

LEVERS et COUCHERS SOLEIL - LUNE MATOURY 2026

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