

Autumn 2025

Fall Weather

*It is the summer's great last heat,
It is the fall's first chill: They meet.*

—Sarah Morgan Bryan Piatt

Some people love summer, [dog days](#) and all, and others don't. Some of you might be wondering when temperatures will finally drop and you can pull out your sweaters and pumpkin spice-flavored items.

Autumn in 2025 will begin on Monday, September 22, and end on Sunday, December 21. This season is characterized by cooler temperatures and shorter days as it transitions from summer to winter.

Autumn Starts: Monday, Sep 22 2:19 pm EDT

Autumn Ends: Sunday, Dec 21 10:03 am EST

The first day of autumn often called fall (September equinox or autumnal equinox) is when the sun shines directly on the celestial equator passing from north to south and the length of day and night are almost the same. This is referred to as astronomical autumn or the September equinox.

- Meteorological fall begins on September 1, while astronomical fall starts on September 22 at 2:19 PM ET.
- Meteorological seasons are based on temperature, while astronomical seasons are based on the Earth's position relative to the sun.
- Daylight Saving Time ends on November 2, 2025.

When does daylight savings time end? Next time change 2025

Daylight Saving Time will end in just under three months. Most of the United States will "fall back" and gain an extra hour of sleep.

[When is the First Day of Fall? Autumnal Equinox 2025 | Almanac.com](#)

Fall also brings some wonderful holidays, including [Halloween](#) and [Thanksgiving](#), which carry us through the season until temperatures begin to drop, nights begin to get longer, and all the woodland critters start storing up for the long haul of [winter](#).

And don't forget about the end of [Daylight Saving Time](#), when we "fall" back, setting our clocks back 1 hour and regaining an hour of precious sleep!

Plants and trees are slowing down to get ready for the colder season ahead as sunlight decreases. In the garden, [asters](#) and [chrysanthemums](#) bloom beautifully as orange [pumpkins](#) and [corn](#) mazes abound.

Football season is warming up, and so is sweater weather.

Ancient Autumn Equinox Celebrations Around the World

The fall equinox has been a day of celebration for cultures since ancient days, when people tracked the transitions of Earth's journeys around the Sun.

- At Machu Picchu in Peru, an ancient stone monument called *Intihuatana*—meaning "Hitching Post of the Sun"—serves as a solar clock to mark the dates of the equinoxes and solstices.

- In Mexico, the Mayans built a giant pyramid called Chichén Itzá. On the equinoxes, the light looks like a snake slithering down the pyramid's steps.
- In England, Stonehenge was also built with the equinoxes and solstices in mind.

Q: Can You Balance An Egg On the Equinox?

A: There's a bit of folklore that says you can stand an egg on its end on the equinox. Well, yes, it's true (and fun to try). But it's possible not only on the equinox. [See more about equinox facts](#) from *Almanac* astronomer Bob Berman.

Enjoy Autumn!

Wishing a colorful, cool, cozy autumn to all.

[When is the first day of fall 2025? When do we change the clocks?](#)

www.cincinnati.com/story/news/2025/08/11/first-day-of-fall-autumn-equinox-change-clocks/85526033007/