

**Ramadan times for Heads Nook, Cumbria, UK**

**Fri 28 Feb 2025 - Sun 30 Mar 2025**

**High Latitude Method: Angle Based Rule**

**Prayer Calculation Method: Islamic Society of North America**

**Asar Calculation Method: Hanafi**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Day** | **Fajr** | **Suhur** | **Sunrise** | **Dhuhr** | **Asr** | **Iftar** | **Maghrib** | **Isha** |
| 28 | Fri | 5:24 | 5:24 | 7:03 | 12:24 | 3:49 | 5:45 | 5:45 | 7:24 |
| 1 | Sat | 5:22 | 5:22 | 7:00 | 12:23 | 3:50 | 5:47 | 5:47 | 7:26 |
| 2 | Sun | 5:19 | 5:19 | 6:58 | 12:23 | 3:52 | 5:49 | 5:49 | 7:28 |
| 3 | Mon | 5:17 | 5:17 | 6:56 | 12:23 | 3:54 | 5:51 | 5:51 | 7:30 |
| 4 | Tue | 5:14 | 5:14 | 6:53 | 12:23 | 3:56 | 5:53 | 5:53 | 7:32 |
| 5 | Wed | 5:12 | 5:12 | 6:51 | 12:23 | 3:57 | 5:55 | 5:55 | 7:34 |
| 6 | Thu | 5:09 | 5:09 | 6:48 | 12:22 | 3:59 | 5:57 | 5:57 | 7:37 |
| 7 | Fri | 5:07 | 5:07 | 6:46 | 12:22 | 4:01 | 5:59 | 5:59 | 7:39 |
| 8 | Sat | 5:04 | 5:04 | 6:43 | 12:22 | 4:03 | 6:01 | 6:01 | 7:41 |
| 9 | Sun | 5:02 | 5:02 | 6:41 | 12:22 | 4:04 | 6:03 | 6:03 | 7:43 |
| 10 | Mon | 4:59 | 4:59 | 6:38 | 12:21 | 4:06 | 6:05 | 6:05 | 7:45 |
| 11 | Tue | 4:57 | 4:57 | 6:36 | 12:21 | 4:08 | 6:07 | 6:07 | 7:47 |
| 12 | Wed | 4:54 | 4:54 | 6:33 | 12:21 | 4:09 | 6:09 | 6:09 | 7:49 |
| 13 | Thu | 4:51 | 4:51 | 6:31 | 12:21 | 4:11 | 6:11 | 6:11 | 7:51 |
| 14 | Fri | 4:49 | 4:49 | 6:28 | 12:20 | 4:13 | 6:13 | 6:13 | 7:53 |
| 15 | Sat | 4:46 | 4:46 | 6:26 | 12:20 | 4:14 | 6:15 | 6:15 | 7:55 |
| 16 | Sun | 4:43 | 4:43 | 6:23 | 12:20 | 4:16 | 6:17 | 6:17 | 7:58 |
| 17 | Mon | 4:40 | 4:40 | 6:21 | 12:19 | 4:17 | 6:19 | 6:19 | 8:00 |
| 18 | Tue | 4:38 | 4:38 | 6:18 | 12:19 | 4:19 | 6:21 | 6:21 | 8:02 |
| 19 | Wed | 4:35 | 4:35 | 6:16 | 12:19 | 4:21 | 6:23 | 6:23 | 8:04 |
| 20 | Thu | 4:32 | 4:32 | 6:13 | 12:19 | 4:22 | 6:25 | 6:25 | 8:06 |
| 21 | Fri | 4:29 | 4:29 | 6:11 | 12:18 | 4:24 | 6:27 | 6:27 | 8:09 |
| 22 | Sat | 4:26 | 4:26 | 6:08 | 12:18 | 4:25 | 6:29 | 6:29 | 8:11 |
| 23 | Sun | 4:24 | 4:24 | 6:05 | 12:18 | 4:27 | 6:31 | 6:31 | 8:13 |
| 24 | Mon | 4:21 | 4:21 | 6:03 | 12:17 | 4:28 | 6:33 | 6:33 | 8:15 |
| 25 | Tue | 4:18 | 4:18 | 6:00 | 12:17 | 4:30 | 6:35 | 6:35 | 8:18 |
| 26 | Wed | 4:15 | 4:15 | 5:58 | 12:17 | 4:31 | 6:37 | 6:37 | 8:20 |
| 27 | Thu | 4:12 | 4:12 | 5:55 | 12:16 | 4:33 | 6:39 | 6:39 | 8:22 |
| 28 | Fri | 4:09 | 4:09 | 5:53 | 12:16 | 4:34 | 6:41 | 6:41 | 8:25 |
| 29 | Sat | 4:06 | 4:06 | 5:50 | 12:16 | 4:36 | 6:43 | 6:43 | 8:27 |
| 30 | Sun | 5:03 | 5:03 | 6:48 | 1:16 | 5:37 | 7:45 | 7:45 | 9:29 |

**Prayer times provided by https://www.salahtimes.com**