

LEVERS et COUCHERS SOLEIL - LUNE COMPIÈGNE 2026

par www.calendriergratuit.fr

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