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| --- | --- | --- | --- | --- | --- | --- |
|  | July 2025 | | | | | |
| Nagano, Nagano, Japan | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Sunrise: 4:32 AM  Sunset: 7:09 PM  Daylight: 14 hours and 37 minutes. | Sunrise: 4:32 AM  Sunset: 7:09 PM  Daylight: 14 hours and 37 minutes. | Sunrise: 4:33 AM  Sunset: 7:09 PM  Daylight: 14 hours and 36 minutes. | Sunrise: 4:33 AM  Sunset: 7:09 PM  Daylight: 14 hours and 35 minutes. | Sunrise: 4:34 AM  Sunset: 7:09 PM  Daylight: 14 hours and 35 minutes. |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Sunrise: 4:34 AM  Sunset: 7:09 PM  Daylight: 14 hours and 34 minutes. | Sunrise: 4:35 AM  Sunset: 7:09 PM  Daylight: 14 hours and 33 minutes. | Sunrise: 4:35 AM  Sunset: 7:08 PM  Daylight: 14 hours and 32 minutes. | Sunrise: 4:36 AM  Sunset: 7:08 PM  Daylight: 14 hours and 31 minutes. | Sunrise: 4:37 AM  Sunset: 7:08 PM  Daylight: 14 hours and 31 minutes. | Sunrise: 4:37 AM  Sunset: 7:07 PM  Daylight: 14 hours and 30 minutes. | Sunrise: 4:38 AM  Sunset: 7:07 PM  Daylight: 14 hours and 29 minutes. |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Sunrise: 4:39 AM  Sunset: 7:07 PM  Daylight: 14 hours and 28 minutes. | Sunrise: 4:39 AM  Sunset: 7:06 PM  Daylight: 14 hours and 26 minutes. | Sunrise: 4:40 AM  Sunset: 7:06 PM  Daylight: 14 hours and 25 minutes. | Sunrise: 4:41 AM  Sunset: 7:05 PM  Daylight: 14 hours and 24 minutes. | Sunrise: 4:41 AM  Sunset: 7:05 PM  Daylight: 14 hours and 23 minutes. | Sunrise: 4:42 AM  Sunset: 7:04 PM  Daylight: 14 hours and 22 minutes. | Sunrise: 4:43 AM  Sunset: 7:04 PM  Daylight: 14 hours and 20 minutes. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Sunrise: 4:43 AM  Sunset: 7:03 PM  Daylight: 14 hours and 19 minutes. | Sunrise: 4:44 AM  Sunset: 7:02 PM  Daylight: 14 hours and 18 minutes. | Sunrise: 4:45 AM  Sunset: 7:02 PM  Daylight: 14 hours and 16 minutes. | Sunrise: 4:46 AM  Sunset: 7:01 PM  Daylight: 14 hours and 15 minutes. | Sunrise: 4:46 AM  Sunset: 7:00 PM  Daylight: 14 hours and 13 minutes. | Sunrise: 4:47 AM  Sunset: 7:00 PM  Daylight: 14 hours and 12 minutes. | Sunrise: 4:48 AM  Sunset: 6:59 PM  Daylight: 14 hours and 10 minutes. |
| 27 | 28 | 29 | 30 | 31 |  |  |
| Sunrise: 4:49 AM  Sunset: 6:58 PM  Daylight: 14 hours and 9 minutes. | Sunrise: 4:49 AM  Sunset: 6:57 PM  Daylight: 14 hours and 7 minutes. | Sunrise: 4:50 AM  Sunset: 6:56 PM  Daylight: 14 hours and 6 minutes. | Sunrise: 4:51 AM  Sunset: 6:55 PM  Daylight: 14 hours and 4 minutes. | Sunrise: 4:52 AM  Sunset: 6:55 PM  Daylight: 14 hours and 2 minutes. |  |  |