



North and South Rivers Watershed Association Paddling Chart 2025 (June-October)

Here in the North and South Rivers Watershed, there are numerous public launch spots for non-motorized boats like kayaks, canoes, and paddleboards. **Before planning your paddle, it's important to understand how the tides affect our rivers.** We've put together a recommended chart based on the North River high tides that includes the dates and times with the best paddling conditions. **This chart excludes any dates with high tides that are at night or too late in the day. We want to ensure that our paddlers are not out on the water when it gets dark!**

For an upstream paddle, you could begin at the Marshfield Canoe Launch during the start window, keep on schedule to reach the high tide at Couch Beach, and then end up at the Old Washington Street Bridge before the tide turns. You could also travel upstream to Couch Beach, stop for a picnic during high tide, and return to the Marshfield Canoe Launch with the outgoing tide. **Each column calculates the time at which you should reach each landmark, so be sure to consult the paddling chart to ensure that you aren't paddling against the current or at night!**

Date	North River High Tide	Start Window from Marshfield Canoe Launch	Estimated Couch Beach High Tide	Estimated Old Washington St Bridge High Tide
		Subtract 1:30 min and add 0:15 min	Add 1:45 min	Add 2:30 min
Thursday, June 5, 2025	8:06 AM	6:36 AM to 8:21 AM	9:51 AM	10:36 AM
Friday, June 6, 2025	9:01 AM	7:31 AM to 9:16 AM	10:46 AM	11:31 AM
Saturday, June 7, 2025	9:53 AM	8:23 AM to 10:08 AM	11:38 AM	12:23 PM
Sunday, June 8, 2025	10:40 AM	9:10 AM to 10:55 AM	12:25 PM	1:10 PM
Monday, June 9, 2025	11:23 AM	9:53 AM to 11:38 AM	1:03 PM	1:53 PM
Wednesday, June 11, 2025	12:45 PM	11:15 AM to 1:00 PM	2:30 PM	3:20 PM
Thursday, June 12, 2025	1:26 PM	11:56 AM to 1:41 PM	3:11 PM	3:56 PM

Date	North River High Tide	Start Window from Marshfield Canoe Launch	Estimated Couch Beach High Tide	Estimated Old Washington St Bridge High Tide
		Subtract 1:30 min and add 0:15 min	Add 1:45 min	Add 2:30 min
Friday, June 13, 2025	2:06 PM	12:36 PM to 2:51 PM	3:51 PM	4:36 PM
Saturday, June 21, 2025	8:09 AM	6:39 AM to 8:24 AM	9:54 AM	10:39 AM
Sunday, June 22, 2025	9:11 AM	7:41 AM to 9:26 AM	10:56 AM	11:41 AM
Monday, June 23, 2025	10:12 AM	8:42 AM to 10:27 AM	11:57 AM	12:42 PM
Tuesday, June 24, 2025	11:10 AM	9:40 AM to 11:25 AM	10:56 AM	1:40 PM
Wednesday, June 25, 2025	12:06 PM	10:36 AM to 12:21 PM	1:51 PM	2:36 PM
Thursday, June 26, 2025	1:01 PM	11:40 AM to 1:25 PM	12:55 PM	3:40 PM
Friday, June 27, 2025	1:55 PM	12:25 PM to 2:10 PM	3:40 PM	4:25 PM
Saturday, July 5, 2025	8:16 AM	6:46 AM to 8:31 AM	10:01 AM	10:46 AM
Sunday, July 6, 2025	9:12 AM	7:42 AM to 9:27 AM	10:57 AM	11:42 AM
Monday, July 7, 2025	10:04 AM	8:34 AM to 10:19 AM	11:49 AM	12:34 PM
Tuesday, July 8, 2025	10:52 AM	9:22 AM to 11:08 AM	12:37 PM	1:22 PM
Wednesday, July 9, 2025	11:36 AM	10:06 AM to 11:51 AM	1:21 PM	2:06 PM
Friday, July 11, 2025	1:00 PM	11:30 AM to 1:15 PM	2:45 PM	3:30 PM
Saturday, July 12, 2025	1:41 PM	12:11 PM to 1:56 PM	3:26 PM	4:11 PM
Sunday, July 20, 2025	7:51 AM	6:21 AM to 8:06 AM	9:36 AM	10:21 AM
Monday, July 21, 2025	8:56 AM	7:26 AM to 9:11 AM	10:41 AM	11:26 AM
Tuesday, July 22, 2025	10:00 AM	8:30 AM to 10:15 AM	11:45 AM	12:30 PM
Wednesday, July 23, 2025	11:00 AM	9:30 AM to 11:15 AM	12:45 PM	1:30 PM

