

## Janvier

| Date   | Plleine mer |               |              | Basse mer |               |              |
|--------|-------------|---------------|--------------|-----------|---------------|--------------|
|        | Coef.       | Matin<br>h mn | Soir<br>h mn | Coef.     | Matin<br>h mn | Soir<br>h mn |
| lun 1  | 92          | 06:04         | 18:34        | 97        | 00:33         | 13:05        |
| mar 2  | 101         | 06:56         | 19:27        | 104       | 01:31         | 14:01        |
| mer 3  | 106         | 07:46         | 20:17        | 107       | 02:25         | 14:54        |
| jeu 4  | 106         | 08:33         | 21:04        | 104       | 03:15         | 15:43        |
| ven 5  | 101         | 09:19         | 21:49        | 96        | 04:00         | 16:29        |
| sam 6  | 91          | 10:03         | 22:33        | 85        | 04:44         | 17:12        |
| dim 7  | 79          | 10:47         | 23:16        | 72        | 05:25         | 17:53        |
| lun 8  | 65          | 11:31         | ---          | ---       | 06:06         | 18:35        |
| mar 9  | 59          | 00:02         | 12:22        | 54        | 06:51         | 19:22        |
| mer 10 | 49          | 00:58         | 13:25        | 46        | 07:45         | 20:21        |
| jeu 11 | 44          | 02:09         | 14:43        | 44        | 08:53         | 21:32        |
| ven 12 | 46          | 03:26         | 15:56        | 49        | 10:09         | 22:42        |
| sam 13 | 52          | 04:29         | 16:55        | 55        | 11:13         | 23:40        |
| dim 14 | 59          | 05:20         | 17:43        | 63        | ---           | 12:06        |
| lun 15 | 66          | 06:04         | 18:25        | 69        | 00:28         | 12:51        |
| mar 16 | 72          | 06:43         | 19:02        | 75        | 01:11         | 13:33        |
| mer 17 | 77          | 07:18         | 19:37        | 79        | 01:49         | 14:11        |
| jeu 18 | 80          | 07:52         | 20:11        | 81        | 02:25         | 14:46        |
| ven 19 | 81          | 08:25         | 20:44        | 81        | 02:59         | 15:20        |
| sam 20 | 80          | 08:57         | 21:17        | 79        | 03:32         | 15:54        |
| dim 21 | 77          | 09:31         | 21:51        | 75        | 04:05         | 16:27        |
| lun 22 | 72          | 10:05         | 22:25        | 69        | 04:37         | 17:01        |
| mar 23 | 66          | 10:41         | 23:03        | 62        | 05:12         | 17:37        |
| mer 24 | 58          | 11:22         | 23:49        | 55        | 05:51         | 18:20        |
| jeu 25 | ---         | ---           | 12:17        | 52        | 06:40         | 19:15        |
| ven 26 | 50          | 00:53         | 13:33        | 50        | 07:46         | 20:29        |
| sam 27 | 51          | 02:15         | 15:00        | 54        | 09:12         | 21:53        |
| dim 28 | 59          | 03:38         | 16:20        | 65        | 10:34         | 23:09        |
| lun 29 | 72          | 04:50         | 17:27        | 79        | 11:46         | ---          |
| mar 30 | 86          | 05:52         | 18:26        | 93        | 00:18         | 12:52        |
| mer 31 | 99          | 06:47         | 19:19        | 103       | 01:19         | 13:52        |

