

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 7th 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 7th 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 7th

| 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 | 06:49 | 18:07 | 06:16 | 18:40 | 05:37 | 19:18 | 04:59 | 19:57 | 06:19 | 18:37 | 18:05 | 07:14 |
| Basingstoke | 06:37 | 17:55 | 06:04 | 18:28 | 05:25 | 19:06 | 04:46 | 19:46 | 06:07 | 18:25 | 17:52 | 07:02 |
| Birmingham | 06:41 | 17:57 | 06:07 | 18:31 | 05:28 | 19:11 | 04:48 | 19:51 | 06:11 | 18:27 | 17:54 | 07:08 |
| Blackpool | 06:47 | 18:00 | 06:12 | 18:36 | 05:31 | 19:16 | 04:50 | 19:58 | 06:17 | 18:30 | 17:57 | 07:15 |
| Brighton | 06:33 | 17:51 | 06:00 | 18:24 | 05:22 | 19:02 | 04:43 | 19:41 | 06:03 | 18:21 | 17:49 | 06:58 |

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

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

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|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| St. Helier | 06:39 | 18:00 | 06:08 | 18:32 | 05:31 | 19:09 | 04:54 | 19:46 | 06:09 | 18:30 | 18:00 | 07:03 |
| St. Peter Port | 06:41 | 18:02 | 06:09 | 18:34 | 05:32 | 19:11 | 04:55 | 19:48 | 06:11 | 18:32 | 18:01 | 07:05 |
|  The Isle of Man | | | | | | | | | | | | |
| Douglas | 06:53 | 18:06 | 06:18 | 18:41 | 05:37 | 19:22 | 04:55 | 20:05 | 06:23 | 18:36 | 18:02 | 07:22 |
|  The Isles of Scilly | | | | | | | | | | | | |
| Hugh Town | 06:57 | 18:17 | 06:25 | 18:49 | 05:47 | 19:26 | 05:09 | 20:04 | 06:27 | 18:47 | 18:16 | 07:21 |



Full Moon

This image shows the phase of the Moon for 2023 March 7th at 00:00 GMT.
 The age of the Moon is 14.7 days old and the illuminated fraction is 99.6 per cent.
 The geocentric distance of the Moon is 401,712 km and its elongation from the Sun is 173° east.

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Last modified: Monday, 27 February 2023 at 06:16:54 GMT

HMNAOWEB700