

LEVERS et COUCHERS SOLEIL - LUNE AMBERT 2026

par www.calendriergratuit.fr

JANVIER					
Dates	Soleil		Lune		
	L	C	L	C	
J 1	08:23	17:13	14:46	06:37	
V 2	08:23	17:14	15:49	07:52	
S 3	08:23	17:15	17:06	08:51	
D 4	08:23	17:16	18:28	09:36	
L 5	08:23	17:17	19:51	10:09	
M 6	08:23	17:18	21:08	10:34	
M 7	08:22	17:19	22:21	10:54	
J 8	08:22	17:20	23:31	11:12	
V 9	08:22	17:21		11:28	
S 10	08:21	17:23	00:38	11:45	
D 11	08:21	17:24	01:45	12:02	
L 12	08:21	17:25	02:51	12:23	
M 13	08:20	17:26	03:58	12:48	
M 14	08:20	17:27	05:04	13:21	
J 15	08:19	17:29	06:07	14:01	
V 16	08:18	17:30	07:03	14:52	
S 17	08:18	17:31	07:51	15:53	
D 18	08:17	17:33	08:29	17:00	
L 19	08:16	17:34	09:00	18:12	
M 20	08:16	17:35	09:25	19:25	
M 21	08:15	17:37	09:46	20:36	
J 22	08:14	17:38	10:04	21:49	
V 23	08:13	17:39	10:21	23:02	
S 24	08:12	17:41	10:39		
D 25	08:11	17:42	10:59	00:16	
L 26	08:10	17:44	11:24	01:35	
M 27	08:09	17:45	11:54	02:55	
M 28	08:08	17:46	12:35	04:16	
J 29	08:07	17:48	13:30	05:33	
V 30	08:06	17:49	14:39	06:37	
S 31	08:05	17:51	15:58	07:28	
○ PLEINE LUNE le 03					
● DERNIER QUARTIER le 10					
● NOUVELLE LUNE le 18					
● PREMIER QUARTIER le 26					

FÉVRIER					
Dates	Soleil		Lune		
	L	C	L	C	
D 1	08:04	17:52	17:21	08:05	
L 2	08:03	17:54	18:41	08:33	
M 3	08:01	17:55	19:58	08:55	
M 4	08:00	17:57	21:10	09:14	
J 5	07:59	17:58	22:20	09:32	
V 6	07:58	18:00	23:29	09:48	
S 7	07:56	18:01		10:05	
D 8	07:55	18:02	00:36	10:25	
L 9	07:53	18:04	01:44	10:49	
M 10	07:52	18:05	02:51	11:18	
M 11	07:51	18:07	03:56	11:55	
J 12	07:49	18:08	04:55	12:42	
V 13	07:48	18:10	05:46	13:39	
S 14	07:46	18:11	06:27	14:44	
D 15	07:45	18:13	07:01	15:55	
L 16	07:43	18:14	07:28	17:08	
M 17	07:41	18:15	07:50	18:21	
M 18	07:40	18:17	08:09	19:36	
J 19	07:38	18:18	08:27	20:50	
V 20	07:37	18:20	08:45	22:06	
S 21	07:35	18:21	09:05	23:24	
D 22	07:33	18:23	09:28		
L 23	07:32	18:24	09:56	00:44	
M 24	07:30	18:25	10:33	02:05	
M 25	07:28	18:27	11:22	03:22	
J 26	07:26	18:28	12:24	04:29	
V 27	07:25	18:30	13:39	05:23	
S 28	07:23	18:31	14:58	06:03	
○ PLEINE LUNE le 01					
● DERNIER QUARTIER le 09					
● NOUVELLE LUNE le 17					
● PREMIER QUARTIER le 24					

MARS					
Dates	Soleil		Lune		
	L	C	L	C	
D 1	07:21	18:32	16:18	06:34	
L 2	07:19	18:34	17:35	06:58	
M 3	07:18	18:35	18:49	07:18	
M 4	07:16	18:37	20:00	07:36	
J 5	07:14	18:38	21:09	07:52	
V 6	07:12	18:39	22:18	08:09	
S 7	07:10	18:41	23:27	08:28	
D 8	07:08	18:42		08:50	
L 9	07:07	18:43	00:35	09:17	
M 10	07:05	18:45	01:42	09:51	
M 11	07:03	18:46	02:43	10:33	
J 12	07:01	18:47	03:38	11:26	
V 13	06:59	18:49	04:22	12:27	
S 14	06:57	18:50	04:59	13:35	
D 15	06:55	18:51	05:29	14:46	
L 16	06:53	18:53	05:53	16:00	
M 17	06:52	18:54	06:13	17:14	
M 18	06:50	18:55	06:32	18:29	
J 19	06:48	18:57	06:50	19:47	
V 20	06:46	18:58	07:10	21:06	
S 21	06:44	18:59	07:32	22:28	
D 22	06:42	19:01	07:58	23:51	
L 23	06:40	19:02	08:33		
M 24	06:38	19:03	09:19	01:12	
M 25	06:36	19:05	10:17	02:23	
J 26	06:34	19:06	11:28	03:21	
V 27	06:32	19:07	12:45	04:04	
S 28	06:31	19:09	14:03	04:37	
D 29	07:29	20:10	16:20	06:02	
L 30	07:27	20:11	17:33	06:23	
M 31	07:25	20:12	18:44	06:41	
○ PLEINE LUNE le 03					
● DERNIER QUARTIER le 11					
● NOUVELLE LUNE le 19					
● PREMIER QUARTIER le 25					

