

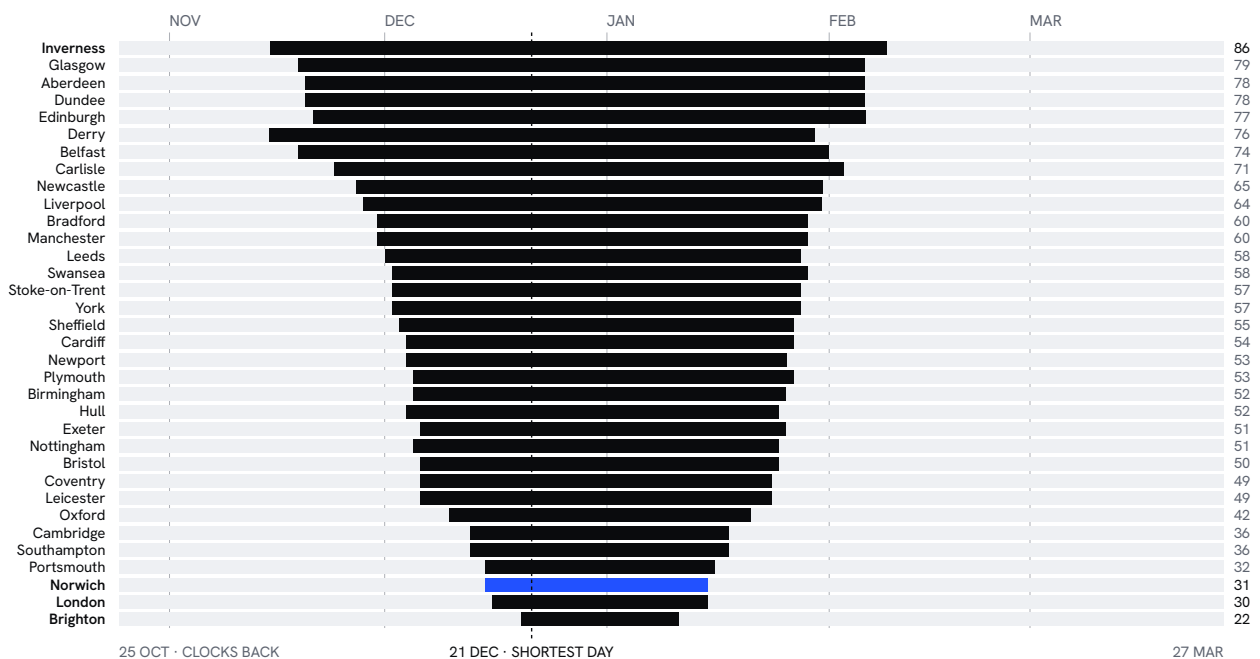
INDEPENDENT RESEARCH · BUILT ENTIRELY FROM PUBLIC DATA · PUBLISHED 20 OCT 2026

UK WINTER DAYLIGHT · 34 CITIES · 25 OCT 2026 TO 27 MAR 2027

The double-dark winter.

Who commutes in the dark this winter, and why the east waits longest for its evenings.

Sunrise and sunset for 34 UK cities on all 154 days between the clocks going back and going forward, calculated from published solar equations and checked against an independent source.



EVERY DAY OF WINTER TIME, BY CITY. A DARK CELL IS A DOUBLE-DARK DAY: SUNRISE AFTER 08:00 AND SUNSET BEFORE 17:00.

MOST DOUBLE-DARK DAYS

86

Inverness, the most of 34 cities, from 15 Nov to 8 Feb.

FEWEST

22

Brighton. London has 30, Norwich 31.

LAST 5:30PM SUNSET TO RETURN

28 Feb

Norwich, last of 34 cities. Six days after Inverness, the furthest north.

KEY FINDINGS

Eight findings, each one traceable to the data in Appendix A.

