

LEVERS et COUCHERS SOLEIL - LUNE TARDES 2025

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