Daily Rise, Set and Twilight Times for the British Isles

The table below gives the times of sunrise and sunset, the start of morning and the end of evening civil, nautical and astronomical twilights, the start and end of the Hours of Darkness† and moonrise and moonset times for 2023 March 1st for a selection of 110 locations across the British Isles. Information on the phase, age and illuminated fraction of the Moon at 00:00 GMT on 2023 March 1st can also be found at the foot of the table.

The map on the left shows the distribution of locations for which astronomical data have been generated in England, Scotland, Wales, Northern Ireland, Ireland, the Channel Islands, the Isle of Man and the Isles of Scilly.

If you are at a location other than one of those listed below, please choose the nearest town or city in the table to your location. By adopting the data for this location, the timings of rise/set, twilights or Hours of Darkness should be within 2 or 3 minutes of the correct value for your location.

† — *The Road Vehicle Lighting Regulations 1989* introduced the term 'Hours of Darkness' in place of 'lighting-up period'. During the Hours of Darkness vehicle headlights must be used. During the half hour intervals from sunset to the beginning of the Hours of Darkness and from the end of the Hours of Darkness to sunrise at least sidelights must be used.

Sun rise/set, twilights, Hours of Darkness and Moon rise/set times (in GMT) for 2023 March 1st

Location	Sun		Civil Twilight		Nautical Twilight		Astronomical Twilight		Hours of Darkness		Moon	
	Rise	Set	Start	End	Start	End	Start	End	End	Start	Rise	Set
England												
Barnstaple	07:02	17:56	06:28	18:30	05:50	19:08	05:12	19:47	06:32	18:26	11:18	04:26
Basingstoke	06:50	17:44	06:17	18:18	05:38	18:56	05:00	19:35	06:20	18:14	11:04	04:15
Birmingham	06:55	17:46	06:20	18:20	05:41	19:00	05:01	19:40	06:25	18:16	10:59	04:28
Blackpool	07:01	17:49	06:26	18:24	05:45	19:05	05:04	19:46	06:31	18:19	10:52	04:44
Brighton	06:46	17:41	06:13	18:14	05:35	18:52	04:56	19:31	06:16	18:11	11:04	04:08

