

LEVERS et COUCHERS SOLEIL - LUNE KOUROU 2026

par www.calendriergratuit.fr

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

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

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