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|  | August 2025 |
| Polmont, Scotland, United Kingdom |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 5:18 AMSunset: 9:23 PMDaylight: 16 hours and 4 minutes. | Sunrise: 5:20 AMSunset: 9:21 PMDaylight: 16 hours and 0 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 5:22 AMSunset: 9:19 PMDaylight: 15 hours and 56 minutes. | Sunrise: 5:24 AMSunset: 9:17 PMDaylight: 15 hours and 52 minutes. | Sunrise: 5:26 AMSunset: 9:15 PMDaylight: 15 hours and 48 minutes. | Sunrise: 5:28 AMSunset: 9:13 PMDaylight: 15 hours and 44 minutes. | Sunrise: 5:30 AMSunset: 9:11 PMDaylight: 15 hours and 40 minutes. | Sunrise: 5:32 AMSunset: 9:08 PMDaylight: 15 hours and 36 minutes. | Sunrise: 5:34 AMSunset: 9:06 PMDaylight: 15 hours and 32 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 5:36 AMSunset: 9:04 PMDaylight: 15 hours and 28 minutes. | Sunrise: 5:37 AMSunset: 9:02 PMDaylight: 15 hours and 24 minutes. | Sunrise: 5:39 AMSunset: 8:59 PMDaylight: 15 hours and 20 minutes. | Sunrise: 5:41 AMSunset: 8:57 PMDaylight: 15 hours and 15 minutes. | Sunrise: 5:43 AMSunset: 8:55 PMDaylight: 15 hours and 11 minutes. | Sunrise: 5:45 AMSunset: 8:52 PMDaylight: 15 hours and 7 minutes. | Sunrise: 5:47 AMSunset: 8:50 PMDaylight: 15 hours and 2 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 5:49 AMSunset: 8:48 PMDaylight: 14 hours and 58 minutes. | Sunrise: 5:51 AMSunset: 8:45 PMDaylight: 14 hours and 54 minutes. | Sunrise: 5:53 AMSunset: 8:43 PMDaylight: 14 hours and 49 minutes. | Sunrise: 5:55 AMSunset: 8:41 PMDaylight: 14 hours and 45 minutes. | Sunrise: 5:57 AMSunset: 8:38 PMDaylight: 14 hours and 41 minutes. | Sunrise: 5:59 AMSunset: 8:36 PMDaylight: 14 hours and 36 minutes. | Sunrise: 6:01 AMSunset: 8:33 PMDaylight: 14 hours and 32 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 6:03 AMSunset: 8:31 PMDaylight: 14 hours and 27 minutes. | Sunrise: 6:05 AMSunset: 8:28 PMDaylight: 14 hours and 23 minutes. | Sunrise: 6:07 AMSunset: 8:26 PMDaylight: 14 hours and 18 minutes. | Sunrise: 6:09 AMSunset: 8:23 PMDaylight: 14 hours and 14 minutes. | Sunrise: 6:11 AMSunset: 8:21 PMDaylight: 14 hours and 9 minutes. | Sunrise: 6:13 AMSunset: 8:18 PMDaylight: 14 hours and 5 minutes. | Sunrise: 6:15 AMSunset: 8:15 PMDaylight: 14 hours and 0 minutes. |
| 31 |  |  |  |  |  |  |
| Sunrise: 6:17 AMSunset: 8:13 PMDaylight: 13 hours and 56 minutes. |  |  |  |  |  |  |