## Mars

| Date   | Plleine mer |               |              | Basse mer |               |              |
|--------|-------------|---------------|--------------|-----------|---------------|--------------|
|        | Coef.       | Matin<br>h mn | Soir<br>h mn | Coef.     | Matin<br>h mn | Soir<br>h mn |
| jeu 1  | 97          | 06:36         | 19:07        | 102       | 01:08         | 13:41        |
| ven 2  | 106         | 07:23         | 19:52        | 109       | 02:02         | 14:32        |
| sam 3  | 110         | 08:06         | 20:32        | 109       | 02:48         | 15:16        |
| dim 4  | 108         | 08:46         | 21:09        | 104       | 03:30         | 15:54        |
| lun 5  | 100         | 09:22         | 21:43        | 94        | 04:07         | 16:27        |
| mar 6  | 88          | 09:55         | 22:15        | 81        | 04:38         | 16:56        |
| mer 7  | 74          | 10:27         | 22:44        | 66        | 05:06         | 17:22        |
| jeu 8  | 58          | 10:58         | 23:16        | 51        | 05:32         | 17:48        |
| ven 9  | 44          | 11:34         | 23:59        | 38        | 06:03         | 18:22        |
| sam 10 | ---         | ---           | 12:32        | 33        | 06:50         | 19:21        |
| dim 11 | 30          | 01:19         | 14:23        | 30        | 08:11         | 21:05        |
| lun 12 | 33          | 03:16         | 15:59        | 37        | 10:01         | 22:38        |
| mar 13 | 43          | 04:28         | 16:56        | 49        | 11:10         | 23:37        |
| mer 14 | 55          | 05:16         | 17:39        | 62        | ---           | 12:01        |
| jeu 15 | 68          | 05:58         | 18:18        | 74        | 00:25         | 12:46        |
| ven 16 | 79          | 06:36         | 18:56        | 84        | 01:07         | 13:28        |
| sam 17 | 88          | 07:13         | 19:31        | 92        | 01:47         | 14:08        |
| dim 18 | 94          | 07:48         | 20:06        | 96        | 02:25         | 14:45        |
| lun 19 | 98          | 08:22         | 20:39        | 98        | 03:01         | 15:21        |
| mar 20 | 97          | 08:56         | 21:13        | 95        | 03:36         | 15:55        |
| mer 21 | 92          | 09:30         | 21:46        | 88        | 04:09         | 16:28        |
| jeu 22 | 84          | 10:05         | 22:22        | 78        | 04:42         | 17:01        |
| ven 23 | 72          | 10:43         | 23:02        | 66        | 05:16         | 17:38        |
| sam 24 | 59          | 11:31         | 23:57        | 53        | 05:58         | 18:26        |
| dim 25 | ---         | ---           | 13:43        | 49        | 07:57         | 20:37        |
| lun 26 | 47          | 02:23         | 15:31        | 48        | 09:27         | 22:14        |
| mar 27 | 52          | 04:08         | 17:04        | 58        | 11:06         | 23:44        |
| mer 28 | 66          | 05:29         | 18:10        | 73        | ---           | 12:26        |
| jeu 29 | 81          | 06:29         | 19:02        | 88        | 00:54         | 13:30        |
| ven 30 | 94          | 07:19         | 19:47        | 98        | 01:53         | 14:24        |
| sam 31 | 102         | 08:03         | 20:29        | 104       | 02:44         | 15:11        |

