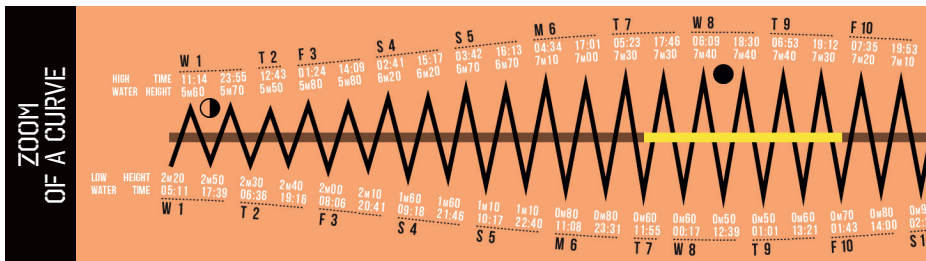
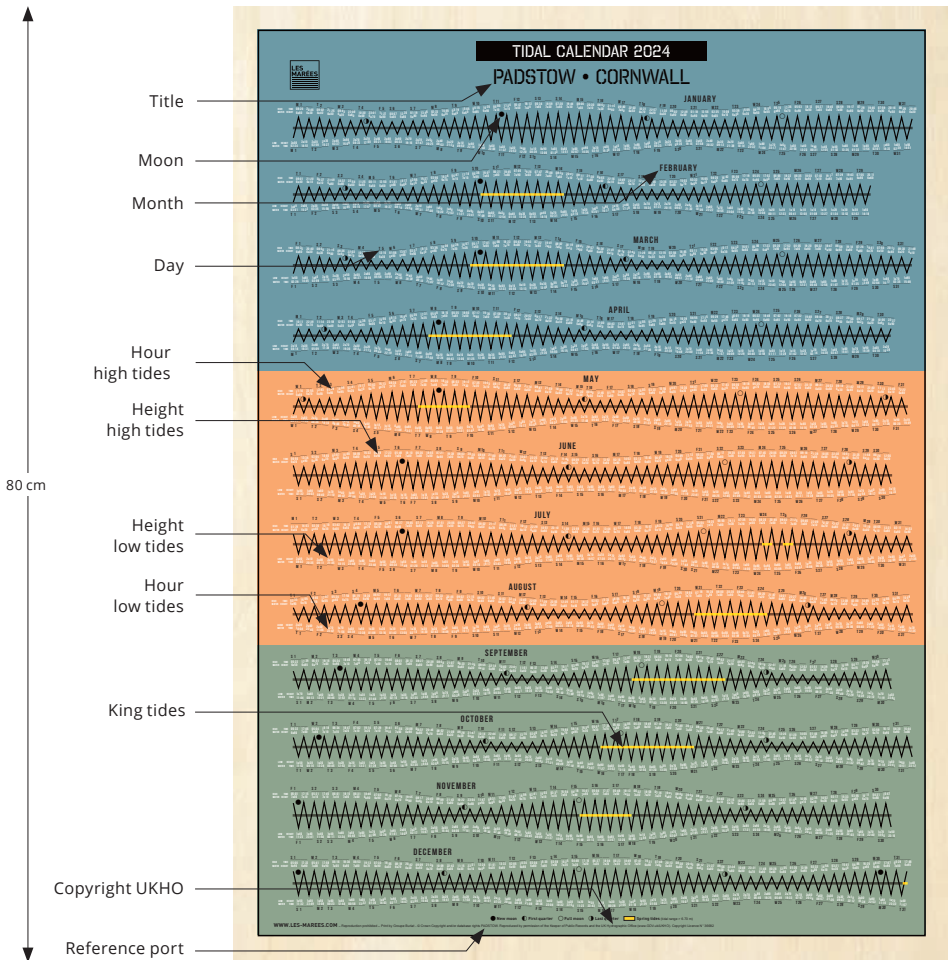
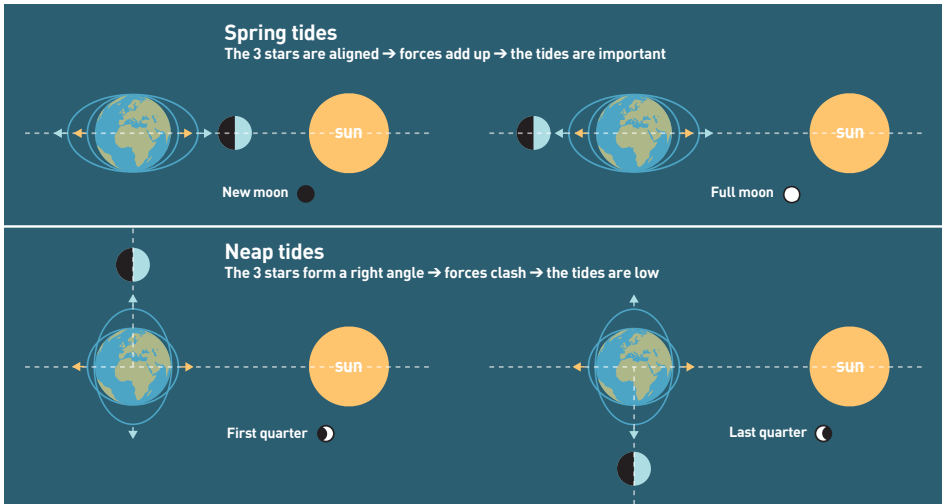


← 60 cm →



# THE TIDES

This is the great story of the “The celestial mechanic” due to gravitational forces of the Moon and Sun.



## High water / Low water

Discover the first daily rhythm of the tides.

The curve shows four extremes (two minima and two maxima), with each minimum representing low water (LW) and each maximum being high water (HW). About 4 times a month when the second tide of the day is around noon, there are only 3 tides in the day.

## What about phases of the moon?

Observe the curve of the tides and you discover the second rhythm of tides.

Full moon ○ / new moon ● → spring tide period: high tidal range\*.

First quarter / last quarter → neap tide period: low tidal range.

## Yellow “King tides”!

You can view them immediately for the whole year on our graphic. For the English and Portuguese calendars we have highlighted the «royal tides» with our yellow bars.

## So much more to learn about the tides...

- The “twelfths” rule: the tide rises and falls in stages.
- The speed and amplitude of the tides will depend on the depth of the seabed and the profile of the coast.
- The Mediterranean, a small body of water that is almost closed, has small tides. The English Channel, a small open and narrow sea, fully experiences the tides.
- Atmospheric pressure and winds can upset tidal predictions.

\* Atmospheric pressure and winds can upset tidal predictions.

**Les Marées** - Béatrice Laborde - 470, av. du Golf - 40150 Hossegor  
tél. 0033 (0) 6 70 06 73 60 - [contact@les-marees.fr](mailto:contact@les-marees.fr)  
[www.les-marees.com](http://www.les-marees.com) - [@lesmarees](https://www.instagram.com/lesmarees) - [f](https://www.facebook.com/lesmarees) [p](https://www.pinterest.com/lesmarees) [in](https://www.linkedin.com/company/lesmarees) Les Marées

