

SUNRISE/SUNSET TABLES, 2026

1. The Sunrise/Sunset tables on the following pages have been prepared by the Department of Hydrology and Meteorology of Nepal for Tribhuvan International Airport, Kathmandu; Biratnagar Airport, Biratnagar; Pokhara International Airport, Pokhara; Gautam Buddha International Airport, Bhairahawa; Nepalgunj Airport, Nepalgunj; Surkhet Airport, Surkhet are reproduced here with their permission.
2. The times in the table are given in UTC for beginning of civil morning twilight (TWIL FROM), Sunrise (SR) Sunset (SS), and end of civil evening twilight (TWIL TO) for the year 2026.
3. The times given for the beginning of civil morning twilight and end of civil evening twilight are calculated for an altitude of the Sun 6^0 below the horizon, as commonly used.

("Kathmandu", 27.6961, 85.3606),					
Month	Day_From	Sunrise_Hour_ UTC	Sunrise_Min_ UTC	Sunset_Hour_ UTC	Sunset_Min_ UTC
JAN	1	1	9	11	34
	5	1	10	11	37
	9	1	10	11	40
	13	1	10	11	43
	17	1	10	11	46
	21	1	9	11	49
	25	1	8	11	53
	29	1	7	11	56
FEB	2	1	5	11	59
	6	1	2	12	2
	10	1	0	12	6
	14	0	57	12	9
	18	0	54	12	12
	22	0	50	12	14
	26	0	47	12	17
MAR	2	0	43	12	20
	6	0	39	12	22
	10	0	34	12	24
	14	0	30	12	27
	18	0	26	12	29
	22	0	21	12	31
	26	0	17	12	33
	30	0	12	12	35

APR	3	0	7	12	37
	7	0	3	12	39
	11	23	59	12	41
	15	23	54	12	43
	19	23	50	12	45
	23	23	46	12	47
	27	23	43	12	49
MAY	1	23	39	12	52
	5	23	36	12	54
	9	23	33	12	56
	13	23	31	12	59
	17	23	28	13	1
	21	23	26	13	3
	25	23	25	13	6
	29	23	24	13	8
JUN	2	23	23	13	10
	6	23	22	13	12
	10	23	22	13	13
	14	23	22	13	15
	18	23	23	13	16
	22	23	23	13	17
	26	23	24	13	18
	30	23	26	13	18
JUL	4	23	27	13	18
	8	23	29	13	18
	12	23	31	13	17
	16	23	33	13	16
	20	23	35	13	15
	24	23	37	13	13
	28	23	39	13	11
AUG	1	23	41	13	9
	5	23	44	13	6
	9	23	46	13	3
	13	23	48	12	59
	17	23	50	12	56
	21	23	52	12	52
	25	23	54	12	48
	29	23	56	12	44

SEP	2	23	58	12	39
	6	23	59	12	35
	10	0	1	12	30
	14	0	3	12	25
	18	0	5	12	21
	22	0	6	12	16
	26	0	8	12	11
	30	0	10	12	6
OCT	4	0	12	12	2
	8	0	14	11	57
	12	0	16	11	53
	16	0	19	11	49
	20	0	21	11	45
	24	0	24	11	42
	28	0	26	11	38
NOV	1	0	29	11	35
	5	0	32	11	33
	9	0	35	11	30
	13	0	38	11	28
	17	0	41	11	26
	21	0	45	11	25
	25	0	48	11	24
	29	0	51	11	24
DEC	3	0	54	11	24
	7	0	57	11	24
	11	0	59	11	25
	15	1	2	11	26
	19	1	4	11	27
	23	1	6	11	29
	27	1	8	11	31
	31	1	9	11	34

("Biratnagar", 26.4842, 87.2644),					
Month	Day_From	Sunrise_Hour_ UTC	Sunrise_Min_ U TC	Sunset_Hour_ U TC	Sunset_Min_ U TC
JAN	1	0	59	11	29
	5	1	0	11	32
	9	1	0	11	35
	13	1	0	11	38
	17	1	0	11	41
	21	0	59	11	44
	25	0	58	11	47
	29	0	57	11	50
FEB	2	0	55	11	53
	6	0	53	11	57
	10	0	51	11	59
	14	0	48	12	2
	18	0	45	12	5
	22	0	42	12	8
	26	0	38	12	10
MAR	2	0	34	12	13
	6	0	31	12	15
	10	0	26	12	17
	14	0	22	12	19
	18	0	18	12	21
	22	0	14	12	23
	26	0	9	12	25
	30	0	5	12	27
APR	3	0	0	12	29
	7	23	56	12	31
	11	23	52	12	32
	15	23	48	12	34
	19	23	44	12	36
	23	23	40	12	38
	27	23	37	12	40
MAY	1	23	33	12	42
	5	23	30	12	45
	9	23	28	12	47
	13	23	25	12	49
	17	23	23	12	51
	21	23	21	12	53
	25	23	20	12	55
	29	23	18	12	58

