

# LEVERS et COUCHERS SOLEIL - LUNE ATTHIS-MONS 2026

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