

HOW TO USE THIS TABLE: Look at the row marked **Low Tide** ☾. Find the column with the low tide time that matches your first day arriving on Heron Island. Remember, by the time you check in, it will probably be about 1PM. Then write in the tide times for each consecutive day you are on the island in the nearest column. Remember your last day ends at midday (you board the return ferry at 12:30PM but have to time to swim up to about 11:30 before using the departure showers at the marine centre). Read the vertical columns for recommendations on how you can plan your days. Remember to book breakfast after 7-8 AM if you plan to swim the channel, and dinner an hour after sunset, if you plan to swim until dusk. If you stay 5-7 days on the island you should have the chance to visit most of these places at prime time. The channel is always best dawn and dusk because animals are more active and you're not allowed to swim there at any other time.

| EACH VERTICAL COLUMN REPRESENTS A DAY WHERE DAYTIME LOW TIDE FALLS AT THE TIME STATED. | | | | | | | | | | | | |
|--|---|-----------|-----------|-----------|------------|------------|---|-----------|-----------|-----------|------------|------------|
| High tide ☀ | NIGHT 🌙 | NIGHT 🌙 | NIGHT 🌙 | SUMMER ☀ | SUMMER ☀ | 5:00 AM ☀ | 6:00 AM ☀ | 7:00 AM ☀ | 8:00 AM ☀ | 9:00 AM ☀ | 10:00 AM ☀ | 11:00 AM ☀ |
| | | | | Channel ✔ | Channel ✔ | Channel ✔ | Channel ✔ | Channel ✔ | Channel 🚫 | Channel 🚫 | Channel 🚫 | Channel 🚫 |
| | <p>★ Be in the Channel (C) , where the wreck is, at least 30 minutes before sunrise - Sharks are most active before high tide turns and before the sun rises, so the best time is a high tide just before sunrise. Allow at least 90 minutes then breakfast!</p> | | | | | | <p>Reef Edge South or West (A, B) - If weather permits (light winds from south), swim out past wreck from about 90 mins either side of high tide. Be sure to stay clear of the channel by following the channel wall and swimming up to either of the red and green channel markers. After checking currents, swim west or east following the white reef-edge marker buoys / orange dive buoys.</p> | | | | | |
| Low tide ☾ | 6:00 AM ☀ | 7:00 AM ☀ | 8:00 AM ☀ | 9:00 AM ☀ | 10:00 AM ☀ | 11:00 AM ☀ | 12:00 PM ☀ | 1:00 PM ☀ | 2:00 PM ☀ | 3:00 PM ☀ | 4:00 PM ☀ | 5:00 PM ☀ |
| Write your actual low tide times in the corresponding cell | | | | | | | | | | | | |
| | <p>Lagoon either Shark Bay South (F), or Baillie's Bar North (D) (pick side sheltered from wind) - Epaulette Sharks are active at dusk and crawl over the top of the reef to feed when the tide is at its absolute lowest.</p> | | | | | | <p>Lagoon either Shark Bay South (F), or Baillie's Bar North (D) (pick side sheltered from wind) - Epaulette Sharks are active at dusk and crawl over the top of the reef to feed when the tide is at its absolute lowest.</p> | | | | | |
| | <p>Consider boat snorkel after breakfast – this is a good time, as the tide is low and you're not missing out on much else. They run from about 9-11 AM.</p> | | | | | | | | | | | |
| Low tide + 2-3h | <p>Lagoon either Shark Bay South (F), or Baillie's Bar North (D) (pick side sheltered from wind) – wait for about 2-3h after low tide and swim over the sand, between coral patches, looking under small bommies for creatures – depends a little bit on current strength and height of tide.</p> | | | | | | | | | | | |
| | <p>Consider a reef walk - start about 30 minutes after scheduled high tide, until about an hour afterwards.</p> | | | | | | | | | | | |
| High tide ☀ | 12:00 PM ☀ | 1:00 PM ☀ | 2:00 PM ☀ | 3:00 PM ☀ | 4:00 PM ☀ | 5:00 PM ☀ | 6:00 PM ☀ | SUMMER ☀ | SUMMER ☀ | NIGHT 🌙 | NIGHT 🌙 | NIGHT 🌙 |
| | Channel 🚫 | Channel 🚫 | Channel 🚫 | Channel 🚫 | Channel 🚫 | Channel ✔ | Channel ✔ | Channel ✔ | | | | |
| | <p>Baillie's Bar North (D) – sharks often hunt here. Lots of colourful reef fish and parrotfish. Good place for an introductory swim.</p> | | | | | | | | | | | |
| | <p>Reef Edge South or West (A, B) - If weather permits (light winds from south), swim out past wreck from about 90 mins either side of high tide. Be sure to stay clear of the channel by following the channel wall and swimming up to either of the red and green channel markers. After checking currents, swim west or east following the white reef-edge marker buoys / orange dive buoys.</p> | | | | | | <p>Consider a night snorkel in the channel</p> | | | | | |
| | <p>Shark Bay (E) - At high tide, shovel-nosed, whiptail and cow-tail rays join black-tipped reef sharks and green turtles in the shallows.</p> | | | | | | | | | | | |
| | | | | | | | <p>★ Be in the Channel (C) where the wreck is, from 5:00 PM at the latest. Swim until at least 30 mins after sunset.</p> | | | | | |
| Low tide ☾ | 6:00 PM ☀ | 7:00 PM ☀ | SUMMER ☀ | NIGHT 🌙 | NIGHT 🌙 | NIGHT 🌙 | NIGHT 🌙 | NIGHT 🌙 | NIGHT 🌙 | NIGHT 🌙 | NIGHT 🌙 | NIGHT 🌙 |
| | Channel ✔ | Channel ✔ | Channel ✔ | | | | | | | | | |
| | <p>Lagoon either Shark Bay South (F), or Baillie's Bar North (D) (pick side sheltered from wind). - Epaulette Sharks are active at dusk and crawl over the top of the reef to feed when the tide is at its absolute lowest.</p> | | | | | | | | | | | |
| | <p>Consider a night snorkel in the lagoon 2-3h after low tide</p> | | | | | | | | | | | |

*Day length varies from about 6:00am – 5:45pm in the winter and 4:30am – 7:15pm in the summer. Note, these suggestions are based on are sunrise / sunset times +/- half an hour each side. In summer there are about 90 minutes of extra light either end of the day compared to winter.

Places mentioned

