

LEVERS et COUCHERS SOLEIL - LUNE THONON-LES-BAINS 2025

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