

**Sea tides and temperatures**

Read below average sea temperatures around the UK for July

**Ayr –** 13.7

**Sunderland –** 15.1

**Dingle –** 14.8

**Dublin –** 14.1

**Aberystwyth –** 14.8

**Lowestoft –** 15.6

**Poole –** 15.2

**Newquay –** 16.4

**So, if you fancy a dip in the sea in July, Newquay is the place to be!**

**Spring and neap tides**

The spring tides are the most extreme tides of the month, with the highest rises and falls, and the neap tides are the least extreme, with the smallest.

Exact timings vary around the coast, but expect them around the following dates:

**Spring tides:** 6th – 7th July and 23rd – 24th July

**Neap tides:** 14th – 15th and 29th – 30th July 