AVRIL					
Dates	Soleil		Lune		
	L	C	L	C	
M 1	07:23	20:14	19:53	06:58	
J 2	07:21	20:15	21:02	07:15	
V 3	07:19	20:16	22:10	07:33	
S 4	07:17	20:18	23:19	07:53	
D 5	07:15	20:19		08:18	
L 6	07:14	20:20	00:26	08:49	
M 7	07:12	20:22	01:31	09:28	
M 8	07:10	20:23	02:28	10:16	
J 9	07:08	20:24	03:17	11:14	
V 10	07:06	20:25	03:56	12:18	
S 11	07:04	20:27	04:27	13:27	
D 12	07:03	20:28	04:53	14:38	
L 13	07:01	20:29	05:15	15:51	
M 14	06:59	20:31	05:34	17:05	
M 15	06:57	20:32	05:53	18:20	
J 16	06:55	20:33	06:11	19:39	
V 17	06:54	20:34	06:32	21:02	
S 18	06:52	20:36	06:58	22:27	
D 19	06:50	20:37	07:30	23:52	
L 20	06:48	20:38	08:13		
M 21	06:47	20:40	09:09	01:10	
M 22	06:45	20:41	10:17	02:14	
J 23	06:43	20:42	11:35	03:03	
V 24	06:42	20:44	12:54	03:40	
S 25	06:40	20:45	14:10	04:07	
D 26	06:38	20:46	15:24	04:29	
L 27	06:37	20:47	16:34	04:47	
M 28	06:35	20:49	17:43	05:04	
M 29	06:34	20:50	18:50	05:21	
J 30	06:32	20:51	19:58	05:39	
○ PLEINE LUNE le 02					
● DERNIER QUARTIER le 10					
● NOUVELLE LUNE le 17					
● PREMIER QUARTIER le 24					

MAI					
Dates	Soleil		Lune		
	L	C	L	C	
V 1	06:31	20:53	21:06	05:58	
S 2	06:29	20:54	22:14	06:21	
D 3	06:28	20:55	23:20	06:50	
L 4	06:26	20:56		07:26	
M 5	06:25	20:58	00:19	08:11	
M 6	06:23	20:59	01:11	09:05	
J 7	06:22	21:00	01:53	10:06	
V 8	06:21	21:01	02:27	11:13	
S 9	06:19	21:03	02:54	12:22	
D 10	06:18	21:04	03:17	13:32	
L 11	06:17	21:05	03:37	14:43	
M 12	06:15	21:06	03:55	15:56	
M 13	06:14	21:07	04:13	17:11	
J 14	06:13	21:09	04:33	18:31	
V 15	06:12	21:10	04:56	19:55	
S 16	06:11	21:11	05:25	21:22	
D 17	06:10	21:12	06:02	22:45	
L 18	06:09	21:13	06:53	23:58	
M 19	06:08	21:14	07:59		
M 20	06:07	21:16	09:17	00:56	
J 21	06:06	21:17	10:38	01:38	
V 22	06:05	21:18	11:58	02:09	
S 23	06:04	21:19	13:14	02:33	
D 24	06:03	21:20	14:26	02:53	
L 25	06:02	21:21	15:35	03:11	
M 26	06:01	21:22	16:42	03:28	
M 27	06:00	21:23	17:50	03:45	
J 28	06:00	21:24	18:57	04:03	
V 29	05:59	21:25	20:04	04:25	
S 30	05:58	21:26	21:11	04:52	
D 31	05:58	21:27	22:12	05:26	
○ PLEINE LUNE le 01					
● DERNIER QUARTIER le 09					
● NOUVELLE LUNE le 16					
● PREMIER QUARTIER le 23					
○ PLEINE LUNE le 31					

JUIN					
Dates		Soleil		Lune	
		L	C	L	C
L 1	05:57	21:28	23:06	06:08	
M 2	05:57	21:28	23:52	06:59	
M 3	05:56	21:29		07:59	
J 4	05:56	21:30	00:28	09:04	
V 5	05:55	21:31	00:57	10:11	
S 6	05:55	21:32	01:21	11:20	
D 7	05:54	21:32	01:41	12:29	
L 8	05:54	21:33	01:59	13:39	
M 9	05:54	21:34	02:16	14:50	
M 10	05:54	21:34	02:34	16:06	
J 11	05:53	21:35	02:55	17:26	
V 12	05:53	21:35	03:21	18:49	
S 13	05:53	21:36	03:53	20:14	
D 14	05:53	21:36	04:37	21:34	
L 15	05:53	21:37	05:36	22:40	
M 16	05:53	21:37	06:50	23:31	
M 17	05:53	21:38	08:12		
J 18	05:53	21:38	09:37	00:07	
V 19	05:53	21:38	10:57	00:35	
S 20	05:54	21:39	12:12	00:57	
D 21	05:54	21:39	13:24	01:16	
L 22	05:54	21:39	14:33	01:33	
M 23	05:54	21:39	15:41	01:50	
M 24	05:55	21:39	16:49	02:08	
J 25	05:55	21:39	17:56	02:25	
V 26	05:55	21:39	19:03	02:55	
S 27	05:56	21:39	20:05	03:26	
D 28	05:56	21:39	21:02	04:05	
L 29	05:57	21:39	21:50	04:54	
M 30	05:57	21:39	22:29	05:52	
☉ DERNIER QUARTIER le 08					
● NOUVELLE LUNE le 15					
☾ PREMIER QUARTIER le 21					
○ PLEINE LUNE le 30					