Tidal Excursion

The net horizontal distance over which a water particle moves during one tidal cycle of flood and ebb; the distances traversed during ebb and flood are rarely equal in nature, since there is usually a layered circulation in an estuary, with a net surface flow in one direction compensated by an opposite flow at depth.

Ebb and Flow

The receding or outgoing tide, occurring between the time when the tide is highest and the time when the following tide is lowest. Also called *ebb tide*, *falling tide*; and the **flow** is the incoming phase when water rises again.