01	Scotland takes the top five. Inverness (86 double-dark days), Glasgow (79), Aberdeen (78), Dundee (78) and Edinburgh (77).	86 days
02	Brighton gets off lightest with 22 double-dark days, followed by London (30) and Norwich (31).	22 days
03	Inverness has the latest sunrise: 08:59 on 28 Dec. Aberdeen has the earliest sunset, 15:24, six minutes before Inverness.	08:59
04	The east loses its evenings. Norwich is the last of the 34 cities to see a 5:30pm sunset again. Hull and Cambridge follow on 25 Feb, level with Aberdeen.	28 Feb
05	The sun sets earlier in Norwich than in Inverness on 83 of the 154 days of winter time: 25 Oct to 15 Nov, then 26 Jan until the clocks go forward.	83 of 154
06	On its darkest evening, Norwich's sunset (15:39) comes before Glasgow's (15:42) and Belfast's (15:57).	15:39
07	Derry is the paradox. It has the sixth-most double-dark days (76), yet it is the first city in the study to get 5:30pm sunsets back.	13 Feb
08	London's double-dark run lasts 30 days, from 16 Dec to 14 Jan. Inverness's starts a month earlier, on 15 Nov.	30 days

WHY

Why the east does worse in the evening

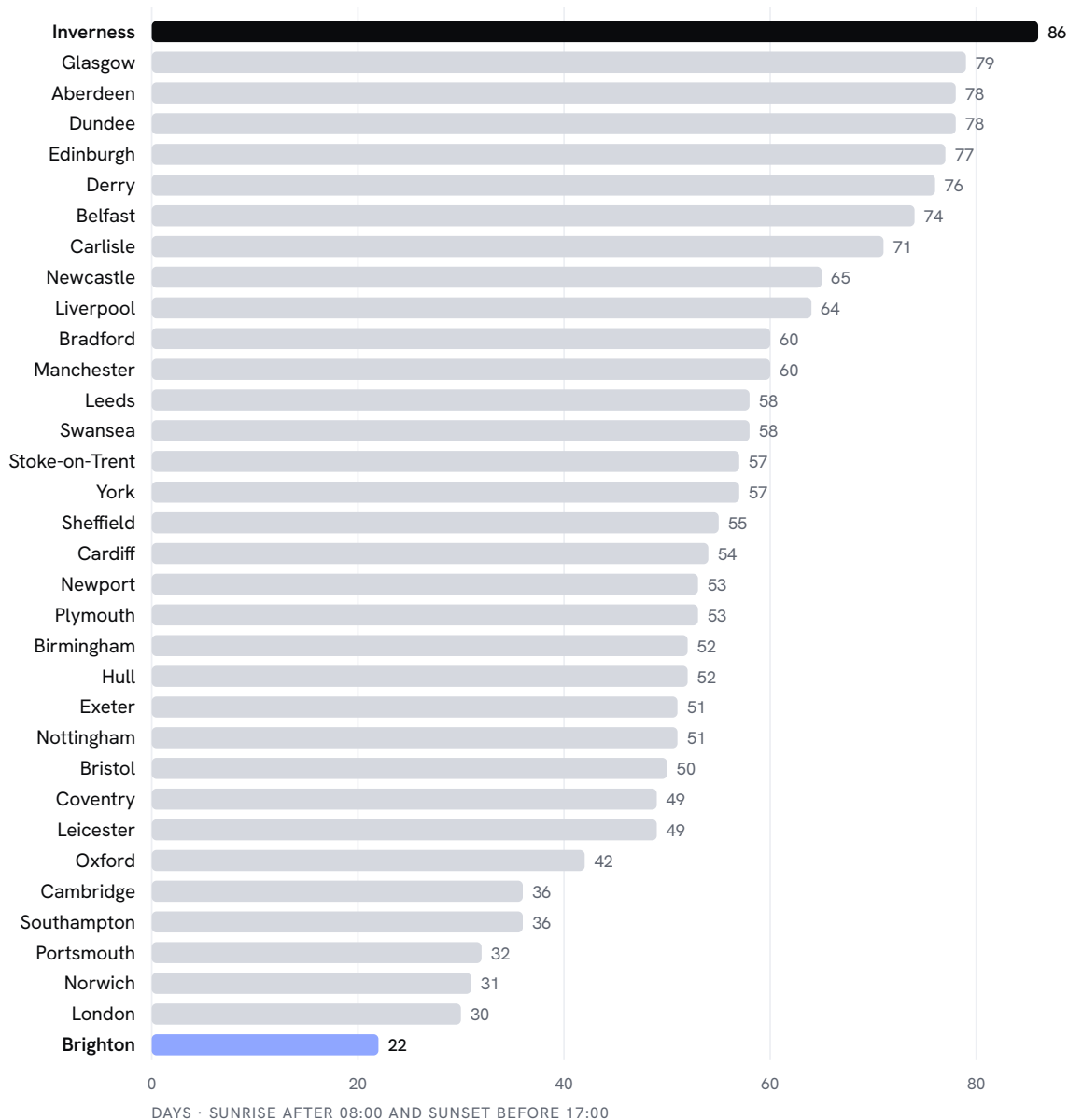
The UK runs on one clock, but the sun crosses the country from east to west. Norwich sits 8.6 degrees of longitude east of Derry, so the sun rises and sets about 34 minutes earlier there.

