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[samhealth.org/Telehealth](http://samhealth.org/Telehealth)

### **Tillamook Bay, Garibaldi**

Date	Low Tides				High Tides			
Thurs., June 11	11:43 am	0.0	---	--	5:02 am	7.1	6:44 pm	6.7
Fri., June 12	12:14 am	3.4	12:32 pm	0.6	5:56 am	6.4	7:31 pm	6.7
Sat., June 13	1:22 am	3.1	1:23 pm	1.1	6:58 am	5.8	8:18 pm	6.8
Sun., June 14	2:29 am	2.6	2:15 pm	1.6	8:06 am	5.4	9:02 pm	7.0
Mon., June 15	3:29 am	2.0	3:06 pm	2.1	9:17 am	5.3	9:44 pm	7.3
Tues., June 16	4:21 am	1.3	3:55 pm	2.4	10:25 am	5.3	10:24 pm	7.6
Wed., June 17	5:06 am	0.6	4:42 pm	2.7	11:26 am	5.6	11:02 pm	7.9
Thurs., June 18	5:47 am	0.0	5:26 pm	2.9	12:20 am	5.9	11:41 pm	8.2

### **Siletz Bay, Lincoln City**

Date	Low Tides				High Tides			
Thurs., June 11	<b>12:03 pm</b>	<b>-0.1</b>	---	--	4:33 am	5.4	6:41 pm	5.2
Fri., June 12	12:40 am	2.2	12:51 pm	0.3	5:33 am	4.8	7:30 pm	5.3
Sat., June 13	1:53 am	2.0	1:41 pm	0.7	6:44 am	4.4	8:14 pm	5.4
Sun., June 14	3:02 am	1.7	2:29 pm	1.0	8:01 am	4.1	8:53 pm	5.6
Mon., June 15	3:59 am	1.3	3:16 pm	1.4	9:18 am	4.0	9:29 pm	5.8
Tues., June 16	4:47 am	0.8	4:02 pm	1.7	10:25 am	4.1	10:03 pm	6.0
Wed., June 17	5:29 am	0.4	4:46 pm	1.9	11:23 am	4.3	10:36 pm	6.3
Thurs., June 18	6:08 am	0.0	5:28 pm	2.1	12:13 pm	4.5	11:10 pm	6.5

### **Yaquina Bay, Newport**

Date	Low Tides				High Tides			
Thurs., June 11	<b>11:25 am</b>	<b>-0.2</b>	---	--	4:24 am	7.0	6:32 pm	6.8
Fri., June 12	12:02 am	3.3	12:13 pm	0.4	5:24 am	6.3	7:21 pm	6.9
Sat., June 13	1:15 am	3.0	1:03 pm	1.0	6:35 am	5.7	8:05 pm	7.0
Sun., June 14	2:24 am	2.5	1:51 pm	1.6	7:52 am	5.3	8:44 pm	7.2
Mon., June 15	3:21 am	1.9	2:38 pm	2.0	9:09 am	5.2	9:20 pm	7.5
Tues., June 16	4:09 am	1.2	3:24 pm	2.5	10:16 am	5.3	9:54 pm	7.8
Wed., June 17	4:51 am	0.6	4:08 pm	2.8	11:14 am	5.6	10:27 pm	8.1
Thurs., June 18	5:30 am	0.0	4:50 pm	3.1	12:04 pm	5.9	11:01 pm	8.4

### **Alsea Bay, Waldport**

Date	Low Tides				High Tides			
Thurs., June 11	11:59 am	0.0	12:46 pm	0.5	4:57 am	6.3	6:45 pm	5.9
Fri., June 12	12:22 am	3.0	---	--	5:54 am	5.7	7:32 pm	5.9
Sat., June 13	1:26 am	2.8	1:35 pm	0.9	6:58 am	5.2	8:17 pm	6.1
Sun., June 14	2:32 am	2.4	2:25 pm	1.4	8:07 am	4.8	9:00 pm	6.3
Mon., June 15	3:35 am	1.8	3:14 pm	1.8	9:16 am	4.7	9:41 pm	6.6
Tues., June 16	4:30 am	1.2	4:03 pm	2.1	10:22 am	4.7	10:20 pm	6.9
Wed., June 17	5:19 am	0.5	4:51 pm	2.4	11:23 am	4.9	10:58 pm	7.2
Thurs., June 18	6:03 am	0.0	5:37 pm	2.6	12:17 pm	5.1	11:35 pm	7.4

**Bold = Minus Tides.** Tide tables are for recreational use. Tide info courtesy [tidesandcurrents.noaa.gov](http://tidesandcurrents.noaa.gov).

**If you discover a seal pup** or other stranded marine animal on the beach, do not approach, touch, or pour water on the animal. Instead, call 800-452-7888. Keep dogs leashed and far from all marine mammals.

**Japanese Tsunami Debris Info:** Information on significant marine debris sightings on the coast can be reported to the NOAA Marine Debris Program at [DisasterDebris@noaa.gov](mailto:DisasterDebris@noaa.gov).