Bristol	06:56	17:50	06:23	18:24	05:44	19:02	05:05	19:41	06:26	18:20	11:09	04:23
Cambridge	06:46	17:38	06:12	18:12	05:33	18:52	04:54	19:31	06:16	18:08	10:52	04:17
Carlisle	07:02	17:47	06:26	18:23	05:44	19:05	05:02	19:47	06:32	18:17	10:42	04:53
Catterick	06:56	17:42	06:20	18:18	05:39	19:00	04:58	19:41	06:26	18:12	10:41	04:43
Colchester	06:43	17:36	06:09	18:09	05:30	18:48	04:51	19:28	06:13	18:06	10:52	04:11
Dover	06:40	17:35	06:07	18:08	05:29	18:47	04:50	19:25	06:10	18:05	10:56	04:04
Exeter	06:59	17:55	06:26	18:28	05:48	19:06	05:10	19:44	06:29	18:25	11:18	04:21
Falmouth	07:04	18:02	06:32	18:34	05:54	19:12	05:17	19:50	06:34	18:32	11:29	04:24
Gloucester	06:55	17:48	06:22	18:22	05:43	19:01	05:04	19:40	06:25	18:18	11:05	04:24
Hastings	06:43	17:38	06:10	18:11	05:32	18:49	04:54	19:28	06:13	18:08	11:01	04:05
Hereford	06:57	17:50	06:24	18:24	05:45	19:03	05:05	19:42	06:27	18:20	11:05	04:28
Hull	06:50	17:38	06:15	18:13	05:34	18:54	04:53	19:35	06:20	18:08	10:41	04:32
Ipswich	06:42	17:34	06:08	18:08	05:29	18:47	04:50	19:27	06:12	18:04	10:49	04:12
Kendal	07:01	17:47	06:25	18:23	05:44	19:04	05:02	19:46	06:31	18:17	10:46	04:47
King's Lynn	06:46	17:36	06:11	18:11	05:32	18:51	04:52	19:31	06:16	18:06	10:47	04:20
Leeds	06:55	17:43	06:20	18:18	05:39	18:59	04:58	19:40	06:25	18:13	10:46	04:37
Leicester	06:52	17:43	06:18	18:17	05:38	18:57	04:58	19:37	06:22	18:13	10:54	04:26
Lincoln	06:50	17:40	06:15	18:15	05:35	18:55	04:55	19:35	06:20	18:10	10:47	04:28
Liverpool	07:00	17:49	06:25	18:24	05:45	19:05	05:05	19:45	06:30	18:19	10:55	04:40
London	06:46	17:40	06:13	18:14	05:34	18:52	04:56	19:31	06:16	18:10	10:59	04:13
Lowestoft	06:40	17:31	06:06	18:06	05:27	18:45	04:47	19:25	06:10	18:01	10:43	04:12
Luton	06:48	17:41	06:14	18:15	05:35	18:54	04:56	19:33	06:18	18:11	10:57	04:17
Manchester	06:57	17:46	06:22	18:21	05:42	19:02	05:01	19:42	06:27	18:16	10:52	04:37
Middlesbrough	06:55	17:40	06:19	18:17	05:38	18:58	04:56	19:40	06:25	18:10	10:37	04:43
Newcastle	06:57	17:41	06:21	18:18	05:39	19:00	04:57	19:42	06:27	18:11	10:35	04:48
Northampton	06:50	17:42	06:16	18:16	05:37	18:56	04:58	19:35	06:20	18:12	10:56	04:21
Norwich	06:42	17:33	06:08	18:07	05:28	18:47	04:48	19:27	06:12	18:03	10:44	04:15
Nottingham	06:52	17:42	06:18	18:17	05:38	18:57	04:58	19:37	06:22	18:12	10:52	04:28
Oxford	06:51	17:44	06:17	18:18	05:39	18:57	05:00	19:36	06:21	18:14	11:02	04:19
Padstow	07:04	18:01	06:32	18:34	05:54	19:11	05:16	19:49	06:34	18:31	11:26	04:26
Penzance	07:06	18:04	06:34	18:36	05:56	19:14	05:19	19:51	06:36	18:34	11:31	04:25
Peterborough	06:48	17:39	06:14	18:14	05:34	18:53	04:55	19:33	06:18	18:09	10:51	04:22
Plymouth	07:01	17:58	06:28	18:30	05:51	19:08	05:13	19:46	06:31	18:28	11:24	04:21
Salisbury	06:53	17:47	06:19	18:21	05:41	18:59	05:03	19:37	06:23	18:17	11:09	04:16
Scarborough	06:51	17:38	06:16	18:13	05:34	18:55	04:53	19:36	06:21	18:08	10:37	04:37
Sheffield	06:54	17:43	06:19	18:18	05:39	18:58	04:58	19:39	06:24	18:13	10:49	04:33
Shrewsbury	06:58	17:49	06:24	18:24	05:44	19:03	05:05	19:43	06:28	18:19	11:00	04:33
Skegness	06:47	17:36	06:12	18:11	05:32	18:51	04:52	19:32	06:17	18:06	10:44	04:24
Southampton	06:51	17:46	06:18	18:19	05:40	18:57	05:01	19:36	06:21	18:16	11:08	04:14
Stoke-on-Trent	06:57	17:47	06:22	18:21	05:42	19:01	05:02	19:42	06:27	18:17	10:56	04:33
Taunton	06:58	17:53	06:24	18:26	05:46	19:04	05:08	19:43	06:28	18:23	11:15	04:21
Weymouth	06:55	17:51	06:22	18:24	05:44	19:01	05:06	19:40	06:25	18:21	11:15	04:16
Whitehaven	07:04	17:50	06:28	18:26	05:47	19:08	05:05	19:49	06:34	18:20	10:48	04:53
York	06:54	17:41	06:18	18:16	05:37	18:57	04:56	19:39	06:24	18:11	10:43	04:37
Scotland												
Aberdeen	07:03	17:40	06:24	18:19	05:40	19:03	04:55	19:48	06:33	18:10	10:13	05:15
Ayr	07:10	17:53	06:33	18:30	05:51	19:12	05:08	19:55	06:40	18:23	10:43	05:06
Bowmore	07:17	17:59	06:40	18:36	05:57	19:19	05:14	20:02	06:47	18:29	10:47	05:16
Campbeltown	07:14	17:57	06:37	18:34	05:55	19:16	05:12	19:59	06:44	18:27	10:47	05:09
Dornoch	07:12	17:47	06:32	18:26	05:47	19:11	05:01	19:57	06:42	18:17	10:11	05:32
Dumfries	07:05	17:49	06:29	18:26	05:47	19:08	05:05	19:50	06:35	18:19	10:43	04:58
Dundee	07:05	17:45	06:27	18:22	05:44	19:06	05:00	19:50	06:35	18:15	10:25	05:10
Edinburgh	07:05	17:46	06:28	18:24	05:45	19:07	05:01	19:50	06:35	18:16	10:32	05:05

