

# LEVERS et COUCHERS SOLEIL - LUNE CONDOM 2026

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