

# LEVERS et COUCHERS SOLEIL - LUNE LES ABYMES 2026

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