

Sunrise and Sunset Times

July 2025 – June 2026

Astronomical

		Auckland		Bluff		Dunedin		East Cape		Gisborne		Lyttelton	
		Rise	Set	Rise	Set	Rise	Set	Rise	Set	Rise	Set	Rise	Set
Jul	1	7:35	17:15	8:32	17:09	8:21	17:03	7:22	16:58	7:27	16:57	8:03	17:03
	11	7:33	17:20	8:28	17:16	8:17	17:10	7:20	17:03	7:24	17:03	8:00	17:09
	21	7:28	17:27	8:21	17:26	8:10	17:20	7:15	17:10	7:19	17:10	7:54	17:18
	31	7:20	17:35	8:09	17:37	7:59	17:30	7:07	17:18	7:11	17:18	7:44	17:28
Aug	10	7:10	17:43	7:56	17:49	7:45	17:42	6:57	17:26	7:00	17:27	7:31	17:38
	20	6:58	17:51	7:39	18:02	7:29	17:54	6:44	17:35	6:48	17:35	7:17	17:49
	30	6:45	17:59	7:21	18:14	7:12	18:06	6:31	17:43	6:34	17:44	7:00	18:00
Sep	9	6:30	18:07	7:02	18:27	6:53	18:19	6:16	17:51	6:18	17:53	6:43	18:11
	19	6:15	18:15	6:42	18:39	6:34	18:31	6:00	18:00	6:03	18:02	6:24	18:22
	29	6:00	18:23	6:22	18:53	6:14	18:44	5:45	18:08	5:47	18:11	6:06	18:34
Oct	9	5:46	18:32	6:03	19:06	5:55	18:57	5:30	18:17	5:31	18:20	5:48	18:46
	19	5:32	18:41	5:44	19:20	5:37	19:10	5:16	18:27	5:16	18:30	5:31	18:58
	29	5:19	18:51	5:27	19:35	5:20	19:24	5:03	18:37	5:03	18:41	5:16	19:11
Nov	8	5:09	19:01	5:12	19:50	5:05	19:39	4:52	18:48	4:52	18:52	5:02	19:24
	18	5:01	19:12	5:00	20:04	4:54	19:53	4:44	18:58	4:44	19:03	4:52	19:37
	28	4:56	19:22	4:51	20:18	4:46	20:07	4:39	19:09	4:38	19:14	4:45	19:50
Dec	8	4:55	19:31	4:47	20:30	4:42	20:18	4:37	19:18	4:36	19:23	4:41	20:01
	18	4:57	19:38	4:48	20:38	4:43	20:27	4:39	19:25	4:38	19:30	4:43	20:09
	28	5:02	19:43	4:54	20:42	4:48	20:31	4:44	19:30	4:44	19:35	4:48	20:13
Jan	7	5:10	19:44	5:03	20:42	4:57	20:30	4:53	19:31	4:52	19:36	4:57	20:13
	17	5:20	19:42	5:16	20:37	5:10	20:25	5:02	19:29	5:02	19:33	5:09	20:09
	27	5:31	19:36	5:30	20:27	5:24	20:16	5:14	19:23	5:13	19:27	5:22	20:01
Feb	6	5:42	19:28	5:46	20:14	5:39	20:04	5:25	19:14	5:25	19:18	5:36	19:50
	16	5:52	19:17	6:01	19:59	5:54	19:49	5:36	19:03	5:37	19:07	5:50	19:36
	26	6:03	19:04	6:17	19:42	6:09	19:32	5:47	18:50	5:48	18:53	6:03	19:20
Mar	8	6:12	18:51	6:31	19:23	6:23	19:14	5:57	18:36	5:58	18:39	6:16	19:03
	18	6:22	18:36	6:45	19:03	6:37	18:55	6:06	18:21	6:08	18:23	6:28	18:45
	28	6:30	18:21	6:59	18:44	6:50	18:35	6:16	18:06	6:18	18:08	6:41	18:27
Apr	7	6:39	18:07	7:12	18:24	7:03	18:17	6:25	17:51	6:27	17:52	6:52	18:10
	17	6:48	17:53	7:26	18:06	7:16	17:59	6:34	17:37	6:37	17:38	7:04	17:53
	27	6:56	17:40	7:39	17:49	7:29	17:42	6:43	17:24	6:46	17:25	7:16	17:37
May	7	7:05	17:30	7:52	17:34	7:42	17:27	6:52	17:13	6:55	17:13	7:27	17:24
	17	7:13	17:21	8:04	17:21	7:53	17:15	7:00	17:04	7:04	17:04	7:38	17:13
	27	7:21	17:15	8:15	17:12	8:04	17:06	7:08	16:58	7:13	16:57	7:48	17:04
Jun	6	7:28	17:11	8:24	17:06	8:13	17:00	7:15	16:54	7:19	16:53	7:56	16:59
	16	7:32	17:11	8:30	17:04	8:18	16:59	7:19	16:53	7:24	16:53	8:01	16:58
	26	7:35	17:13	8:32	17:07	8:21	17:01	7:22	16:56	7:27	16:55	8:04	17:00
Jul	6	7:34	17:17	8:31	17:12	8:19	17:06	7:21	17:00	7:26	16:59	8:02	17:05

Times listed are in New Zealand Standard Time (NZST).
Add 1 hour when New Zealand Daylight Time (NZDT) is in force.