Northern cities have shorter days. Eastern cities keep the same clock but get an earlier sun, which costs them evenings and gives them mornings. That is why Norwich, Cambridge and London have few double-dark days but are among the last to get light after work.

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1 FINDING 1 OF 3 · DOUBLE-DARK DAYS

Scotland takes the top five. Brighton gets off lightest.

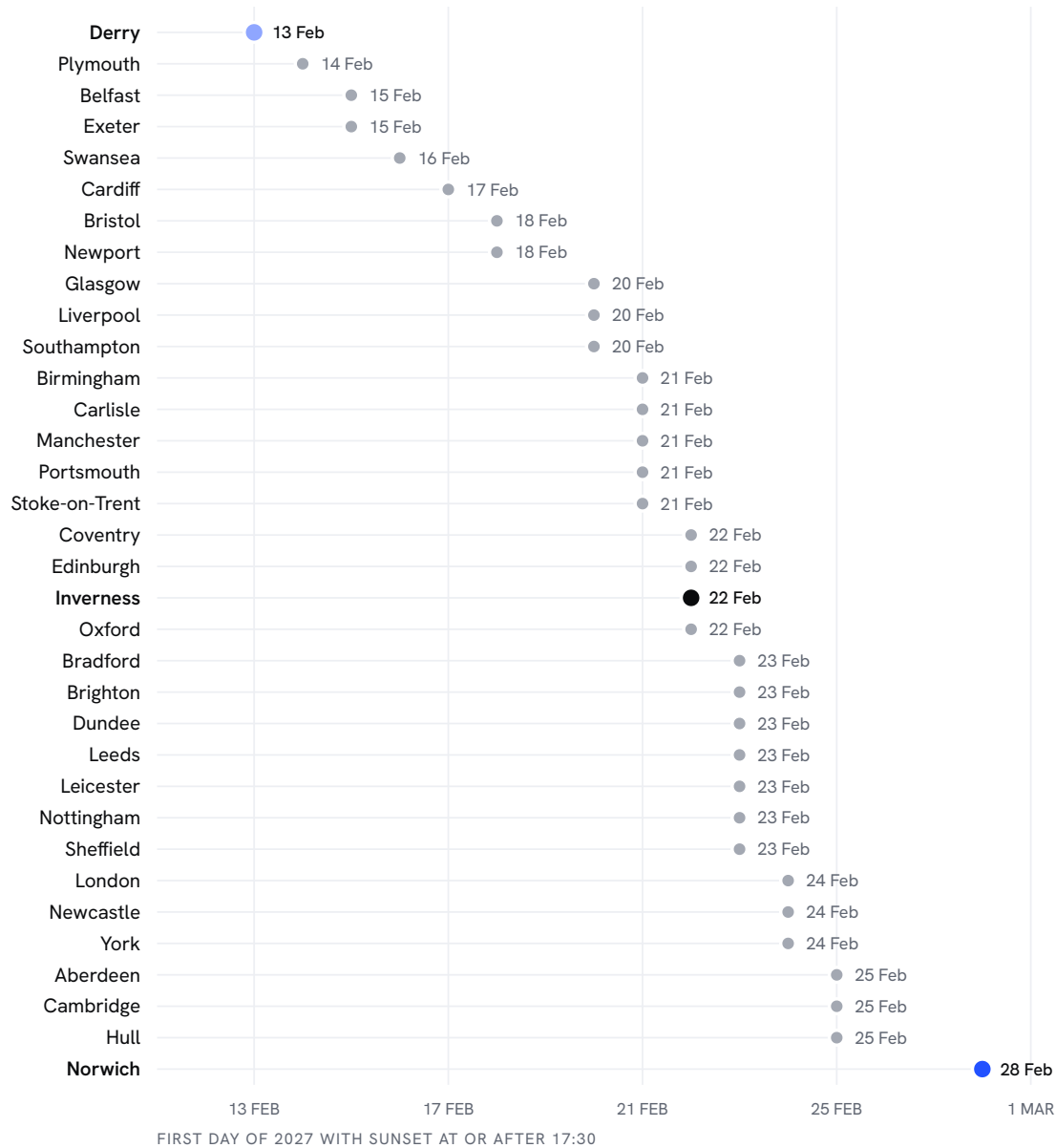


DEFINITION	Sunrise after 08:00 and sunset before 17:00, local time	PERIOD	25 Oct 2026 to 27 Mar 2027, 154 days
RANGE	22 (Brighton) to 86 (Inverness)	INVERNESS RUN	15 Nov to 8 Feb
