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|  | August 2025 |
| Avarua, Rarotonga, Cook Islands |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 7:10 AMSunset: 6:20 PMDaylight: 11 hours and 9 minutes. | Sunrise: 7:10 AMSunset: 6:20 PMDaylight: 11 hours and 10 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 7:09 AMSunset: 6:21 PMDaylight: 11 hours and 11 minutes. | Sunrise: 7:09 AMSunset: 6:21 PMDaylight: 11 hours and 12 minutes. | Sunrise: 7:08 AMSunset: 6:21 PMDaylight: 11 hours and 13 minutes. | Sunrise: 7:08 AMSunset: 6:22 PMDaylight: 11 hours and 14 minutes. | Sunrise: 7:07 AMSunset: 6:22 PMDaylight: 11 hours and 15 minutes. | Sunrise: 7:06 AMSunset: 6:22 PMDaylight: 11 hours and 15 minutes. | Sunrise: 7:06 AMSunset: 6:23 PMDaylight: 11 hours and 16 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 7:05 AMSunset: 6:23 PMDaylight: 11 hours and 17 minutes. | Sunrise: 7:04 AMSunset: 6:23 PMDaylight: 11 hours and 18 minutes. | Sunrise: 7:04 AMSunset: 6:24 PMDaylight: 11 hours and 19 minutes. | Sunrise: 7:03 AMSunset: 6:24 PMDaylight: 11 hours and 20 minutes. | Sunrise: 7:02 AMSunset: 6:24 PMDaylight: 11 hours and 21 minutes. | Sunrise: 7:02 AMSunset: 6:25 PMDaylight: 11 hours and 22 minutes. | Sunrise: 7:01 AMSunset: 6:25 PMDaylight: 11 hours and 23 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 7:00 AMSunset: 6:25 PMDaylight: 11 hours and 24 minutes. | Sunrise: 7:00 AMSunset: 6:26 PMDaylight: 11 hours and 25 minutes. | Sunrise: 6:59 AMSunset: 6:26 PMDaylight: 11 hours and 27 minutes. | Sunrise: 6:58 AMSunset: 6:26 PMDaylight: 11 hours and 28 minutes. | Sunrise: 6:57 AMSunset: 6:26 PMDaylight: 11 hours and 29 minutes. | Sunrise: 6:56 AMSunset: 6:27 PMDaylight: 11 hours and 30 minutes. | Sunrise: 6:56 AMSunset: 6:27 PMDaylight: 11 hours and 31 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 6:55 AMSunset: 6:27 PMDaylight: 11 hours and 32 minutes. | Sunrise: 6:54 AMSunset: 6:28 PMDaylight: 11 hours and 33 minutes. | Sunrise: 6:53 AMSunset: 6:28 PMDaylight: 11 hours and 34 minutes. | Sunrise: 6:52 AMSunset: 6:28 PMDaylight: 11 hours and 35 minutes. | Sunrise: 6:51 AMSunset: 6:28 PMDaylight: 11 hours and 36 minutes. | Sunrise: 6:51 AMSunset: 6:29 PMDaylight: 11 hours and 37 minutes. | Sunrise: 6:50 AMSunset: 6:29 PMDaylight: 11 hours and 39 minutes. |
| 31 |  |  |  |  |  |  |
| Sunrise: 6:49 AMSunset: 6:29 PMDaylight: 11 hours and 40 minutes. |  |  |  |  |  |  |