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 22nd 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 22nd 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.

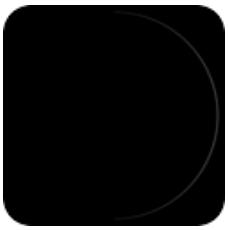
Sun rise/set, twilights, Hours of Darkness and Moon rise/set times (in GMT) for 2023 March 22nd

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	06:15	18:32	05:42	19:05	05:03	19:44	04:22	20:25	05:45	19:02	06:48	19:44
Basingstoke	06:03	18:20	05:30	18:53	04:51	19:33	04:10	20:14	05:33	18:50	06:36	19:32
Birmingham	06:06	18:24	05:32	18:58	04:52	19:39	04:10	20:21	05:36	18:54	06:39	19:36
Blackpool	06:11	18:29	05:35	19:04	04:54	19:46	04:10	20:30	05:41	18:59	06:43	19:42
Brighton	06:00	18:16	05:27	18:49	04:48	19:28	04:07	20:09	05:30	18:46	06:32	19:27

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

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

St. Helier	06:08	18:24	05:36	18:56	04:59	19:33	04:20	20:12	05:38	18:54	06:41	19:34
St. Peter Port	06:09	18:26	05:38	18:58	05:00	19:35	04:21	20:15	05:39	18:56	06:42	19:36
The Isle of Man												
Douglas	06:16	18:35	05:41	19:10	04:59	19:52	04:14	20:37	05:46	19:05	06:49	19:49
The Isles of Scilly												
Hugh Town	06:24	18:41	05:52	19:13	05:14	19:51	04:35	20:31	05:54	19:11	06:57	19:52



New Moon

This image shows the phase of the Moon for 2023 March 22nd at 00:00 GMT.
The age of the Moon is 0.3 days old and the illuminated fraction is 0.2 per cent.
The geocentric distance of the Moon is 366,888 km and its elongation from the Sun is 5° east.

Crescent moon observation feasible ...

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HMNAOWEB700