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|  | July 2025 |
| Avarua, Rarotonga, Cook Islands |
| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|   |   | 1  | 2  | 3  | 4  | 5  |
|     |     | Sunrise: 7:17 AM Sunset: 6:08 PM Daylight: 10 hours and 51 minutes.  | Sunrise: 7:17 AM Sunset: 6:09 PM Daylight: 10 hours and 51 minutes.  | Sunrise: 7:17 AM Sunset: 6:09 PM Daylight: 10 hours and 52 minutes.  | Sunrise: 7:17 AM Sunset: 6:09 PM Daylight: 10 hours and 52 minutes.  | Sunrise: 7:17 AM Sunset: 6:10 PM Daylight: 10 hours and 52 minutes.  |
| 6  | 7  | 8  | 9  | 10  | 11  | 12  |
| Sunrise: 7:17 AM Sunset: 6:10 PM Daylight: 10 hours and 53 minutes.  | Sunrise: 7:17 AM Sunset: 6:10 PM Daylight: 10 hours and 53 minutes.  | Sunrise: 7:17 AM Sunset: 6:11 PM Daylight: 10 hours and 53 minutes.  | Sunrise: 7:17 AM Sunset: 6:11 PM Daylight: 10 hours and 54 minutes.  | Sunrise: 7:17 AM Sunset: 6:11 PM Daylight: 10 hours and 54 minutes.  | Sunrise: 7:16 AM Sunset: 6:12 PM Daylight: 10 hours and 55 minutes.  | Sunrise: 7:16 AM Sunset: 6:12 PM Daylight: 10 hours and 55 minutes.  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| Sunrise: 7:16 AM Sunset: 6:13 PM Daylight: 10 hours and 56 minutes.  | Sunrise: 7:16 AM Sunset: 6:13 PM Daylight: 10 hours and 56 minutes.  | Sunrise: 7:16 AM Sunset: 6:13 PM Daylight: 10 hours and 57 minutes.  | Sunrise: 7:16 AM Sunset: 6:14 PM Daylight: 10 hours and 57 minutes.  | Sunrise: 7:16 AM Sunset: 6:14 PM Daylight: 10 hours and 58 minutes.  | Sunrise: 7:15 AM Sunset: 6:14 PM Daylight: 10 hours and 59 minutes.  | Sunrise: 7:15 AM Sunset: 6:15 PM Daylight: 10 hours and 59 minutes.  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| Sunrise: 7:15 AM Sunset: 6:15 PM Daylight: 11 hours and 0 minutes.  | Sunrise: 7:14 AM Sunset: 6:16 PM Daylight: 11 hours and 1 minute.  | Sunrise: 7:14 AM Sunset: 6:16 PM Daylight: 11 hours and 1 minute.  | Sunrise: 7:14 AM Sunset: 6:16 PM Daylight: 11 hours and 2 minutes.  | Sunrise: 7:14 AM Sunset: 6:17 PM Daylight: 11 hours and 3 minutes.  | Sunrise: 7:13 AM Sunset: 6:17 PM Daylight: 11 hours and 3 minutes.  | Sunrise: 7:13 AM Sunset: 6:18 PM Daylight: 11 hours and 4 minutes.  |
| 27  | 28  | 29  | 30  | 31  |   |   |
| Sunrise: 7:12 AM Sunset: 6:18 PM Daylight: 11 hours and 5 minutes.  | Sunrise: 7:12 AM Sunset: 6:18 PM Daylight: 11 hours and 6 minutes.  | Sunrise: 7:12 AM Sunset: 6:19 PM Daylight: 11 hours and 7 minutes.  | Sunrise: 7:11 AM Sunset: 6:19 PM Daylight: 11 hours and 7 minutes.  | Sunrise: 7:11 AM Sunset: 6:19 PM Daylight: 11 hours and 8 minutes.  |     |     |