JUN	2	23	18	13	0
	6	23	17	13	1
	10	23	17	13	3
	14	23	17	13	4
	18	23	18	13	6
	22	23	18	13	7
	26	23	20	13	7
	30	23	21	13	8
JUL	4	23	22	13	8
	8	23	24	13	8
	12	23	26	13	7
	16	23	28	13	6
	20	23	30	13	5
	24	23	32	13	3
	28	23	34	13	1
AUG	1	23	36	12	59
	5	23	38	12	56
	9	23	40	12	53
	13	23	42	12	50
	17	23	44	12	47
	21	23	46	12	43
	25	23	48	12	39
	29	23	49	12	35
SEP	2	23	51	12	31
	6	23	53	12	26
	10	23	54	12	22
	14	23	56	12	17
	18	23	57	12	13
	22	23	59	12	8
	26	0	1	12	4
	30	0	2	11	59
OCT	4	0	4	11	55
	8	0	6	11	50
	12	0	8	11	46
	16	0	10	11	42
	20	0	12	11	39
	24	0	15	11	35
	28	0	17	11	32

NOV	1	0	20	11	29
	5	0	23	11	27
	9	0	26	11	24
	13	0	29	11	22
	17	0	32	11	21
	21	0	35	11	20
	25	0	38	11	19
	29	0	41	11	19
DEC	3	0	44	11	19
	7	0	46	11	19
	11	0	49	11	20
	15	0	52	11	21
	19	0	54	11	22
	23	0	56	11	24
	27	0	57	11	26
	31	0	59	11	29

("Pokhara", 28.1992, 83.97986),					
Month	Day_From	Sunrise_Hour_ U TC	Sunrise_Min_ U TC	Sunset_Hour_ U TC	Sunset_Min_ U TC
JAN	1	1	16	11	39
	5	1	16	11	41
	9	1	17	11	44
	13	1	17	11	47
	17	1	16	11	51
	21	1	16	11	54
	25	1	15	11	57
	29	1	13	12	1
FEB	2	1	11	12	4
	6	1	9	12	7
	10	1	6	12	10
	14	1	3	12	14
	18	1	0	12	17
	22	0	56	12	19
	26	0	53	12	22
MAR	2	0	49	12	25
	6	0	45	12	27
	10	0	40	12	30
	14	0	36	12	32
	18	0	31	12	34
	22	0	27	12	36
	26	0	22	12	39
	30	0	17	12	41
APR	3	0	13	12	43
	7	0	8	12	45
	11	0	4	12	47
	15	23	59	12	49
	19	23	55	12	51
	23	23	51	12	53
	27	23	48	12	56
MAY	1	23	44	12	58
	5	23	41	13	0
	9	23	38	13	3
	13	23	35	13	5
	17	23	33	13	7
	21	23	31	13	10
	25	23	29	13	12
	29	23	28	13	14

JUN	2	23	27	13	16
	6	23	27	13	18
	10	23	26	13	20
	14	23	26	13	22
	18	23	27	13	23
	22	23	28	13	24
	26	23	29	13	24
	30	23	30	13	25
JUL	4	23	32	13	25
	8	23	33	13	25
	12	23	35	13	24
	16	23	37	13	23
	20	23	39	13	21
	24	23	42	13	20
	28	23	44	13	17
AUG	1	23	46	13	15
	5	23	48	13	12
	9	23	51	13	9
	13	23	53	13	6
	17	23	55	13	2
	21	23	57	12	58
	25	23	59	12	54
	29	0	1	12	50
SEP	2	0	3	12	45
	6	0	5	12	41
	10	0	6	12	36
	14	0	8	12	31
	18	0	10	12	26
	22	0	12	12	21
	26	0	14	12	17
	30	0	16	12	12
OCT	4	0	18	12	7
	8	0	20	12	3
	12	0	22	11	58
	16	0	25	11	54
	20	0	27	11	50
	24	0	30	11	47
	28	0	32	11	43