## Mai

| Date   | Plleine mer |               |              | Basse mer |               |              |
|--------|-------------|---------------|--------------|-----------|---------------|--------------|
|        | Coef.       | Matin<br>h mn | Soir<br>h mn | Coef.     | Matin<br>h mn | Soir<br>h mn |
| mar 1  | 94          | 08:54         | 21:12        | 92        | 03:36         | 15:53        |
| mer 2  | 89          | 09:27         | 21:43        | 86        | 04:09         | 16:22        |
| jeu 3  | 82          | 09:58         | 22:12        | 77        | 04:37         | 16:49        |
| ven 4  | 72          | 10:27         | 22:41        | 67        | 05:05         | 17:15        |
| sam 5  | 61          | 10:58         | 23:11        | 56        | 05:32         | 17:41        |
| dim 6  | 50          | 11:31         | 23:46        | 45        | 06:01         | 18:10        |
| lun 7  | ---         | ---           | 12:13        | 40        | 06:37         | 18:52        |
| mar 8  | 37          | 00:37         | 13:21        | 34        | 07:29         | 19:58        |
| mer 9  | 34          | 02:04         | 14:57        | 35        | 08:46         | 21:34        |
| jeu 10 | 39          | 03:35         | 16:15        | 43        | 10:16         | 22:56        |
| ven 11 | 49          | 04:42         | 17:13        | 55        | 11:25         | 23:56        |
| sam 12 | 62          | 05:35         | 18:02        | 68        | ---           | 12:21        |
| dim 13 | 75          | 06:23         | 18:47        | 81        | 00:48         | 13:12        |
| lun 14 | 86          | 07:08         | 19:29        | 91        | 01:37         | 14:02        |
| mar 15 | 96          | 07:51         | 20:11        | 99        | 02:26         | 14:49        |
| mer 16 | 101         | 08:34         | 20:52        | 102       | 03:12         | 15:34        |
| jeu 17 | 102         | 09:16         | 21:33        | 100       | 03:56         | 16:16        |
| ven 18 | 98          | 09:59         | 22:16        | 94        | 04:39         | 16:57        |
| sam 19 | 90          | 10:44         | 23:00        | 84        | 05:21         | 17:39        |
| dim 20 | 79          | 11:32         | 23:49        | 72        | 06:04         | 18:23        |
| lun 21 | ---         | ---           | 12:26        | 67        | 06:53         | 19:15        |
| mar 22 | 62          | 00:47         | 13:32        | 58        | 07:52         | 20:20        |
| mer 23 | 56          | 01:58         | 14:51        | 55        | 09:04         | 21:37        |
| jeu 24 | 57          | 03:19         | 16:09        | 59        | 10:22         | 22:54        |
| ven 25 | 62          | 04:33         | 17:14        | 66        | 11:32         | ---          |
| sam 26 | 70          | 05:34         | 18:06        | 73        | 00:00         | 12:33        |
| dim 27 | 77          | 06:25         | 18:52        | 79        | 00:56         | 13:25        |
| lun 28 | 81          | 07:10         | 19:33        | 83        | 01:45         | 14:09        |
| mar 29 | 84          | 07:51         | 20:10        | 84        | 02:27         | 14:48        |
| mer 30 | 84          | 08:28         | 20:45        | 83        | 03:05         | 15:21        |
| jeu 31 | 81          | 09:02         | 21:17        | 80        | 03:39         | 15:52        |

## Juillet

| Date   | Plleine mer |               |              | Basse mer |               |              |
|--------|-------------|---------------|--------------|-----------|---------------|--------------|
|        | Coef.       | Matin<br>h mn | Soir<br>h mn | Coef.     | Matin<br>h mn | Soir<br>h mn |
| dim 1  | 73          | 09:48         | 22:02        | 72        | 04:23         | 16:35        |
| lun 2  | 70          | 10:21         | 22:35        | 67        | 04:55         | 17:06        |
| mar 3  | 64          | 10:56         | 23:10        | 62        | 05:27         | 17:37        |
| mer 4  | 59          | 11:31         | 23:47        | 56        | 06:01         | 18:12        |
| jeu 5  | ---         | ---           | 12:11        | 53        | 06:38         | 18:53        |
| ven 6  | 50          | 00:31         | 13:00        | 48        | 07:23         | 19:44        |
| sam 7  | 47          | 01:27         | 14:04        | 46        | 08:18         | 20:49        |
| dim 8  | 47          | 02:38         | 15:17        | 50        | 09:27         | 22:07        |
| lun 9  | 53          | 03:52         | 16:28        | 58        | 10:44         | 23:22        |
| mar 10 | 63          | 05:01         | 17:33        | 69        | 11:54         | ---          |
| mer 11 | 75          | 06:05         | 18:33        | 82        | 00:28         | 12:58        |
| jeu 12 | 87          | 07:04         | 19:28        | 93        | 01:31         | 13:59        |
| ven 13 | 97          | 08:00         | 20:20        | 101       | 02:31         | 14:57        |
| sam 14 | 103         | 08:52         | 21:10        | 104       | 03:27         | 15:51        |
| dim 15 | 105         | 09:42         | 21:58        | 103       | 04:20         | 16:40        |
| lun 16 | 101         | 10:29         | 22:44        | 97        | 05:08         | 17:25        |
| mar 17 | 93          | 11:14         | 23:28        | 88        | 05:53         | 18:08        |
| mer 18 | 82          | 11:57         | ---          | ---       | 06:36         | 18:50        |
| jeu 19 | 75          | 00:12         | 12:41        | 69        | 07:17         | 19:33        |
| ven 20 | 63          | 00:58         | 13:30        | 57        | 08:00         | 20:21        |
| sam 21 | 52          | 01:53         | 14:30        | 49        | 08:52         | 21:21        |
| dim 22 | 47          | 03:02         | 15:45        | 47        | 09:56         | 22:36        |
| lun 23 | 48          | 04:19         | 16:59        | 50        | 11:08         | 23:45        |
| mar 24 | 53          | 05:27         | 17:58        | 56        | ---           | 12:14        |
| mer 25 | 60          | 06:22         | 18:47        | 63        | 00:43         | 13:08        |
| jeu 26 | 66          | 07:08         | 19:28        | 69        | 01:32         | 13:54        |
| ven 27 | 71          | 07:48         | 20:06        | 74        | 02:16         | 14:35        |
| sam 28 | 75          | 08:25         | 20:40        | 77        | 02:56         | 15:12        |
| dim 29 | 78          | 08:59         | 21:13        | 78        | 03:32         | 15:47        |
| lun 30 | 78          | 09:31         | 21:45        | 78        | 04:06         | 16:19        |
| mar 31 | 77          | 10:03         | 22:17        | 76        | 04:39         | 16:51        |

