs installations. La pêche dans ces concessions est réglementée donc renseignez-vous avant !





Pass Ports Escales



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Agence Kacao (50) / Crédits photos : SPL des ports de la Manche / Pourvu que ça flotte

