

LEVERS et COUCHERS SOLEIL - LUNE SÉLESTAT 2025

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

| JUIN | | | | | |
|--|--------|-------|-------|-------|--|
| Dates | Soleil | | Lune | | |
| | L | C | L | C | |
| D 1 | 05:31 | 21:24 | 11:04 | 01:38 | |
| L 2 | 05:30 | 21:25 | 12:18 | 01:57 | |
| M 3 | 05:30 | 21:26 | 13:29 | 02:13 | |
| M 4 | 05:29 | 21:27 | 14:36 | 02:26 | |
| J 5 | 05:29 | 21:28 | 15:43 | 02:39 | |
| V 6 | 05:28 | 21:28 | 16:50 | 02:52 | |
| S 7 | 05:28 | 21:29 | 17:58 | 03:07 | |
| D 8 | 05:28 | 21:30 | 19:08 | 03:24 | |
| L 9 | 05:27 | 21:31 | 20:18 | 03:45 | |
| M 10 | 05:27 | 21:31 | 21:26 | 04:13 | |
| M 11 | 05:27 | 21:32 | 22:26 | 04:51 | |
| J 12 | 05:27 | 21:33 | 23:16 | 05:41 | |
| V 13 | 05:27 | 21:33 | 23:55 | 06:43 | |
| S 14 | 05:26 | 21:34 | | 07:55 | |
| D 15 | 05:26 | 21:34 | 00:24 | 09:11 | |
| L 16 | 05:26 | 21:35 | 00:47 | 10:28 | |
| M 17 | 05:26 | 21:35 | 01:06 | 11:46 | |
| M 18 | 05:26 | 21:35 | 01:22 | 13:04 | |
| J 19 | 05:27 | 21:36 | 01:38 | 14:23 | |
| V 20 | 05:27 | 21:36 | 01:54 | 15:45 | |
| S 21 | 05:27 | 21:36 | 02:12 | 17:10 | |
| D 22 | 05:27 | 21:36 | 02:34 | 18:38 | |
| L 23 | 05:28 | 21:36 | 03:05 | 20:05 | |
| M 24 | 05:28 | 21:37 | 03:48 | 21:22 | |
| M 25 | 05:28 | 21:37 | 04:45 | 22:22 | |
| J 26 | 05:29 | 21:37 | 05:58 | 23:06 | |
| V 27 | 05:29 | 21:37 | 07:19 | 23:37 | |
| S 28 | 05:30 | 21:36 | 08:40 | 23:59 | |
| D 29 | 05:30 | 21:36 | 09:59 | | |
| L 30 | 05:31 | 21:36 | 11:12 | 00:17 | |
| ● 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 | 05:31 | 21:36 | 12:22 | 00:32 | |
| M 2 | 05:32 | 21:36 | 13:31 | 00:45 | |
| J 3 | 05:33 | 21:35 | 14:38 | 00:58 | |
| V 4 | 05:33 | 21:35 | 15:46 | 01:12 | |
| S 5 | 05:34 | 21:35 | 16:55 | 01:28 | |
| D 6 | 05:35 | 21:34 | 18:05 | 01:48 | |
| L 7 | 05:36 | 21:34 | 19:14 | 02:13 | |
| M 8 | 05:37 | 21:33 | 20:17 | 02:48 | |
| M 9 | 05:37 | 21:33 | 21:12 | 03:34 | |
| J 10 | 05:38 | 21:32 | 21:54 | 04:32 | |
| V 11 | 05:39 | 21:31 | 22:27 | 05:42 | |
| S 12 | 05:40 | 21:31 | 22:52 | 06:58 | |
| D 13 | 05:41 | 21:30 | 23:12 | 08:17 | |
| L 14 | 05:42 | 21:29 | 23:29 | 09:36 | |
| M 15 | 05:43 | 21:28 | 23:45 | 10:54 | |
| M 16 | 05:44 | 21:27 | 23:59 | 12:12 | |
| J 17 | 05:45 | 21:26 | | 13:32 | |
| V 18 | 05:47 | 21:25 | 00:17 | 14:55 | |
| S 19 | 05:48 | 21:24 | 00:37 | 16:20 | |
| D 20 | 05:49 | 21:23 | 01:04 | 17:45 | |
| L 21 | 0 | | | | |