Elgin	07:08	17:44	06:29	18:23	05:44	19:08	04:59	19:54	06:38	18:14	10:12	05:26
Fort William	07:14	17:53	06:36	18:31	05:52	19:15	05:08	19:59	06:44	18:23	10:30	05:23
Glasgow	07:09	17:51	06:32	18:28	05:49	19:11	05:06	19:54	06:39	18:21	10:37	05:08
Inverness	07:12	17:48	06:33	18:27	05:48	19:12	05:03	19:57	06:42	18:18	10:18	05:27
Kelso	07:01	17:44	06:24	18:21	05:42	19:03	04:59	19:47	06:31	18:14	10:32	04:58
Kirkwall	07:09	17:40	06:29	18:21	05:42	19:08	04:55	19:55	06:39	18:10	09:50	05:44
Lerwick	07:04	17:31	06:22	18:13	05:34	19:01	04:45	19:51	06:34	18:01	09:21	05:58
Oban	07:15	17:55	06:37	18:33	05:54	19:16	05:10	20:00	06:45	18:25	10:36	05:20
Peebles	07:04	17:47	06:27	18:24	05:45	19:06	05:02	19:50	06:34	18:17	10:35	05:02
Pitlochry	07:08	17:47	06:30	18:25	05:47	19:09	05:02	19:54	06:38	18:17	10:25	05:16
Portree	07:19	17:56	06:40	18:35	05:56	19:20	05:11	20:05	06:49	18:26	10:27	05:35
Stirling	07:08	17:49	06:31	18:27	05:48	19:10	05:04	19:53	06:38	18:19	10:33	05:10
Stornoway	07:21	17:55	06:42	18:35	05:56	19:21	05:10	20:07	06:51	18:25	10:16	05:47
Stranraer	07:11	17:55	06:34	18:32	05:53	19:13	05:11	19:56	06:41	18:25	10:50	05:02
Thurso	07:11	17:43	06:31	18:23	05:45	19:10	04:58	19:57	06:41	18:13	09:59	05:41
Ullapool	07:16	17:51	06:37	18:30	05:52	19:16	05:06	20:02	06:46	18:21	10:16	05:37
Wick	07:09	17:42	06:29	18:22	05:43	19:08	04:56	19:55	06:39	18:12	09:59	05:36
↑ Wales												
Aberystwyth	07:03	17:55	06:29	18:29	05:50	19:09	05:10	19:48	06:33	18:25	11:08	04:36
Bangor	07:05	17:54	06:30	18:29	05:50	19:09	05:09	19:50	06:35	18:24	11:02	04:43
Cardiff	06:59	17:52	06:25	18:26	05:47	19:05	05:08	19:44	06:29	18:22	11:12	04:25
Llandrindod Wells	07:00	17:52	06:26	18:26	05:47	19:06	05:08	19:45	06:30	18:22	11:07	04:32
Milford Haven	07:06	18:00	06:33	18:33	05:54	19:12	05:15	19:51	06:36	18:30	11:18	04:35
Swansea	07:02	17:55	06:28	18:29	05:50	19:08	05:11	19:47	06:32	18:25	11:14	04:29
↑ Northern Ireland												
Belfast	07:14	17:59	06:38	18:35	05:56	19:17	05:15	19:59	06:44	18:29	10:57	05:03
Coleraine	07:18	18:01	06:41	18:38	05:59	19:20	05:17	20:03	06:48	18:31	10:55	05:11
Londonderry	07:20	18:04	06:43	18:41	06:02	19:23	05:19	20:05	06:50	18:34	10:59	05:12
Omagh	07:19	18:05	06:43	18:41	06:02	19:22	05:20	20:04	06:49	18:35	11:03	05:08
↑ Ireland												
Athlone	07:20	18:09	06:45	18:44	06:05	19:24	05:24	20:05	06:50	18:39	11:16	05:01
Bantry	07:24	18:17	06:50	18:51	06:12	19:30	05:33	20:09	06:54	18:47	11:36	04:53
