

Sunrise and Sunset Times

July 2025 – June 2026

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

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