

LEVERS et COUCHERS SOLEIL - LUNE SAINTE-MENEHOULD 2026

par www.calendriergratuit.fr

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