

LEVERS et COUCHERS SOLEIL - LUNE SÉLESTAT 2026

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