

LEVERS et COUCHERS SOLEIL - LUNE VERVINS 2026

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