

# LEVERS et COUCHERS SOLEIL - LUNE HALLUIN 2026

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

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