

LEVERS et COUCHERS SOLEIL - LUNE FONTAINE 2026

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

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