

WHEN DOES THE 2026 FALL SEASON BEGIN?©

by Dan Pemble, Kissimmee, Florida – August 28, 2026

The quick answer to the above question is: the dates for the fall season time frame vary based on meteorological and astrological considerations, and are different as further explained here.



The meteorological dates for the fall season are typically stated to be September 1 – November 30. These dates for fall and other seasons have been established by grouping the twelve months of the year into four three-month blocks that correspond to typical temperature patterns. Interestingly, few calendars that I have seen have September 1 as the fall season starting date!

The astrological dates for the fall season are typically denoted as September 22 – December 21 and most calendars show September 22 as the starting date! Actually, September 22 is the “autumnal equinox” signifying that the hours of daylight and the hours of darkness in a 24-hour period are equal. Thereafter, each successive day from September 22 has increasingly-diminishing daylight minutes up to December 21, the darkest day of the year and is based on the position of the earth as it maintains a constant tilt on its axis and completes a counter-clockwise-elliptical orbit around the sun in a 1 year period; this results in a constantly changing angle at which the sun strikes various points on earth resulting in less daylight during the noted fall period; of course less daylight translates to cooler temperatures.

For all of us here in Central Florida and probably in your area of the country too, if in fact the September 1 starting date will result in much-desired cooler temperatures, I think we will all agree this is the preferred starting date for fall! Otherwise, we'll just have to be patient and see if September 22 actually makes any difference! I highly suspect we will have to wait a bit longer for any significant cool down but, there is always HOPE!

HAPPY FALL TO ALL!