

# LEVERS et COUCHERS SOLEIL - LUNE ARMENTIÈRES 2026

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