## Février

| Date   | Plleine mer |               |              | Basse mer |               |              |
|--------|-------------|---------------|--------------|-----------|---------------|--------------|
|        | Coef.       | Matin<br>h mn | Soir<br>h mn | Coef.     | Matin<br>h mn | Soir<br>h mn |
| jeu 1  | 107         | 07:37         | 20:07        | 109       | 02:14         | 14:45        |
| ven 2  | 109         | 08:23         | 20:52        | 108       | 03:04         | 15:33        |
| sam 3  | 106         | 09:06         | 21:33        | 103       | 03:49         | 16:15        |
| dim 4  | 98          | 09:46         | 22:11        | 92        | 04:29         | 16:53        |
| lun 5  | 85          | 10:23         | 22:47        | 78        | 05:04         | 17:27        |
| mar 6  | 71          | 10:59         | 23:23        | 63        | 05:37         | 17:59        |
| mer 7  | 56          | 11:38         | ---          | ---       | 06:11         | 18:34        |
| jeu 8  | 49          | 00:03         | 12:25        | 43        | 06:51         | 19:19        |
| ven 9  | 39          | 01:00         | 13:39        | 36        | 07:49         | 20:29        |
| sam 10 | 35          | 02:30         | 15:16        | 37        | 09:14         | 21:57        |
| dim 11 | 40          | 03:57         | 16:30        | 45        | 10:39         | 23:10        |
| lun 12 | 50          | 04:57         | 17:22        | 55        | 11:40         | ---          |
| mar 13 | 60          | 05:44         | 18:05        | 65        | 00:05         | 12:29        |
| mer 14 | 69          | 06:24         | 18:44        | 74        | 00:51         | 13:12        |
| jeu 15 | 78          | 07:01         | 19:20        | 81        | 01:32         | 13:53        |
| ven 16 | 84          | 07:36         | 19:54        | 87        | 02:10         | 14:30        |
| sam 17 | 88          | 08:09         | 20:28        | 90        | 02:45         | 15:06        |
| dim 18 | 90          | 08:42         | 21:00        | 90        | 03:20         | 15:40        |
| lun 19 | 89          | 09:15         | 21:33        | 87        | 03:53         | 16:13        |
| mar 20 | 84          | 09:48         | 22:06        | 81        | 04:25         | 16:45        |
| mer 21 | 77          | 10:22         | 22:40        | 72        | 04:57         | 17:19        |
| jeu 22 | 67          | 10:59         | 23:21        | 62        | 05:32         | 17:57        |
| ven 23 | 57          | 11:46         | ---          | ---       | 06:14         | 18:45        |
| sam 24 | 52          | 00:16         | 12:57        | 49        | 07:14         | 19:56        |
| dim 25 | 48          | 01:40         | 14:39        | 49        | 08:42         | 21:28        |
| lun 26 | 54          | 03:20         | 16:11        | 60        | 10:17         | 22:55        |
| mar 27 | 67          | 04:41         | 17:21        | 75        | 11:36         | ---          |
| mer 28 | 83          | 05:43         | 18:18        | 90        | 00:07         | 12:43        |

