

LEVERS et COUCHERS SOLEIL - LUNE NANTUA 2026

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