

# LEVERS et COUCHERS SOLEIL - LUNE LE PUY-EN-VELAY 2026

par [www.calendriergratuit.fr](http://www.calendriergratuit.fr)

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