Daily Rise/Set & Twilight Times for the United Kingdom & Ireland

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 2026 February 7th for a selection of 110 locations across the United Kingdom and Ireland. Information on the phase, age and illuminated fraction of the Moon at 00:00 GMT on 2026 February 7th 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 2026 February 7th

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	07:44	17:18	07:08	17:53	06:29	18:32	05:51	19:11	07:14	17:48	**:**	09:25

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

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

Limerick	08:06	17:31	07:30	18:08	06:49	18:49	06:09	19:29	07:36	18:01	**:**	09:39
Monaghan	08:05	17:20	07:27	17:58	06:44	18:40	06:03	19:22	07:35	17:50	**:**	09:28
Navan	08:02	17:21	07:24	17:58	06:43	18:40	06:02	19:21	07:32	17:51	**:**	09:29
Roscommon	08:08	17:27	07:30	18:04	06:49	18:46	06:08	19:27	07:38	17:57	**:**	09:35
Sligo	08:11	17:26	07:33	18:04	06:50	18:46	06:09	19:28	07:41	17:56	**:**	09:34
Tipperary	08:04	17:30	07:28	18:07	06:47	18:47	06:08	19:27	07:34	18:00	**:**	09:38
Tralee	08:09	17:37	07:33	18:13	06:53	18:54	06:14	19:33	07:39	18:07	**:**	09:45
Wexford	07:57	17:24	07:21	18:00	06:40	18:40	06:01	19:20	07:27	17:54	**:**	09:31
Wicklow	07:57	17:20	07:20	17:57	06:39	18:38	05:59	19:18	07:27	17:50	**:**	09:28
The Channel Islands												
St. Helier	07:31	17:15	06:57	17:49	06:19	18:26	05:43	19:03	07:01	17:45	**:**	09:22
St. Peter Port	07:33	17:16	06:59	17:50	06:21	18:28	05:44	19:05	07:03	17:46	**:**	09:23
The Isle of Man												
Douglas	07:54	17:10	07:17	17:48	06:34	18:31	05:53	19:12	07:24	17:40	**:**	09:18
The Isles of Scilly												
Hugh Town	07:49	17:30	07:15	18:04	06:37	18:42	06:00	19:20	07:19	18:00	**:**	09:37

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

Waning Gibbous Moon

This image shows the phase of the Moon for 2026 February 7th at 00:00 GMT.
The age of the Moon is 19.1 days old and the illuminated fraction is 73.9 per cent.
The geocentric distance of the Moon is 395,760 km and its elongation from the Sun is 118° west.

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