

LEVERS et COUCHERS SOLEIL - LUNE FONTAINEBLEAU 2026

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