

# LEVERS et COUCHERS SOLEIL - LUNE MONTBARD 2026

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