

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 2024 March 30th 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 March 30th 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 March 30th

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	05:56	18:47	05:22	19:20	04:42	20:00	03:59	20:43	05:26	19:17	**:**	07:33
Basingstoke	05:44	18:35	05:10	19:09	04:30	19:49	03:47	20:32	05:14	19:05	**:**	07:19
Birmingham	05:46	18:39	05:11	19:14	04:30	19:56	03:45	20:41	05:16	19:09	**:**	07:15
Blackpool	05:49	18:45	05:13	19:21	04:30	20:04	03:44	20:51	05:19	19:15	00:12	07:10
Brighton	05:40	18:31	05:07	19:04	04:27	19:44	03:45	20:27	05:10	19:01	**:**	07:18

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

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

St. Helier	05:49	18:37	05:17	19:09	04:39	19:48	03:58	20:29	05:19	19:07	**:**	07:36
St. Peter Port	05:51	18:39	05:18	19:11	04:40	19:50	03:59	20:31	05:21	19:09	**:**	07:36
 The Isle of Man												
Douglas	05:55	18:51	05:19	19:27	04:35	20:11	03:48	20:59	05:25	19:21	00:21	07:14
 The Isles of Scilly												
Hugh Town	06:05	18:55	05:33	19:27	04:54	20:07	04:13	20:48	05:35	19:25	00:02	07:49

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



Waning Gibbous Moon

This image shows the phase of the Moon for 2024 March 30th at 00:00 GMT.

The age of the Moon is 19.6 days old and the illuminated fraction is 80.9 per cent.

The geocentric distance of the Moon is 393,966 km and its elongation from the Sun is 128° west.

[Top](#) 

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Last modified: Tuesday, 20 February 2024 at 12:44:16 GMT

HMNAOWEB700