

LEVERS et COUCHERS SOLEIL - LUNE LUGANO 2026

par www.calendriergratuit.ch

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

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

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

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

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

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

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