

LEVERS et COUCHERS SOLEIL - LUNE SAINT-BENOÎT 2026

par www.calendriergratuit.fr

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

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

JUIN

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