

LEVERS et COUCHERS SOLEIL - LUNE LE PORT 2026

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

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

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