Date	North River High Tide	Start Window from Marshfield Canoe Launch	Estimated Couch Beach High Tide	Estimated Old Washington St Bridge High Tide
		Subtract 1:30 min and add 0:15 min	Add 1:45 min	Add 2:30 min
Thursday, July 24, 2025	11:55 AM	10:20 AM to 12:10 PM	1:35 PM	2:25 PM
Friday, July 25, 2025	12:47 PM	11:17 AM to 1:02 PM	2:32 PM	3:17 PM
Saturday, July 26, 2025	1:36 PM	12:06 PM to 1:51 PM	3:22 PM	4:06 PM
Sunday, August 3, 2025	7:33 AM	6:03 AM to 7:48 AM	9:18 AM	10:03 AM
Monday, August 4, 2025	8:31 AM	7:01 AM to 8:46 AM	10:16 AM	11:01 AM
Tuesday, August 5, 2025	9:27 AM	7:57 AM to 9:42 AM	11:12 AM	11:57 AM
Wednesday, August 6, 2025	10:19 AM	8:49 AM to 10:34 AM	12:04 PM	12:49 PM
Thursday, August 7, 2025	11:05 AM	9:35 AM to 11:20 AM	12:50 PM	1:35 PM
Friday, August 8, 2025	11:47 AM	10:17 AM to 12:02 PM	1:32 PM	2:17 PM
Saturday, August 9, 2025	12:28 PM	10:58 AM to 12:43 PM	2:13 PM	2:58 PM
Sunday, August 10, 2025	1:09 PM	11:39 AM to 1:24 PM	2:54 PM	3:39 PM
Monday, August 11, 2025	1:51 PM	12:21 PM to 2:06 PM	3:36 PM	4:21 PM
Monday, August 18, 2025	7:40 AM	6:10 AM to 7:55 AM	9:25 AM	10:10 AM
Tuesday, August 19, 2025	8:48 AM	7:18 AM to 9:03 AM	10:33 AM	11:18 AM
Wednesday, August 20, 2025	9:54 AM	8:24 AM to 10:09 AM	11:39 AM	12:24 PM
Thursday, August 21, 2025	10:51 AM	9:21 AM to 11:06 AM	12:36 PM	1:21 PM
Friday, August 22, 2025	11:42 AM	10:12 AM to 11:57 AM	1:27 PM	2:12 PM
Saturday, August 23, 2025	12:28 PM	10:58 AM to 12:43 PM	2:13 PM	2:58 PM
Sunday, August 24, 2025	1:11 PM	11:41 AM to 1:26 PM	2:56 PM	3:41 PM

Date	North River High Tide	Start Window from Marshfield Canoe Launch	Estimated Couch Beach High Tide	Estimated Old Washington St Bridge High Tide
		Subtract 1:30 min and add 0:15 min	Add 1:45 min	Add 2:30 min
Monday, August 25, 2025	1:51 PM	12:21 PM to 2:06 PM	3:36 PM	4:21 PM
Tuesday, August 26, 2025	2:29 PM	12:59 PM to 2:44 PM	4:14 PM	4:59 PM
Tuesday, September 2, 2025	7:51 AM	6:21 AM to 8:06 AM	9:36 AM	10:21 AM
Wednesday, September 3	8:49 AM	7:19 AM to 9:04 AM	10:34 AM	11:19 AM
Thursday, September 4, 2025	9:42 AM	8:12 AM to 9:57 AM	11:27 AM	12:12 PM
Friday, September 5, 2025	10:29 AM	8:59 AM to 10:44 AM	12:14 PM	12:59 PM
Saturday, September 6, 2025	11:12 AM	9:42 AM to 11:27 AM	12:57 PM	1:42 PM
Sunday, September 7, 2025	11:53 AM	10:18 AM to 12:08 PM	1:33 PM	2:23 PM
Monday, September 8, 2025	12:35 PM	11:15 AM to 12:50 PM	2:20 PM	2:55 PM
Tuesday, September 9, 2025	1:18 PM	12:18 PM to 1:33 PM	1:03 PM	3:48 PM
Wednesday, September 10	2:03 PM	12:43 PM to 2:18 PM	3:48 PM	4:23 PM
Tuesday, September 16, 2025	7:32 AM	6:02 AM to 7:47 AM	9:17 AM	10:02 AM
Wednesday, September 17	8:42 AM	7:12 AM to 8:57 AM	10:27 AM	11:12 AM
Thursday, September 18	9:45 AM	8:15 AM to 10:00 AM	11:30 AM	12:15 PM
Friday, September 19, 2025	10:38 AM	9:08 AM to 10:53 AM	12:18 PM	1:08 PM

