

LEVERS et COUCHERS SOLEIL - LUNE LE GOSIER 2026

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