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|  | August 2025 |
| Miyota, Nagano, Japan |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 4:52 AMSunset: 6:52 PMDaylight: 13 hours and 59 minutes. | Sunrise: 4:53 AMSunset: 6:51 PMDaylight: 13 hours and 57 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 4:54 AMSunset: 6:50 PMDaylight: 13 hours and 56 minutes. | Sunrise: 4:54 AMSunset: 6:49 PMDaylight: 13 hours and 54 minutes. | Sunrise: 4:55 AMSunset: 6:48 PMDaylight: 13 hours and 52 minutes. | Sunrise: 4:56 AMSunset: 6:47 PMDaylight: 13 hours and 50 minutes. | Sunrise: 4:57 AMSunset: 6:46 PMDaylight: 13 hours and 48 minutes. | Sunrise: 4:58 AMSunset: 6:45 PMDaylight: 13 hours and 47 minutes. | Sunrise: 4:58 AMSunset: 6:44 PMDaylight: 13 hours and 45 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 4:59 AMSunset: 6:42 PMDaylight: 13 hours and 43 minutes. | Sunrise: 5:00 AMSunset: 6:41 PMDaylight: 13 hours and 41 minutes. | Sunrise: 5:01 AMSunset: 6:40 PMDaylight: 13 hours and 39 minutes. | Sunrise: 5:02 AMSunset: 6:39 PMDaylight: 13 hours and 37 minutes. | Sunrise: 5:02 AMSunset: 6:38 PMDaylight: 13 hours and 35 minutes. | Sunrise: 5:03 AMSunset: 6:37 PMDaylight: 13 hours and 33 minutes. | Sunrise: 5:04 AMSunset: 6:36 PMDaylight: 13 hours and 31 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 5:05 AMSunset: 6:34 PMDaylight: 13 hours and 29 minutes. | Sunrise: 5:06 AMSunset: 6:33 PMDaylight: 13 hours and 27 minutes. | Sunrise: 5:06 AMSunset: 6:32 PMDaylight: 13 hours and 25 minutes. | Sunrise: 5:07 AMSunset: 6:31 PMDaylight: 13 hours and 23 minutes. | Sunrise: 5:08 AMSunset: 6:29 PMDaylight: 13 hours and 21 minutes. | Sunrise: 5:09 AMSunset: 6:28 PMDaylight: 13 hours and 19 minutes. | Sunrise: 5:10 AMSunset: 6:27 PMDaylight: 13 hours and 16 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 5:10 AMSunset: 6:25 PMDaylight: 13 hours and 14 minutes. | Sunrise: 5:11 AMSunset: 6:24 PMDaylight: 13 hours and 12 minutes. | Sunrise: 5:12 AMSunset: 6:23 PMDaylight: 13 hours and 10 minutes. | Sunrise: 5:13 AMSunset: 6:21 PMDaylight: 13 hours and 8 minutes. | Sunrise: 5:14 AMSunset: 6:20 PMDaylight: 13 hours and 6 minutes. | Sunrise: 5:14 AMSunset: 6:18 PMDaylight: 13 hours and 4 minutes. | Sunrise: 5:15 AMSunset: 6:17 PMDaylight: 13 hours and 1 minute. |
| 31 |  |  |  |  |  |  |
| Sunrise: 5:16 AMSunset: 6:16 PMDaylight: 12 hours and 59 minutes. |  |  |  |  |  |  |