

# LEVERS et COUCHERS SOLEIL - LUNE LENS 2026

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