Castlebar	07:26	18:14	06:51	18:49	06:10	19:30	05:29	20:11	06:56	18:44	11:18	05:10
Cavan	07:19	18:06	06:43	18:41	06:02	19:22	05:21	20:04	06:49	18:36	11:08	05:03
Cork	07:20	18:13	06:46	18:47	06:08	19:26	05:28	20:05	06:50	18:43	11:30	04:50
Donegal	07:23	18:08	06:47	18:44	06:05	19:26	05:23	20:08	06:53	18:38	11:05	05:12
Dublin	07:13	18:02	06:38	18:37	05:58	19:18	05:18	19:58	06:43	18:32	11:09	04:53
Dundalk	07:15	18:02	06:39	18:38	05:59	19:19	05:17	20:00	06:45	18:32	11:04	04:59
Dungarvan	07:17	18:10	06:43	18:44	06:04	19:23	05:25	20:02	06:47	18:40	11:25	04:48
Galway	07:24	18:14	06:49	18:49	06:09	19:29	05:29	20:09	06:54	18:44	11:22	05:04
Kildare	07:16	18:05	06:41	18:40	06:01	19:20	05:21	20:01	06:46	18:35	11:14	04:54
Kilkenny	07:16	18:07	06:42	18:42	06:02	19:21	05:23	20:01	06:46	18:37	11:19	04:51
Killarney	07:25	18:17	06:51	18:51	06:12	19:30	05:32	20:10	06:55	18:47	11:33	04:56
Limerick	07:22	18:13	06:47	18:47	06:08	19:27	05:28	20:07	06:52	18:43	11:25	04:57
Monaghan	07:17	18:04	06:42	18:40	06:01	19:21	05:19	20:03	06:47	18:34	11:04	05:04
Navan	07:15	18:04	06:40	18:39	06:00	19:20	05:19	20:00	06:45	18:34	11:09	04:57
Roscommon	07:21	18:10	06:46	18:45	06:06	19:26	05:25	20:06	06:51	18:40	11:15	05:03
Sligo	07:24	18:10	06:48	18:46	06:07	19:27	05:25	20:09	06:54	18:40	11:10	05:10
Tipperary	07:20	18:11	06:46	18:45	06:06	19:25	05:26	20:05	06:50	18:41	11:25	04:54
Tralee	07:26	18:18	06:52	18:52	06:12	19:31	05:33	20:11	06:56	18:48	11:33	04:58
Wexford	07:13	18:04	06:39	18:39	05:59	19:18	05:20	19:58	06:43	18:34	11:19	04:45
Wicklow	07:12	18:02	06:37	18:37	05:57	19:17	05:17	19:57	06:42	18:32	11:12	04:49
↑ The Channel Islands												

St. Helier	06:51	17:51	06:20	18:23	05:43	19:00	05:06	19:37	06:21	18:21	11:23	04:05
St. Peter Port	06:53	17:52	06:21	18:24	05:45	19:01	05:07	19:39	06:23	18:22	11:23	04:09
The Isle of Man												
Douglas	07:07	17:54	06:32	18:30	05:51	19:11	05:09	19:52	06:37	18:24	10:55	04:53
The Isles of Scilly												
Hugh Town	07:09	18:07	06:37	18:39	06:00	19:17	05:22	19:54	06:39	18:37	11:36	04:27

Waxing Gibbous Moon

This image shows the phase of the Moon for 2023 March 1st at 00:00 GMT.
The age of the Moon is 8.7 days old and the illuminated fraction is 66.0 per cent.
The geocentric distance of the Moon is 401,866 km and its elongation from the Sun is 108° east.

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