LONDON RUN	16 Dec to 14 Jan	KNOWN LIMITATION	Twilight is excluded, so a double-dark morning is not pitch black at 8am

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2 FINDING 2 OF 3 · AFTER-WORK LIGHT

Norwich waits longest for a 5:30pm sunset. **Six days** after Inverness.

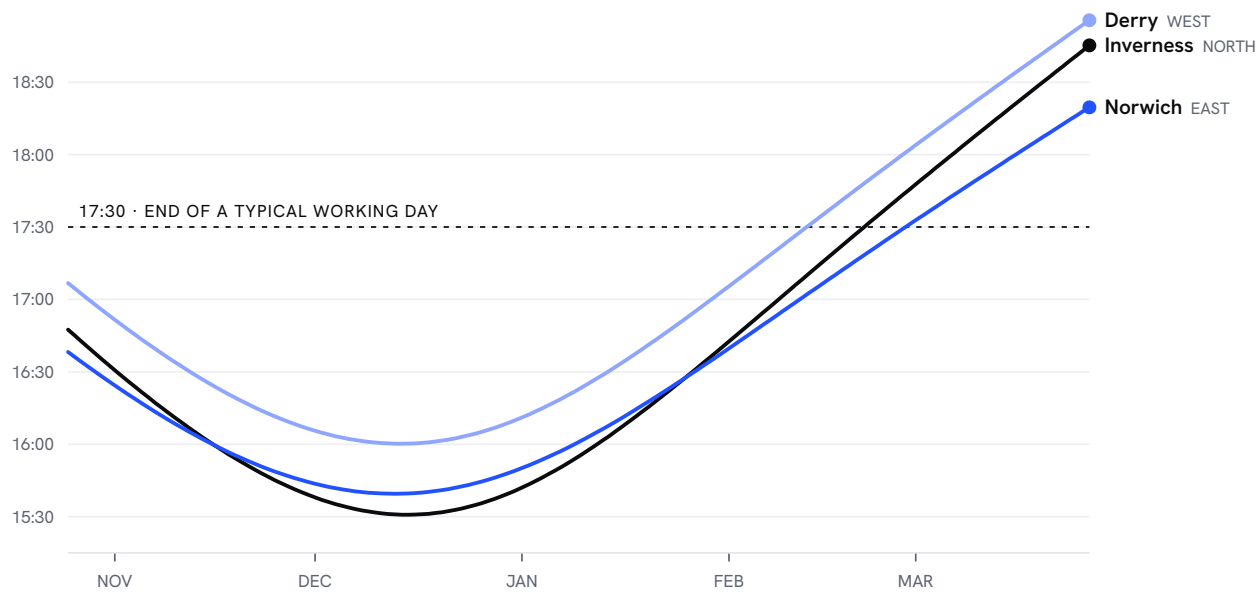


FIRST (WEST)	Derry · 13 Feb	LAST (EAST)	Norwich · 28 Feb
FURTHEST NORTH	Inverness · 22 Feb	GAP	15 days between Derry and Norwich
EARLIEST SUNSETS	Norwich 15:39 · Glasgow 15:42 · Belfast 15:57	KNOWN LIMITATION	17:30 is a typical office finish, not every worker's

