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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.  |     |     |