NOV	1	0	35	11	40
	5	0	38	11	37
	9	0	41	11	35
	13	0	45	11	33
	17	0	48	11	31
	21	0	51	11	30
	25	0	54	11	29
	29	0	57	11	28
DEC	3	1	0	11	28
	7	1	3	11	29
	11	1	6	11	29
	15	1	8	11	30
	19	1	11	11	32
	23	1	13	11	34
	27	1	14	11	36
	31	1	15	11	38

("Bhairahawa", 27.5072, 83.4181),					
Month	Day_From	Sunrise_Hour_ UTC	Sunrise_Min_ UTC	Sunset_Hour_ UTC	Sunset_Min_ UTC
JAN	1	1	16	11	43
	5	1	17	11	45
	9	1	18	11	48
	13	1	18	11	51
	17	1	17	11	54
	21	1	17	11	57
	25	1	16	12	1
	29	1	14	12	4
FEB	2	1	12	12	7
	6	1	10	12	10
	10	1	7	12	14
	14	1	5	12	17
	18	1	1	12	19
	22	0	58	12	22
	26	0	54	12	25
MAR	2	0	50	12	27
	6	0	46	12	30
	10	0	42	12	32
	14	0	38	12	34
	18	0	33	12	37
	22	0	29	12	39
	26	0	24	12	41
	30	0	20	12	43
APR	3	0	15	12	45
	7	0	11	12	47
	11	0	6	12	49
	15	0	2	12	51
	19	23	58	12	53
	23	23	54	12	55
	27	23	51	12	57
MAY	1	23	47	12	59
	5	23	44	13	1
	9	23	41	13	4
	13	23	39	13	6
	17	23	36	13	8
	21	23	35	13	11
	25	23	33	13	13
	29	23	32	13	15

JUN	2	23	31	13	17
	6	23	30	13	19
	10	23	30	13	21
	14	23	30	13	22
	18	23	31	13	23
	22	23	32	13	24
	26	23	33	13	25
	30	23	34	13	25
JUL	4	23	35	13	26
	8	23	37	13	25
	12	23	39	13	25
	16	23	41	13	24
	20	23	43	13	22
	24	23	45	13	20
	28	23	47	13	18
AUG	1	23	50	13	16
	5	23	52	13	13
	9	23	54	13	10
	13	23	56	13	7
	17	23	58	13	3
	21	0	0	13	0
	25	0	2	12	55
	29	0	4	12	51
SEP	2	0	6	12	47
	6	0	7	12	42
	10	0	9	12	38
	14	0	11	12	33
	18	0	12	12	28
	22	0	14	12	24
	26	0	16	12	19
	30	0	18	12	14
OCT	4	0	20	12	10
	8	0	22	12	5
	12	0	24	12	1
	16	0	26	11	57
	20	0	29	11	53
	24	0	31	11	50
	28	0	34	11	46

NOV	1	0	37	11	43
	5	0	40	11	41
	9	0	43	11	38
	13	0	46	11	36
	17	0	49	11	35
	21	0	52	11	33
	25	0	55	11	32
	29	0	58	11	32
DEC	3	1	1	11	32
	7	1	4	11	32
	11	1	7	11	33
	15	1	9	11	34
	19	1	11	11	36
	23	1	13	11	37
	27	1	15	11	39
	31	1	16	11	42

("Nepalgunj", 28.1017, 81.6664),					
Month	Day_From	Sunrise_Hour_ UT C	Sunrise_Min_ U TC	Sunset_Hour_ U TC	Sunset_Min_ U TC
JAN	1	1	25	11	48
	5	1	26	11	51
	9	1	26	11	54
	13	1	26	11	57
	17	1	26	12	0
	21	1	25	12	3
	25	1	24	12	7
	29	1	22	12	10
FEB	2	1	20	12	13
	6	1	18	12	17
	10	1	15	12	20
	14	1	12	12	23
	18	1	9	12	26
	22	1	6	12	29
	26	1	2	12	31
MAR	2	0	58	12	34
	6	0	54	12	37
	10	0	49	12	39
	14	0	45	12	41
	18	0	40	12	43
	22	0	36	12	46
	26	0	31	12	48
	30	0	27	12	50
APR	3	0	22	12	52
	7	0	17	12	54
	11	0	13	12	56
	15	0	9	12	58
	19	0	5	13	0
	23	0	1	13	3
	27	23	57	13	5
MAY	1	23	53	13	7
	5	23	50	13	9
	9	23	47	13	12
	13	23	45	13	14
	17	23	42	13	17
	21	23	40	13	19
	25	23	39	13	21
	29	23	37	13	23