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3 FINDING 3 OF 3 · WEST, NORTH AND EAST

The west gets its evenings back first. The east gets them back last, even after the far north.



HOW TO READ IT

Each line is the daily sunset time for the most westerly (Derry), northerly (Inverness) and easterly (Norwich) city in the study. Where Norwich's line runs below Inverness's, the sun sets earlier in Norwich.

WHAT IT SHOWS

Inverness has the darkest midwinter evenings. But from late January, Norwich's sunsets fall behind Inverness's and stay behind until the clocks change, because Norwich's sun runs about 34 minutes ahead of Derry's on the same clock.

NORWICH EARLIER	83 of 154 days: 25 Oct to 15 Nov, 26 Jan to 27 Mar	LONGITUDE GAP	Norwich 1.30°E · Derry 7.31°W · 8.6°
SUN-TIME GAP	About 34 minutes, at 4 minutes per degree	KNOWN LIMITATION	Near the crossover dates the two sunsets differ by seconds

PITCH ANGLES

One study, [seven regional stories](#) and [three news pegs](#).

REGION	ANGLE	LEAD FIGURE	NEWS PEG
Scotland	All five Scottish cities take the top five. Inverness has the most double-dark days and the latest sunrise of any city.	86 days · 08:59	Clocks back, 25 Oct
Northern Ireland	Derry has the sixth-most double-dark days, yet is the first city to see 5:30pm sunsets again. Belfast follows two days later.	13 Feb · 15 Feb	Mid February
Wales	Swansea has more double-dark days than Cardiff (58 vs 54) but gets its 5:30pm sunsets back a day sooner.	16 Feb · 17 Feb	Mid February
North of England	Carlisle (71) and Newcastle (65) lead England for double-dark days.	71 · 65 days	Clocks back, 25 Oct
East of England	Norwich is the last city in the study to get after-work light back. Its earliest sunset comes before Glasgow's.	28 Feb · 15:39	Shortest day, 21 Dec
London and South East	London has the second-fewest double-dark days, but waits until 24 Feb for 5:30pm sunsets, ten days after Plymouth.	30 days · 24 Feb	Shortest day, 21 Dec
South West	Plymouth gets 5:30pm sunsets back first in England.	14 Feb	Mid February

COMMISSIONED VERSIONS

The same method, run for a client

The same method runs for any list of towns, any working pattern (a 07:00 shift start, a school run) and any period. A client with stores, offices or members in specific places can commission its own cut, delivered unbranded.

Every figure on this page comes from Appendix A and the published data file.

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APPENDIX A · FULL RANKING

All 34 cities, ranked by double-dark days.

