

# LEVERS et COUCHERS SOLEIL - LUNE LA TOUR-DU-PIN 2025

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

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

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

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

| MAI                                                                                                  |        |       |       |       |  |
|------------------------------------------------------------------------------------------------------|--------|-------|-------|-------|--|
| Dates                                                                                                | Soleil |       | Lune  |       |  |
|                                                                                                      | L      | C     | L     | C     |  |
| J 1                                                                                                  | 06:23  | 20:46 | 08:44 | 00:52 |  |
| V 2                                                                                                  | 06:22  | 20:47 | 09:54 | 01:53 |  |
| S 3                                                                                                  | 06:20  | 20:49 | 11:08 | 02:37 |  |
| D 4                                                                                                  | 06:19  | 20:50 | 12:23 | 03:11 |  |
| L 5                                                                                                  | 06:18  | 20:51 | 13:36 | 03:36 |  |
| M 6                                                                                                  | 06:16  | 20:52 | 14:44 | 03:55 |  |
| M 7                                                                                                  | 06:15  | 20:54 | 15:50 | 04:12 |  |
| J 8                                                                                                  | 06:13  | 20:55 | 16:54 | 04:27 |  |
| V 9                                                                                                  | 06:12  | 20:56 | 17:58 | 04:42 |  |
| S 10                                                                                                 | 06:11  | 20:57 | 19:03 | 04:58 |  |
| D 11                                                                                                 | 06:10  | 20:59 | 20:09 | 05:16 |  |
| L 12                                                                                                 | 06:08  | 21:01 | 21:16 | 05:36 |  |
| M 13                                                                                                 | 06:07  | 21:00 | 22:23 | 06:02 |  |
| M 14                                                                                                 | 06:06  | 21:02 | 23:27 | 06:35 |  |
| J 15                                                                                                 | 06:05  | 21:03 |       | 07:18 |  |
| V 16                                                                                                 | 06:04  | 21:05 | 00:23 | 08:11 |  |
| S 17                                                                                                 | 06:03  | 21:06 | 01:11 | 09:14 |  |
| D 18                                                                                                 | 06:01  | 21:07 | 01:49 | 10:24 |  |
| L 19                                                                                                 | 06:00  | 21:08 | 02:18 | 11:38 |  |
| M 20                                                                                                 | 05:59  | 21:09 | 02:43 | 12:53 |  |
| M 21                                                                                                 | 05:58  | 21:10 | 03:04 | 14:09 |  |
| J 22                                                                                                 | 05:58  | 21:11 | 03:23 | 15:27 |  |
| V 23                                                                                                 | 05:57  | 21:12 | 03:42 | 16:46 |  |
| S 24                                                                                                 | 05:56  | 21:13 | 04:02 | 18:10 |  |
| D 25                                                                                                 | 05:55  | 21:14 | 04:25 | 19:36 |  |
| L 26                                                                                                 | 05:54  | 21:15 | 04:55 | 21:04 |  |
| M 27                                                                                                 | 05:53  | 21:16 | 05:34 | 22:26 |  |
| M 28                                                                                                 | 05:53  | 21:17 | 06:26 | 23:36 |  |
| J 29                                                                                                 | 05:52  | 21:18 | 07:32 |       |  |
| V 30                                                                                                 | 05:51  | 21:19 | 08:46 | 00:29 |  |
| S 31                                                                                                 | 05:51  | 21:20 | 10:04 | 01:08 |  |
| ● Premier Quartier le 04<br>○ Pleine Lune le 12<br>● Dernier Quartier le 20<br>● Nouvelle Lune le 27 |        |       |       |       |  |

| JUIN                                                                                                 |        |       |       |       |  |
|------------------------------------------------------------------------------------------------------|--------|-------|-------|-------|--|
| Dates                                                                                                | Soleil |       | Lune  |       |  |
|                                                                                                      | L      | C     | L     | C     |  |
| D 1                                                                                                  | 05:50  | 21:21 | 11:20 | 01:37 |  |
| L 2                                                                                                  | 05:50  | 21:22 | 12:31 | 01:59 |  |
| M 3                                                                                                  | 05:49  | 21:23 | 13:40 | 02:17 |  |
| M 4                                                                                                  | 05:49  | 21:24 | 14:44 | 02:33 |  |
| J 5                                                                                                  | 05:48  | 21:24 | 15:49 | 02:48 |  |
| V 6                                                                                                  | 05:48  | 21:25 | 16:53 | 03:04 |  |
| S 7                                                                                                  | 05:48  | 21:26 | 17:59 | 03:21 |  |
| D 8                                                                                                  | 05:47  | 21:26 | 19:06 | 03:41 |  |
| L 9                                                                                                  | 05:47  | 21:27 | 20:13 | 04:05 |  |
| M 10                                                                                                 | 05:47  | 21:28 | 21:19 | 04:35 |  |
| M 11                                                                                                 | 05:47  | 21:28 | 22:18 | 05:15 |  |
| J 12                                                                                                 | 05:46  | 21:29 | 23:09 | 06:05 |  |
| V 13                                                                                                 | 05:46  | 21:29 | 23:50 | 07:07 |  |
| S 14                                                                                                 | 05:46  | 21:30 |       | 08:16 |  |
| D 15                                                                                                 | 05:46  | 21:30 | 00:21 | 09:29 |  |
| L 16                                                                                                 | 05:46  | 21:31 | 00:47 | 10:44 |  |
| M 17                                                                                                 | 05:46  | 21:31 | 01:09 | 11:59 |  |
| M 18                                                                                                 | 05:46  | 21:31 | 01:28 | 13:14 |  |
| J 19                                                                                                 | 05:47  | 21:32 | 01:46 | 14:29 |  |
| V 20                                                                                                 | 05:47  | 21:32 | 02:05 | 15:49 |  |
| S 21                                                                                                 | 05:47  | 21:32 | 02:26 | 17:11 |  |
| D 22                                                                                                 | 05:47  | 21:32 | 02:52 | 18:35 |  |
| L 23                                                                                                 | 05:47  | 21:33 | 03:26 | 19:59 |  |
| M 24                                                                                                 | 05:47  | 21:33 | 04:10 | 21:15 |  |
| M 25                                                                                                 | 05:48  | 21:33 | 05:10 | 22:16 |  |
| J 26                                                                                                 | 05:49  | 21:33 | 06:21 | 23:02 |  |
| V 27                                                                                                 | 05:49  | 21:33 | 07:40 | 23:36 |  |
| S 28                                                                                                 | 05:49  | 21:33 | 08:58 |       |  |
| D 29                                                                                                 | 05:50  | 21:33 | 10:13 | 00:01 |  |
| L 30                                                                                                 | 05:50  | 21:32 | 11:24 | 00:21 |  |
| ● Premier Quartier le 03<br>○ Pleine Lune le 11<br>● Dernier Quartier le 18<br>● Nouvelle Lune le 25 |        |       |       |       |  |

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