## Avril

| Date   | Plleine mer |               |              | Basse mer |               |              |
|--------|-------------|---------------|--------------|-----------|---------------|--------------|
|        | Coef.       | Matin<br>h mn | Soir<br>h mn | Coef.     | Matin<br>h mn | Soir<br>h mn |
| dim 1  | 105         | 08:44         | 21:07        | 105       | 03:27         | 15:51        |
| lun 2  | 103         | 09:21         | 21:41        | 100       | 04:05         | 16:26        |
| mar 3  | 96          | 09:55         | 22:13        | 92        | 04:39         | 16:55        |
| mer 4  | 86          | 10:26         | 22:42        | 80        | 05:07         | 17:22        |
| jeu 5  | 74          | 10:55         | 23:10        | 67        | 05:34         | 17:46        |
| ven 6  | 60          | 11:24         | 23:39        | 53        | 05:59         | 18:09        |
| sam 7  | 46          | 11:56         | ---          | ---       | 06:27         | 18:39        |
| dim 8  | 40          | 00:14         | 12:43        | 35        | 07:06         | 19:27        |
| lun 9  | 31          | 01:15         | 14:17        | 29        | 08:10         | 20:55        |
| mar 10 | 30          | 03:13         | 16:07        | 34        | 09:56         | 22:49        |
| mer 11 | 39          | 04:41         | 17:14        | 45        | 11:26         | 23:56        |
| jeu 12 | 52          | 05:36         | 18:02        | 59        | ---           | 12:21        |
| ven 13 | 65          | 06:21         | 18:44        | 72        | 00:46         | 13:09        |
| sam 14 | 78          | 07:03         |              |           |               |              |

## Septembre

| Date   | Pleine mer |               |              | Basse mer |               |              |
|--------|------------|---------------|--------------|-----------|---------------|--------------|
|        | Coef.      | Matin<br>h mn | Soir<br>h mn | Coef.     | Matin<br>h mn | Soir<br>h mn |
| sam 1  | 70         | 11:16         | 23:33        | 65        | 05:53         | 18:06        |
| dim 2  | 60         | 11:52         | ---          | ---       | 06:28         | 18:44        |
| lun 3  | 55         | 00:14         | 12:39        | 51        | 07:11         | 19:35        |
| mar 4  | 47         | 01:13         | 13:52        | 45        | 08:10         | 20:52        |
| mer 5  | 45         | 02:49         | 15:33        | 48        | 09:39         | 22:33        |
| jeu 6  | 54         | 04:29         | 17:02        | 61        | 11:12         | 23:57        |
| ven 7  | 69         | 05:46         | 18:10        | 77        | ---           | 12:30        |
| sam 8  | 85         | 06:46         | 19:07        | 93        | 01:07         | 13:34        |
| dim 9  | 99         | 07:38         | 19:56        | 105       | 02:09         | 14:32        |
| lun 10 | 108        | 08:25         | 20:42        | 111       | 03:03         | 15:23        |
| mar 11 | 111        | 09:09         | 21:24        | 110       | 03:51         | 16:09        |
| mer 12 | 108        | 09:49         | 22:03        | 104       | 04:34         | 16:49        |
| jeu 13 | 99         | 10:25         | 22:39        | 92        | 05:10         | 17:23        |
| ven 14 | 85         | 10:59         | 23:12        | 77        | 05:42         | 17:54        |
| sam 15 | 69         | 11:30         | 23:45        | 61        | 06:09         | 18:22        |
| dim 16 | ---        | ---           | 12:03        | 53        | 06:36         | 18:53        |
| lun 17 | 46         | 00:21         | 12:45        | 39        | 07:09         | 19:36        |
| mar 18 | 34         | 01:15         | 13:58        | 31        | 08:02         | 20:52        |
| mer 19 | 31         | 02:58         | 15:54        | 33        | 09:40         | 22:42        |
| jeu 20 | 38         | 04:39         | 17:11        | 43        | 11:19         | 23:53        |
| ven 21 | 49         | 05:39         | 18:01        | 55        | ---           | 12:21        |
| sam 22 | 61         | 06:23         | 18:42        | 66        | 00:45         | 13:08        |
| dim 23 | 71         | 07:01         | 19:19        | 76        | 01:28         | 13:49        |
| lun 24 | 80         | 07:38         | 19:55        | 84        | 02:09         | 14:28        |
| mar 25 | 87         | 08:12         | 20:29        | 89        | 02:48         | 15:05        |
| mer 26 | 91         | 08:45         | 21:02        | 92        | 03:23         | 15:40        |
| jeu 27 | 92         | 09:17         | 21:34        | 91        | 03:57         | 16:13        |
| ven 28 | 90         | 09:49         | 22:06        | 87        | 04:30         | 16:45        |
| sam 29 | 84         | 10:21         | 22:38        | 80        | 05:02         | 17:16        |
| dim 30 | 75         | 10:54         | 23:14        | 69        | 05:34         | 17:48        |

