

# LEVERS et COUCHERS SOLEIL - LUNE PAMIERS 2025

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### JANVIER

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

● Premier Quartier le 07  
 ○ Pleine Lune le 13  
 ● Dernier Quartier le 21  
 ● Nouvelle Lune le 29

### FÉVRIER

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

● Premier Quartier le 05  
 ○ Pleine Lune le 12  
 ● Dernier Quartier le 20  
 ● Nouvelle Lune le 28

### MARS

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

● Premier Quartier le 06  
 ○ Pleine Lune le 14  
 ● Dernier Quartier le 22  
 ● Nouvelle Lune le 29

### AVRIL

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

● Premier Quartier le 05  
 ○ Pleine Lune le 13  
 ● Dernier Quartier le 21  
 ● Nouvelle Lune le 27

### MAI

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

● Premier Quartier le 04  
 ○ Pleine Lune le 12  
 ● Dernier Quartier le 20  
 ● Nouvelle Lune le 27

### JUIN

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

● Premier Quartier le 03  
 ○ Pleine Lune le 11  
 ● Dernier Quartier le 18  
 ● Nouvelle Lune le 25

### JUILLET

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