

# LEVERS et COUCHERS SOLEIL - LUNE TRAPPES 2026

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