## Octobre

| Date   | Pleine mer |               |              | Basse mer |               |              |
|--------|------------|---------------|--------------|-----------|---------------|--------------|
|        | Coef.      | Matin<br>h mn | Soir<br>h mn | Coef.     | Matin<br>h mn | Soir<br>h mn |
| lun 1  | 63         | 11:31         | 23:57        | 57        | 06:08         | 18:27        |
| mar 2  | ---        | ---           | 12:20        | 52        | 06:51         | 19:19        |
| mer 3  | 47         | 00:59         | 13:37        | 44        | 07:53         | 20:39        |
| jeu 4  | 45         | 02:44         | 15:25        | 48        | 09:27         | 22:25        |
| ven 5  | 54         | 04:25         | 16:53        | 62        | 11:05         | 23:48        |
| sam 6  | 70         | 05:36         | 17:57        | 78        | ---           | 12:19        |
| dim 7  | 85         | 06:31         | 18:50        | 92        | 00:55         | 13:20        |
| lun 8  | 98         | 07:19         | 19:37        | 103       | 01:52         | 14:14        |
| mar 9  | 106        | 08:03         | 20:20        | 107       | 02:43         | 15:02        |
| mer 10 | 108        | 08:44         | 21:00        | 106       | 03:27         | 15:44        |
| jeu 11 | 104        | 09:21         | 21:36        | 100       | 04:06         | 16:22        |
| ven 12 | 95         | 09:55         | 22:10        | 89        | 04:39         | 16:53        |
| sam 13 | 83         | 10:26         | 22:41        | 75        | 05:07         | 17:22        |
| dim 14 | 68         | 10:56         | 23:11        | 61        | 05:33         | 17:49        |
| lun 15 | 53         | 11:26         | 23:45        | 46        | 05:58         | 18:17        |
| mar 16 | ---        | ---           | 12:02        | 40        | 06:27         | 18:55        |
| mer 17 | 34         | 00:30         | 13:02        | 30        | 07:12         | 19:58        |
| jeu 18 | 29         | 02:01         | 14:59        | 30        | 08:38         | 21:43        |
| ven 19 | 34         | 03:53         | 16:29        | 39        | 10:34         | 23:13        |
| sam 20 | 45         | 05:00         | 17:23        | 51        | 11:43         | ---          |
| dim 21 | 57         | 05:47         | 18:06        | 63        | 00:07         | 12:31        |
| lun 22 | 69         | 06:27         | 18:46        | 75        | 00:52         | 13:14        |
| mar 23 | 80         | 07:05         | 19:24        | 84        | 01:35         | 13:55        |
| mer 24 | 88         | 07:42         | 20:01        | 91        | 02:15         | 14:35        |
| jeu 25 | 94         | 08:17         | 20:36        | 95        | 02:54         | 15:14        |
| ven 26 | 96         | 08:52         | 21:11        | 96        | 03:32         | 15:51        |
| sam 27 | 94         | 09:26         | 21:47        | 92        | 04:09         | 16:27        |
| dim 28 | 88         | 09:02         | 21:24        | 84        | 03:44         | 16:02        |
| lun 29 | 79         | 09:40         | 22:05        | 73        | 04:19         | 16:39        |
| mar 30 | 67         | 10:22         | 22:53        | 61        | 04:57         | 17:21        |
| mer 31 | 55         | 11:16         | ---          | ---       | 05:44         | 18:17        |

