

# 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 2024 January 7<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 GMT on 2024 January 7<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 GMT) for 2024 January 7<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	08:18	16:26	07:39	17:05	06:57	17:47	06:17	18:27	07:48	16:56	04:12	12:39
Basingstoke	08:07	16:14	07:28	16:53	06:46	17:35	06:06	18:15	07:37	16:44	04:00	12:26
Birmingham	08:17	16:11	07:36	16:52	06:52	17:35	06:11	18:17	07:47	16:41	04:10	12:23
Blackpool	08:28	16:09	07:46	16:51	07:00	17:36	06:18	18:19	07:58	16:39	04:21	12:21
Brighton	08:02	16:12	07:23	16:50	06:41	17:32	06:01	18:12	07:32	16:42	03:55	12:24

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

Elgin	08:53	15:46	08:04	16:35	07:13	17:26	06:25	18:14	08:23	16:16	04:45	11:57
Fort William	08:55	15:59	08:07	16:47	07:17	17:36	06:31	18:22	08:25	16:29	04:48	12:10
Glasgow	08:45	16:02	07:59	16:48	07:11	17:36	06:26	18:21	08:15	16:32	04:38	12:13
Inverness	08:55	15:51	08:06	16:40	07:16	17:31	06:29	18:18	08:25	16:21	04:48	12:02
Kelso	08:36	15:56	07:51	16:41	07:03	17:29	06:18	18:14	08:06	16:26	04:29	12:07
Kirkwall	09:02	15:34	08:09	16:27	07:16	17:21	06:26	18:10	08:32	16:04	04:54	11:45
Lerwick	09:04	15:17	08:08	16:13	07:13	17:09	06:21	18:00	08:34	15:47	04:56	11:28
Oban	08:53	16:03	08:06	16:50	07:17	17:39	06:32	18:24	08:23	16:33	04:47	12:14
Peebles	08:39	15:59	07:54	16:44	07:06	17:32	06:21	18:17	08:09	16:29	04:32	12:10
Pitlochry	08:48	15:54	08:01	16:42	07:11	17:31	06:25	18:17	08:18	16:24	04:41	12:06
Portree	09:03	15:59	08:14	16:48	07:23	17:39	06:36	18:26	08:33	16:29	04:56	12:10
Stirling	08:45	15:59	07:59	16:45	07:10	17:33	06:25	18:19	08:15	16:29	04:38	12:10
Stornoway	09:09	15:54	08:19	16:45	07:27	17:37	06:39	18:25	08:39	16:24	05:03	12:05
Stranraer	08:42	16:10	07:58	16:55	07:11	17:41	06:27	18:25	08:12	16:40	04:36	12:22
Thurso	09:01	15:40	08:09	16:31	07:17	17:24	06:28	18:13	08:31	16:10	04:53	11:51
Ullapool	09:02	15:52	08:12	16:41	07:21	17:33	06:33	18:21	08:32	16:22	04:55	12:03
Wick	08:58	15:39	08:07	16:30	07:14	17:23	06:26	18:11	08:28	16:09	04:50	11:50

↑ Wales

Aberystwyth	08:25	16:20	07:44	17:01	07:01	17:44	06:20	18:26	07:55	16:50	04:19	12:32
Bangor	08:29	16:16	07:48	16:58	07:03	17:42	06:21	18:24	07:59	16:46	04:23	12:28
Cardiff	08:17	16:21	07:37	17:00	06:55	17:43	06:14	18:23	07:47	16:51	04:10	12:33
Llandrindod Wells	08:21	16:18	07:41	16:58	06:58	17:42	06:16	18:23	07:51	16:48	04:15	12:30
Milford Haven	08:25	16:27	07:46	17:07	07:03	17:50	06:22	18:30	07:55	16:57	04:19	12:40
Swansea	08:21	16:23	07:41	17:03	06:58	17:46	06:18	18:26	07:51	16:53	04:14	12:36



↑ Northern Ireland

Belfast	08:44	16:16	08:00	17:00	07:14	17:46	06:31	18:29	08:14	16:46	04:38	12:28
Coleraine	08:50	16:16	08:06	17:00	07:18	17:47	06:34	18:31	08:20	16:46	04:44	12:27
Londonderry	08:52	16:19	08:08	17:03	07:21	17:50	06:37	18:34	08:22	16:49	04:46	12:31
Omagh	08:49	16:21	08:06	17:05	07:19	17:51	06:36	18:35	08:19	16:51	04:43	12:33

