

# LEVERS et COUCHERS SOLEIL - LUNE SAINT-JOSEPH 2026

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

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

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