RANK	CITY	NATION	DOUBLE-DARK DAYS	LATEST SUNRISE	EARLIEST SUNSET	SHORTEST DAY	FIRST 5:30PM SUNSET
1	Inverness	Scotland	86	08:59	15:30	6h 35m	22 Feb
2	Glasgow	Scotland	79	08:48	15:42	6h 58m	20 Feb
=3	Aberdeen	Scotland	78	08:48	15:24	6h 40m	25 Feb
=3	Dundee	Scotland	78	08:47	15:33	6h 49m	23 Feb
5	Edinburgh	Scotland	77	08:44	15:37	6h 56m	22 Feb
6	Derry	N. Ireland	76	08:54	16:00	7h 09m	13 Feb
7	Belfast	N. Ireland	74	08:46	15:57	7h 14m	15 Feb
8	Carlisle	England	71	08:36	15:43	7h 11m	21 Feb
9	Newcastle upon Tyne	England	65	08:31	15:37	7h 10m	24 Feb
10	Liverpool	England	64	08:28	15:52	7h 28m	20 Feb
=11	Bradford	England	60	08:25	15:45	7h 24m	23 Feb
=11	Manchester	England	60	08:25	15:48	7h 28m	21 Feb
=13	Leeds	England	58	08:24	15:44	7h 24m	23 Feb
=13	Swansea	Wales	58	08:22	16:05	7h 48m	16 Feb
=15	York	England	57	08:23	15:41	7h 22m	24 Feb
=15	Stoke-on-Trent	England	57	08:22	15:51	7h 33m	21 Feb
17	Sheffield	England	55	08:21	15:46	7h 29m	23 Feb
18	Cardiff	Wales	54	08:18	16:03	7h 49m	17 Feb
=19	Newport	Wales	53	08:18	16:02	7h 48m	18 Feb
=19	Plymouth	England	53	08:17	16:12	8h 00m	14 Feb
=21	Kingston upon Hull	England	52	08:19	15:39	7h 25m	25 Feb
=21	Birmingham	England	52	08:18	15:53	7h 39m	21 Feb
=23	Nottingham	England	51	08:18	15:47	7h 34m	23 Feb
=23	Exeter	England	51	08:16	16:08	7h 57m	15 Feb
25	Bristol	England	50	08:16	16:01	7h 49m	18 Feb
=26	Leicester	England	49	08:16	15:49	7h 37m	23 Feb
=26	Coventry	England	49	08:16	15:51	7h 40m	22 Feb
28	Oxford	England	42	08:12	15:54	7h 46m	22 Feb
=29	Cambridge	England	36	08:09	15:46	7h 42m	25 Feb
=29	Southampton	England	36	08:08	15:59	7h 55m	20 Feb
31	Portsmouth	England	32	08:06	15:58	7h 56m	21 Feb
32	Norwich	England	31	08:06	15:39	7h 37m	28 Feb
33	London	England	30	08:06	15:50	7h 49m	24 Feb
34	Brighton	England	22	08:03	15:54	7h 56m	23 Feb

Ties share a rank. Shortest day is daylight on 21 Dec 2026. All times are UK local time. Daily data: daily_sun_times.csv.

APPENDIX B · METHOD

How it was built, and how to check it.

QUESTION	How much of this winter's working week happens in darkness, city by city?
PERIOD	25 Oct 2026 (clocks go back) to 27 Mar 2027 (the day before clocks go forward on 28 Mar): 154 days of Greenwich Mean Time.
CITIES	34 cities covering all four nations and the full spread of latitude and longitude, from Inverness to Plymouth and Derry to Norwich. City-centre coordinates from GeoNames (geonames.org, CC BY 4.0).
SUN TIMES	Sunrise and sunset for every city on every day, using the astral 3.2 library, which implements the NOAA solar position equations. Sunrise and sunset are when the sun's upper edge crosses the horizon, allowing for standard atmospheric refraction (0.833°).
DEFINITIONS	Double-dark day: sunrise after 08:00 and sunset before 17:00. First 5:30pm sunset: the first day of 2027 with sunset at or after 17:30. Shortest day: daylight on 21 Dec 2026.
VERIFICATION	Checked against timeanddate.com for London, Inverness and Norwich in December 2026 and February 2027. All checked times agreed within one minute. Every threshold date checked matched exactly: Norwich's first 17:00 and 17:30 sunsets (12 and 28 Feb), Inverness's (9 and 22 Feb) and Inverness's latest sunrise (28 Dec).

LIMITATIONS

Daylight is not sunshine. The study measures when the sun is above the horizon, not cloud cover or hours of sunshine.

Twilight is excluded. Civil twilight adds roughly 40 to 50 minutes of usable light before sunrise and after sunset in midwinter, more in the north.

One point per city. Times shift by up to a minute or two across a large city. Elevation and hills are not modelled.

Threshold sensitivity. Counts near the 08:00 and 17:00 thresholds can move by a day or two with small changes in coordinates or method.

Working hours are an assumption. The thresholds describe a typical office day, not every worker's.

DATA FILES

city_summary.csv · daily_sun_times.csv · compute.py

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