

LEVERS et COUCHERS SOLEIL - LUNE CHAMBERY 2026

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

JUIN

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