## Novembre

| Date   | Pleine mer |               |              | Basse mer |               |              |
|--------|------------|---------------|--------------|-----------|---------------|--------------|
|        | Coef.      | Matin<br>h mn | Soir<br>h mn | Coef.     | Matin<br>h mn | Soir<br>h mn |
| jeu 1  | 51         | 00:01         | 12:33        | 48        | 06:48         | 19:37        |
| ven 2  | 49         | 01:36         | 14:10        | 52        | 08:18         | 21:12        |
| sam 3  | 57         | 03:07         | 15:33        | 63        | 09:50         | 22:31        |
| dim 4  | 69         | 04:15         | 16:36        | 76        | 10:59         | 23:34        |
| lun 5  | 82         | 05:09         | 17:28        | 87        | 11:58         | ---          |
| mar 6  | 92         | 05:55         | 18:14        | 95        | 00:29         | 12:50        |
| mer 7  | 97         | 06:38         | 18:56        | 99        | 01:17         | 13:36        |
| jeu 8  | 99         | 07:17         | 19:35        | 97        | 01:59         | 14:16        |
| ven 9  | 95         | 07:53         | 20:10        | 93        | 02:35         | 14:53        |
| sam 10 | 89         | 08:26         | 20:43        | 84        | 03:07         | 15:23        |
| dim 11 | 79         | 08:58         | 21:15        | 74        | 03:35         | 15:53        |
| lun 12 | 68         | 09:28         | 21:46        | 62        | 04:03         | 16:22        |
| mar 13 | 56         | 09:59         | 22:19        | 50        | 04:30         | 16:52        |
| mer 14 | 45         | 10:34         | 23:00        | 40        | 04:59         | 17:27        |
| jeu 15 | 35         | 11:22         | ---          | ---       | 05:39         | 18:17        |
| ven 16 | 33         | 00:03         | 12:45        | 32        | 06:40         | 19:30        |
| sam 17 | 33         | 01:39         | 14:21        | 36        | 08:13         | 21:00        |
| dim 18 | 40         | 03:00         | 15:29        | 45        | 09:41         | 22:11        |
| lun 19 | 51         | 03:58         | 16:21        | 57        | 10:40         | 23:06        |
| mar 20 | 63         | 04:45         | 17:07        | 69        | 11:30         | 23:53        |
| mer 21 | 75         | 05:28         | 17:50        | 81        | ---           | 12:17        |
| jeu 22 | 85         | 06:09         | 18:31        | 90        | 00:39         | 13:03        |
| ven 23 | 93         | 06:49         | 19:12        | 95        | 01:24         | 13:47        |
| sam 24 | 97         | 07:29         | 19:52        | 98        | 02:08         | 14:31        |
| dim 25 | 97         | 08:08         | 20:34        | 95        | 02:50         | 15:13        |
| lun 26 | 93         | 08:50         | 21:17        | 89        | 03:30         | 15:54        |
| mar 27 | 85         | 09:33         | 22:03        | 80        | 04:11         | 16:37        |
| mer 28 | 74         | 10:20         | 22:55        | 69        | 04:55         | 17:24        |
| jeu 29 | 64         | 11:15         | 23:57        | 60        | 05:44         | 18:20        |
| ven 30 | ---        | ---           | 12:22        | 57        | 06:45         | 19:27        |

