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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. |  |  |