

LEVERS et COUCHERS SOLEIL - LUNE GAP 2026

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