## Décembre

| Date   | Pleine mer |               |              | Basse mer |               |              |
|--------|------------|---------------|--------------|-----------|---------------|--------------|
|        | Coef.      | Matin<br>h mn | Soir<br>h mn | Coef.     | Matin<br>h mn | Soir<br>h mn |
| sam 1  | 55         | 01:13         | 13:41        | 56        | 07:59         | 20:45        |
| dim 2  | 58         | 02:33         | 15:00        | 61        | 09:20         | 21:59        |
| lun 3  | 64         | 03:43         | 16:06        | 69        | 10:29         | 23:04        |
| mar 4  | 73         | 04:40         | 17:01        | 77        | 11:29         | ---          |
| mer 5  | 80         | 05:29         | 17:49        | 83        | 00:00         | 12:23        |
| jeu 6  | 85         | 06:13         | 18:33        | 86        | 00:48         | 13:08        |
| ven 7  | 87         | 06:53         | 19:13        | 87        | 01:30         | 13:49        |
| sam 8  | 86         | 07:30         | 19:49        | 85        | 02:06         | 14:26        |
| dim 9  | 83         | 08:04         | 20:23        | 80        | 02:39         | 14:59        |
| lun 10 | 78         | 08:36         | 20:55        | 74        | 03:11         | 15:31        |
| mar 11 | 71         | 09:08         | 21:28        | 67        | 03:42         | 16:03        |
| mer 12 | 63         | 09:41         | 22:01        | 58        | 04:12         | 16:35        |
| jeu 13 | 54         | 10:15         | 22:38        | 50        | 04:42         | 17:08        |
| ven 14 | 46         | 10:55         | 23:23        | 42        | 05:16         | 17:47        |
| sam 15 | 40         | 11:46         | ---          | ---       | 06:01         | 18:37        |
| dim 16 | 38         | 00:24         | 12:59        | 37        | 07:02         | 19:42        |
| lun 17 | 39         | 01:42         | 14:18        | 41        | 08:18         | 20:58        |
| mar 18 | 45         | 02:56         | 15:26        | 50        | 09:36         | 22:09        |
| mer 19 | 55         | 03:57         | 16:23        | 61        | 10:41         | 23:09        |
| jeu 20 | 67         | 04:49         | 17:15        | 73        | 11:38         | ---          |
| ven 21 | 79         | 05:38         | 18:04        | 85        | 00:04         | 12:32        |
| sam 22 | 89         | 06:25         | 18:52        | 93        | 00:57         | 13:24        |
| dim 23 | 97         | 07:11         | 19:40        | 99        | 01:47         | 14:15        |
| lun 24 | 100        | 07:57         | 20:27        | 100       | 02:35         | 15:03        |
| mar 25 | 99         | 08:43         | 21:14        | 97        | 03:22         | 15:51        |
| mer 26 | 94         | 09:29         | 22:01        | 90        | 04:08         | 16:38        |
| jeu 27 | 86         | 10:17         | 22:50        | 81        | 04:54         | 17:25        |
| ven 28 | 75         | 11:06         | 23:41        | 70        | 05:41         | 18:13        |
| sam 29 | ---        | ---           | 12:00        | 55        | 06:32         | 19:06        |
| dim 30 | 61         | 00:38         | 13:03        | 58        | 07:29         | 20:07        |
| lun 31 | 56         | 01:46         | 14:17        | 55        | 08:36         | 21:16        |

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## Le Mascaret

Phénomène naturel, le mascaret appelé aussi « la barre » se caractérise par une vague pouvant atteindre plusieurs dizaines de centimètres lors des grandes marées. La marée montante pénètre à contre-courant dans l'embouchure des fleuves (la Sée, la Sélune et le Couesnon) et forme brusquement une élévation d'eau ; il faut un coefficient supérieur à 90 pour la contempler.

Les principaux lieux où vous pourrez l'observer :

| Sites d'observation<br><i>Observation sites</i> | Heure d'arrivée conseillée<br>avant la pleine mer<br><i>Recommended arrival<br/>time before high tide</i> |
|---|---|
| Le Grouin du sud à Saint-Léonard                | 1h30  |
| Le Rivage à Vains                               | 45 mn   |
| Le Pont de Marcey-les-Grèves                    | 30 mn   |
| Le Gué de l'Epine au Val-Saint-Père             | 45 mn   |
| Le Pont de Pontaubault                          | 30 mn   |
| La Roche-Torin à Courtils                       | 1h15  |
| Le Mont Saint-Michel                            | 2h00  |

*Attention : la marée peut être influencée par des phénomènes météorologiques. Le vent et la pression atmosphérique peuvent modifier l'horaire et la hauteur de la marée.*

**Attention !** Le barrage sur le Couesnon opère des lâchers d'eau quotidiens autour du Mont Saint-Michel, 6 heures après la pleine mer. Ces derniers peuvent durer 5 heures.

**Il est extrêmement dangereux de s'aventurer seul dans la Baie, y compris aux abords immédiats du Mont Saint-Michel.**

*The bay is dangerous. Do not venture without a certified guide, including around the Mont Saint-Michel.*

Pour tout renseignement complémentaire :

**Office de Tourisme Mont Saint-Michel - Normandie**

2, Rue du Général de Gaulle  
50300 AVRANCHES  
02 33 58 00 22

tourisme.avranches@msm-normandie.fr  
www.ot-montsaintmichel.com



**DESTINATION  
MONT SAINT-MICHEL NORMANDIE**  
*les vacances de ma vie !*



Siret : 81756789400016 - IM050160002

# Horaires des marées

en Baie du Mont Saint-Michel

## 2018