JUN	2	23	37	13	25
	6	23	36	13	27
	10	23	36	13	29
	14	23	36	13	31
	18	23	36	13	32
	22	23	37	13	33
	26	23	38	13	34
	30	23	40	13	34
JUL	4	23	41	13	34
	8	23	43	13	34
	12	23	45	13	33
	16	23	47	13	32
	20	23	49	13	30
	24	23	51	13	29
	28	23	53	13	27
AUG	1	23	56	13	24
	5	23	58	13	21
	9	0	0	13	18
	13	0	2	13	15
	17	0	4	13	11
	21	0	6	13	7
	25	0	8	13	3
	29	0	10	12	59
SEP	2	0	12	12	54
	6	0	14	12	50
	10	0	16	12	45
	14	0	18	12	40
	18	0	19	12	35
	22	0	21	12	31
	26	0	23	12	26
	30	0	25	12	21
OCT	4	0	27	12	16
	8	0	29	12	12
	12	0	31	12	8
	16	0	34	12	4
	20	0	36	12	0
	24	0	39	11	56
	28	0	42	11	53

NOV	1	0	44	11	49
	5	0	47	11	47
	9	0	51	11	44
	13	0	54	11	42
	17	0	57	11	41
	21	1	0	11	39
	25	1	3	11	38
	29	1	6	11	38
DEC	3	1	9	11	38
	7	1	12	11	38
	11	1	15	11	39
	15	1	17	11	40
	19	1	20	11	41
	23	1	22	11	43
	27	1	23	11	45
	31	1	24	11	48

("Surkhet", 28.5858, 81.6351),					
Month	Day_From	Sunrise_Hour_ U TC	Sunrise_Min_ U TC	Sunset_Hour_ U TC	Sunset_Min_ U TC
JAN	1	1	26	11	47
	5	1	27	11	50
	9	1	27	11	53
	13	1	27	11	56
	17	1	27	11	59
	21	1	26	12	3
	25	1	25	12	6
	29	1	23	12	9
FEB	2	1	21	12	13
	6	1	19	12	16
	10	1	16	12	19
	14	1	13	12	22
	18	1	10	12	25
	22	1	6	12	28
	26	1	2	12	31
MAR	2	0	58	12	34
	6	0	54	12	36
	10	0	50	12	39
	14	0	45	12	41
	18	0	41	12	44
	22	0	36	12	46
	26	0	31	12	48
	30	0	27	12	50
APR	3	0	22	12	52
	7	0	17	12	54
	11	0	13	12	57
	15	0	8	12	59
	19	0	4	13	1
	23	0	0	13	3
	27	23	56	13	6
MAY	1	23	53	13	8
	5	23	50	13	10
	9	23	47	13	13
	13	23	44	13	15
	17	23	42	13	18
	21	23	40	13	20
	25	23	38	13	22
	29	23	37	13	25

JUN	2	23	36	13	27
	6	23	35	13	29
	10	23	35	13	30
	14	23	35	13	32
	18	23	35	13	33
	22	23	36	13	34
	26	23	37	13	35
	30	23	39	13	35
JUL	4	23	40	13	35
	8	23	42	13	35
	12	23	44	13	34
	16	23	46	13	33
	20	23	48	13	32
	24	23	50	13	30
	28	23	53	13	28
AUG	1	23	55	13	25
	5	23	57	13	22
	9	23	59	13	19
	13	0	2	13	16
	17	0	4	13	12
	21	0	6	13	8
	25	0	8	13	4
	29	0	10	12	59
SEP	2	0	12	12	55
	6	0	14	12	50
	10	0	16	12	45
	14	0	17	12	41
	18	0	19	12	36
	22	0	21	12	31
	26	0	23	12	26
	30	0	25	12	21
OCT	4	0	27	12	16
	8	0	29	12	12
	12	0	32	12	7
	16	0	34	12	3
	20	0	37	11	59
	24	0	39	11	56
	28	0	42	11	52

NOV	1	0	45	11	49
	5	0	48	11	46
	9	0	51	11	44
	13	0	55	11	42
	17	0	58	11	40
	21	1	1	11	38
	25	1	4	11	37
	29	1	7	11	37
DEC	3	1	11	11	37
	7	1	13	11	37
	11	1	16	11	38
	15	1	19	11	39
	19	1	21	11	40
	23	1	23	11	42
	27	1	24	11	44
	31	1	26	11	47