

# 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<sup>†</sup> and moonrise and moonset times for 2023 July 8<sup>th</sup> for a selection of 110 locations across the British Isles. [Information](#) on the phase, age and illuminated fraction of the Moon at 00:00 BST on 2023 July 8<sup>th</sup> 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 BST) for 2023 July 8<sup>th</sup>

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	05:11	21:31	04:26	22:16	03:19	23:23	**:**	**:**	04:41	22:01	00:16	11:33
Basingstoke	04:58	21:20	04:12	22:06	03:04	23:13	**:**	**:**	04:28	21:50	00:04	11:20
Birmingham	04:55	21:30	04:07	22:18	02:51	23:33	**:**	**:**	04:25	22:00	00:09	11:22
Blackpool	04:52	21:42	04:00	22:34	02:31	00:03	**:**	**:**	04:22	22:12	00:16	11:26
Brighton	04:56	21:14	04:12	21:59	03:06	23:04	**:**	**:**	04:26	21:44	**:**	11:16

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

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

St. Helier	05:12	21:14	04:30	21:56	03:31	22:55	01:43	00:44	04:42	21:44	00:05	11:26
St. Peter Port	05:13	21:17	04:30	21:59	03:30	22:59	01:24	01:07	04:43	21:47	00:07	11:28
 The Isle of Man												
Douglas	04:55	21:50	04:03	22:42	02:30	00:17	**:**	**:**	04:25	22:20	00:22	11:31
 The Isles of Scilly												
Hugh Town	05:26	21:34	04:43	22:17	03:41	23:19	**:**	**:**	04:56	22:04	00:23	11:43

NOTE: '\*\*:\*\*' indicates that the phenomenon does not occur today.



Waning Gibbous Moon

This image shows the phase of the Moon for 2023 July 8<sup>th</sup> at 00:00 BST.

The age of the Moon is 19.8 days old and the illuminated fraction is 73.2 per cent.

The geocentric distance of the Moon is 366,857 km and its elongation from the Sun is 118° west.

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