

LEVERS et COUCHERS SOLEIL - LUNE LE MOULE 2026

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