

# LEVERS et COUCHERS SOLEIL - LUNE BESANÇON 2026

par [www.calendriergratuit.fr](http://www.calendriergratuit.fr)

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