Date	North River High Tide	Start Window from Marshfield Canoe Launch	Estimated Couch Beach High Tide	Estimated Old Washington St Bridge High Tide
		Subtract 1:30 min and add 0:15 min	Add 1:45 min	Add 2:30 min
Saturday, September 20	11:23 AM	9:53 AM to 11:38 AM	1:03 PM	1:53 PM
Sunday, September 21, 2025	12:03 PM	10:33 AM to 12:18 PM	1:48 PM	2:33 PM
Monday, September 22, 2025	12:41 PM	11:15 AM to 1:00 PM	2:26 PM	3:11 PM
Tuesday, September 23, 2025	1:17 PM	12:17 PM to 1:32 PM	1:02 PM	3:47 PM
Wednesday, September 24	1:53 PM	12:23 PM to 2:08 PM	3:38 PM	4:23 PM
Thursday, September 25	2:30 PM	1:00 PM to 2:45 PM	4:15 PM	5:00 PM
Thursday, October 2, 2025	8:10 AM	6:40 AM to 8:25 AM	9:55 AM	10:40 AM
Friday, October 3, 2025	9:02 AM	7:32 AM to 9:17 AM	10:47 AM	11:32 AM
Saturday, October 4, 2025	9:50 AM	8:20 AM to 10:05 AM	11:35 AM	12:20 PM
Sunday, October 5, 2025	10:35 AM	9:05 AM to 10:50 AM	12:15 PM	1:05 PM
Monday, October 6, 2025	11:18 AM	9:48 AM to 11:33 AM	1:03 PM	1:48 PM
Tuesday, October 7, 2025	12:02 PM	10:32 AM to 12:17 PM	1:47 PM	2:32 PM
Wednesday, October 8, 2025	12:47 PM	11:17 AM to 1:02 PM	2:32 PM	3:17 PM
Thursday, October 9, 2025	1:35 PM	12:05 PM to 1:50 PM	3:20 PM	4:05 PM
Friday, October 10, 2025	2:25 PM	12:55 PM to 2:40 PM	4:10 PM	4:55 PM
Thursday, October 16, 2025	8:27 AM	6:57 AM to 8:42 AM	10:12 AM	10:57 AM
Friday, October 17, 2025	9:26 AM	7:56 AM to 9:41 AM	11:11 AM	11:56 AM

Date	North River High Tide	Start Window from Marshfield Canoe Launch	Estimated Couch Beach High Tide	Estimated Old Washington St Bridge High Tide
		Subtract 1:30 min and add 0:15 min	Add 1:45 min	Add 2:30 min
Saturday, October 18, 2025	10:15 AM	8:45 AM to 10:30 AM	12:00 PM	12:45 PM
Sunday, October 19, 2025	10:57 AM	9:27 AM to 11:12 AM	12:42 PM	1:27 PM
Monday, October 20, 2025	11:34 AM	9:04 AM to 11:49 AM	1:19 PM	2:04 PM
Tuesday, October 21, 2025	12:09 PM	10:39 AM to 12:24 PM	1:54 PM	2:39 PM
Wednesday, October 22	12:44 PM	11:18 AM to 1:03 PM	2:29 PM	3:14 PM
Thursday, October 23, 2025	1:20 PM	12:00 PM to 1:35 PM	3:05 PM	3:40 PM

You are responsible for checking times and determining the best start time for your paddle. Conditions vary based on tide height, wind direction and speed and weather. Find out more about what to bring to paddle [safely here](#).

Additional tide information available at:

<https://www.usharbors.com/harbor/massachusetts/north-river-ma/tides/>