

LEVERS et COUCHERS SOLEIL - LUNE POITIERS 2026

par www.calendriergratuit.fr

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