

LEVERS et COUCHERS SOLEIL - LUNE LE MARIN 2026

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