

LEVERS et COUCHERS SOLEIL - LUNE TOUL 2026

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