

# LEVERS et COUCHERS SOLEIL - LUNE NOGENT-LE-ROTROU 2026

par [www.calendriergratuit.fr](http://www.calendriergratuit.fr)

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