↑ Ireland

Athlone	08:46	16:30	08:04	17:12	07:19	17:57	06:37	18:39	08:16	17:00	04:40	12:43
Bantry	08:43	16:45	08:03	17:25	07:20	18:08	06:40	18:48	08:13	17:15	04:38	12:58
Castlebar	08:53	16:33	08:11	17:16	07:26	18:01	06:43	18:44	08:23	17:03	04:48	12:46
Cavan	08:46	16:25	08:04	17:08	07:18	17:53	06:35	18:36	08:16	16:55	04:40	12:37
Cork	08:40	16:40	08:00	17:20	07:17	18:03	06:36	18:44	08:10	17:10	04:35	12:53
Donegal	08:53	16:24	08:09	17:08	07:23	17:54	06:39	18:38	08:23	16:54	04:47	12:36
Dublin	08:39	16:24	07:57	17:06	07:12	17:51	06:30	18:33	08:09	16:54	04:32	12:36
Dundalk	08:43	16:21	08:00	17:04	07:14	17:49	06:31	18:32	08:13	16:51	04:37	12:33
Dungarvan	08:38	16:36	07:57	17:16	07:14	17:59	06:33	18:40	08:08	17:06	04:32	12:48
Galway	08:49	16:36	08:07	17:17	07:23	18:02	06:41	18:44	08:19	17:06	04:44	12:48
Kildare	08:40	16:28	07:59	17:09	07:14	17:54	06:32	18:36	08:10	16:58	04:34	12:40
Kilkenny	08:39	16:32	07:58	17:12	07:14	17:56	06:33	18:38	08:09	17:02	04:33	12:44
Killarney	08:45	16:43	08:05	17:24	07:22	18:07	06:41	18:48	08:15	17:13	04:40	12:56
Limerick	08:44	16:37	08:03	17:18	07:20	18:02	06:38	18:43	08:14	17:07	04:39	12:49
Monaghan	08:46	16:22	08:03	17:05	07:17	17:51	06:34	18:34	08:16	16:52	04:40	12:34
Navan	08:42	16:24	08:00	17:06	07:14	17:51	06:32	18:34	08:12	16:54	04:36	12:36
Roscommon	08:48	16:30	08:05	17:12	07:20	17:57	06:38	18:40	08:18	17:00	04:42	12:42
Sligo	08:52	16:28	08:09	17:11	07:23	17:57	06:40	18:40	08:22	16:58	04:47	12:40
Tipperary	08:42	16:36	08:01	17:17	07:17	18:00	06:36	18:42	08:12	17:06	04:36	12:49
Tralee	08:47	16:43	08:06	17:24	07:23	18:07	06:42	18:48	08:17	17:13	04:42	12:56
Wexford	08:34	16:30	07:54	17:10	07:10	17:54	06:29	18:35	08:04	17:00	04:28	12:42
Wicklow	08:36	16:25	07:54	17:06	07:10	17:51	06:28	18:32	08:06	16:55	04:30	12:37

↑ The Channel Islands

St. Helier	08:02	16:27	07:25	17:04	06:45	17:44	06:07	18:23	07:32	16:57	03:56	12:39
St. Peter Port	08:05	16:27	07:28	17:05	06:47	17:45	06:09	18:24	07:35	16:57	03:59	12:40
 The Isle of Man												
Douglas	08:36	16:13	07:53	16:56	07:07	17:41	06:24	18:24	08:06	16:43	04:29	12:24
 The Isles of Scilly												
Hugh Town	08:22	16:41	07:45	17:18	07:04	17:59	06:25	18:38	07:52	17:11	04:17	12:53



Waning Crescent Moon

This image shows the phase of the Moon for 2024 January 7<sup>th</sup> at 00:00 GMT.  
 The age of the Moon is 25.0 days old and the illuminated fraction is 23.7 per cent.  
 The geocentric distance of the Moon is 388,198 km and its elongation from the Sun is 58° west.

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