

June 20, 2025

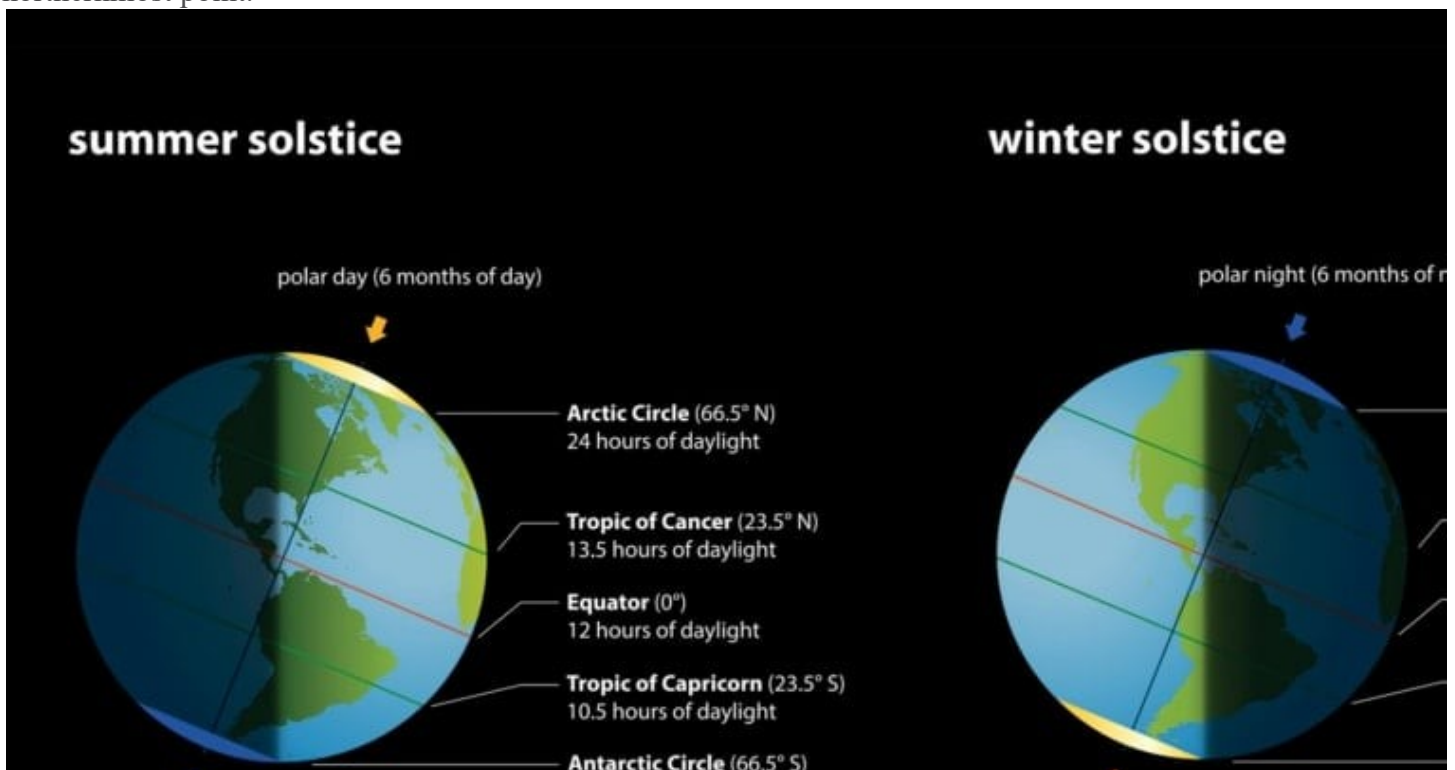
Summer begins with the solstice on Friday, **June 20, 2025**, marking the astronomical first day of summer in the Northern Hemisphere. What exactly IS the summer solstice? Is it really the longest day of the year? Welcome the solstice with some interesting information...

Summer Solstice 2025 and the First Day of Summer: Facts and Folklore

When is the first day of summer and why does it differ each year? Plus see the interesting traditions for this change of seasons!

When Is The First Day Of Summer 2025?

The first day of summer arrives with the solstice this year on **Friday, June 20, 2025, 10:42 p.m. EDT**. For those who live in the Northern Hemisphere, the Earth tilts mostly toward the Sun during this time. As seen from Earth, the Sun will be directly overhead at noon 23.5 degrees north of the equator, at an imaginary line encircling the globe known as the Tropic of Cancer, named for the constellation Cancer the Crab, its northernmost point.



For those who live in the Southern Hemisphere, this will be the *shortest* day of the year and the arrival of winter. Solstice happens at the same moment for everyone, everywhere on Earth.

Why Isn't Summer on the Same Date Every Year?

The timing of the summer solstice is not based on a specific calendar date or time. It actually depends on when the Sun reaches that northernmost point from the equator. The summer solstice can occur anywhere between June 20-22.

What Does The Term “Solstice” Mean?

The term “solstice” comes from the Latin words *sol* (Sun) and *sistere* (to stand still). At the solstice, the angle between the Sun’s rays and the plane of the Earth’s equator (called declination) appears to stand still. This phenomenon is most noticeable at the Arctic Circle where the Sun hugs the horizon for a continuous 24 hours, thus the term “Land of the Midnight Sun.” [Here’s how it differs from an equinox.](#)

Some people believe that [our seasons](#) are caused by the Earth’s changing distance from the Sun. In reality, it is due to the 23-degree tilt of the Earth’s axis that the Sun appears above the horizon for different lengths of time at different seasons. The tilt determines whether the Sun’s rays strike at a low angle or more directly.

Summer Solstice Folklore

The summer solstice has long been celebrated by cultures around the world:

In Ancient Egypt, the summer solstice coincided with the rising of the Nile River. As it was crucial to predict this annual flooding, the Egyptian New Year began at this important solstice.

In centuries past, the Irish would cut hazel branches on solstice eve to be used in searching for gold, water, and precious jewels.

Many European cultures hold what are known as [Midsummer celebrations](#) at the solstice, which include gatherings at [Stonehenge](#) and the lighting of bonfires on hilltops.

Fun fact: Be sure to look at your noontime shadow around the time of the solstice. It will be your shortest noontime shadow of the year!

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Key takeaways

- The summer solstice in 2025 will occur on June 20, marking the official start of summer in the Northern Hemisphere
- This day is significant as it is the longest day of the year, with the most daylight hours, providing opportunities for outdoor activities and celebrations
- As summer approaches, many people look forward to warmer weather, vacations, and various seasonal events that enhance the enjoyment of this vibrant time of year

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