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| --- | --- | --- | --- | --- | --- | --- |
|  | July 2025 | | | | | |
| Polmont, Scotland, United Kingdom | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Sunrise: 4:33 AM  Sunset: 10:04 PM  Daylight: 17 hours and 30 minutes. | Sunrise: 4:34 AM  Sunset: 10:03 PM  Daylight: 17 hours and 29 minutes. | Sunrise: 4:35 AM  Sunset: 10:03 PM  Daylight: 17 hours and 27 minutes. | Sunrise: 4:36 AM  Sunset: 10:02 PM  Daylight: 17 hours and 26 minutes. | Sunrise: 4:37 AM  Sunset: 10:01 PM  Daylight: 17 hours and 24 minutes. |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Sunrise: 4:38 AM  Sunset: 10:01 PM  Daylight: 17 hours and 22 minutes. | Sunrise: 4:39 AM  Sunset: 10:00 PM  Daylight: 17 hours and 20 minutes. | Sunrise: 4:40 AM  Sunset: 9:59 PM  Daylight: 17 hours and 18 minutes. | Sunrise: 4:41 AM  Sunset: 9:58 PM  Daylight: 17 hours and 16 minutes. | Sunrise: 4:42 AM  Sunset: 9:57 PM  Daylight: 17 hours and 14 minutes. | Sunrise: 4:44 AM  Sunset: 9:56 PM  Daylight: 17 hours and 12 minutes. | Sunrise: 4:45 AM  Sunset: 9:55 PM  Daylight: 17 hours and 9 minutes. |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Sunrise: 4:46 AM  Sunset: 9:54 PM  Daylight: 17 hours and 7 minutes. | Sunrise: 4:48 AM  Sunset: 9:53 PM  Daylight: 17 hours and 4 minutes. | Sunrise: 4:49 AM  Sunset: 9:51 PM  Daylight: 17 hours and 1 minute. | Sunrise: 4:51 AM  Sunset: 9:50 PM  Daylight: 16 hours and 59 minutes. | Sunrise: 4:52 AM  Sunset: 9:49 PM  Daylight: 16 hours and 56 minutes. | Sunrise: 4:54 AM  Sunset: 9:47 PM  Daylight: 16 hours and 53 minutes. | Sunrise: 4:56 AM  Sunset: 9:46 PM  Daylight: 16 hours and 50 minutes. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Sunrise: 4:57 AM  Sunset: 9:44 PM  Daylight: 16 hours and 47 minutes. | Sunrise: 4:59 AM  Sunset: 9:43 PM  Daylight: 16 hours and 43 minutes. | Sunrise: 5:00 AM  Sunset: 9:41 PM  Daylight: 16 hours and 40 minutes. | Sunrise: 5:02 AM  Sunset: 9:40 PM  Daylight: 16 hours and 37 minutes. | Sunrise: 5:04 AM  Sunset: 9:38 PM  Daylight: 16 hours and 33 minutes. | Sunrise: 5:06 AM  Sunset: 9:36 PM  Daylight: 16 hours and 30 minutes. | Sunrise: 5:07 AM  Sunset: 9:34 PM  Daylight: 16 hours and 26 minutes. |
| 27 | 28 | 29 | 30 | 31 |  |  |
| Sunrise: 5:09 AM  Sunset: 9:33 PM  Daylight: 16 hours and 23 minutes. | Sunrise: 5:11 AM  Sunset: 9:31 PM  Daylight: 16 hours and 19 minutes. | Sunrise: 5:13 AM  Sunset: 9:29 PM  Daylight: 16 hours and 16 minutes. | Sunrise: 5:15 AM  Sunset: 9:27 PM  Daylight: 16 hours and 12 minutes. | Sunrise: 5:16 AM  Sunset: 9:25 PM  Daylight: 16 hours and 8 minutes. |  |  |