

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 July 14th 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 2024 July 14th 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 2024 July 14th

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	05:18	21:26	04:34	22:09	03:31	23:12	**:**	**:**	04:48	21:56	14:38	00:18
Basingstoke	05:05	21:15	04:21	21:59	03:17	23:02	**:**	**:**	04:35	21:45	14:26	00:06
Birmingham	05:02	21:24	04:16	22:10	03:05	23:20	**:**	**:**	04:32	21:54	14:32	00:07
Blackpool	05:00	21:36	04:10	22:25	02:50	23:44	**:**	**:**	04:30	22:06	14:41	00:09
Brighton	05:03	21:09	04:20	21:52	03:17	22:54	**:**	**:**	04:33	21:39	14:21	00:03

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

St. Helier	05:19	21:09	04:38	21:50	03:41	22:46	02:13	00:16	04:49	21:39	14:25	00:14
St. Peter Port	05:20	21:12	04:38	21:53	03:41	22:50	02:08	00:25	04:50	21:42	14:27	00:15
 The Isle of Man												
Douglas	05:04	21:43	04:13	22:34	02:50	23:55	**:**	**:**	04:34	22:13	14:48	00:14
 The Isles of Scilly												
Hugh Town	05:33	21:29	04:50	22:11	03:52	23:10	02:08	00:55	05:03	21:59	14:44	00:29

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

NOTE: '++:**' indicates that a double phenomena occurs today.



First Quarter Moon

This image shows the phase of the Moon for 2024 July 14th at 00:00 BST.

The age of the Moon is 8.0 days old and the illuminated fraction is 50.2 per cent.

The geocentric distance of the Moon is 402,719 km and its elongation from the Sun is 90° east.

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