

# LEVERS et COUCHERS SOLEIL - LUNE METZ 2026

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

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