LEVERS et COUCHERS SOLEIL - LUNE LE TAMPON 2026

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JANVIER

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

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

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

○ 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	06:24	18:19	17:49	05:37
J	2	06:24	18:18	18:22	06:29
V	3	06:24	18:17	18:56	07:22
S	4	06:25	18:16	19:33	08:14
D	5	06:25	18:15	20:13	09:09
L	6	06:25	18:14	20:57	10:03
M	7	06:26	18:14	21:46	10:57
M	8	06:26	18:13	22:37	11:50
J	9	06:26	18:12	23:32	12:39
V	10	06:27	18:11		13:26
S	11	06:27	18:10	00:27	14:08
D	12	06:27	18:09	01:23	14:47
L	13	06:28	18:08	02:18	15:24
M	14	06:28	18:08	03:15	15:59
M	15	06:28	18:07	04:11	16:34
J	16	06:29	18:06	05:09	17:12
V	17	06:29	18:05	06:10	17:52
S	18	06:29	18:04	07:15	18:37
D	19	06:30	18:04	08:23	19:29
L	20	06:30	18:03	09:33	20:27
M	21	06:30	18:02	10:41	21:31
M	22	06:31	18:01	11:44	22:37
J	23	06:31	18:01	12:39	23:43
V	24	06:31	18:00	13:27	
S	25	06:32	17:59	14:08	00:45
D	26	06:32	17:59	14:45	01:44
L	27	06:32	17:58	15:19	02:39
M	28	06:33	17:57	15:51	03:32
M	29	06:33	17:57	16:23	04:23
J	30	06:33	17:56	16:56	05:15

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

◑ DERNIER QUARTIER le 08
● NOUVELLE LUNE le 15
◐ PREMIER QUARTIER le 22
○ PLEINE LUNE le 30

JUILLET

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

◑ DERNIER QUARTIER le 07
● NOUVELLE LUNE le 14
◐ PREMIER QUARTIER le 21
○ PLEINE LUNE le 29

AOÛT

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

◑ DERNIER QUARTIER le 06
● NOUVELLE LUNE le 12
◐ PREMIER QUARTIER le 20
○ PLEINE LUNE le 28

SEPTEMBRE

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

◑ DERNIER QUARTIER le 04
● NOUVELLE LUNE le 11
◐ PREMIER QUARTIER le 19
○ PLEINE LUNE le 26

OCTOBRE

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

◑ DERNIER QUARTIER le 03
● NOUVELLE LUNE le 10
◐ PREMIER QUARTIER le 18
○ PLEINE LUNE le 26

NOVEMBRE

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

◑ DERNIER QUARTIER le 02
● NOUVELLE LUNE le 09
◐ PREMIER QUARTIER le 17
○ PLEINE LUNE le 24

DÉCEMBRE

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

◑ DERNIER QUARTIER le 01
● NOUVELLE LUNE le 09
◐ PREMIER QUARTIER le 17
○ PLEINE LUNE le 24
◑ DERNIER QUARTIER le 30

Les heures sont locales, elles tiennent compte du lieu de la commune mais aussi du fuseau horaire de celle-ci.