

LEVERS et COUCHERS SOLEIL - LUNE AVALLON 2026

par www.calendriergratuit.fr

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