

Sunrise and Sunset Times

July 2025 – June 2026

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

Times listed are in New Zealand Standard Time (NZST)
EXCEPT for the Chatham Islands which are 45 minutes ahead of NZST.
Add 1 hour when New Zealand Daylight Time (NZDT) is in force.