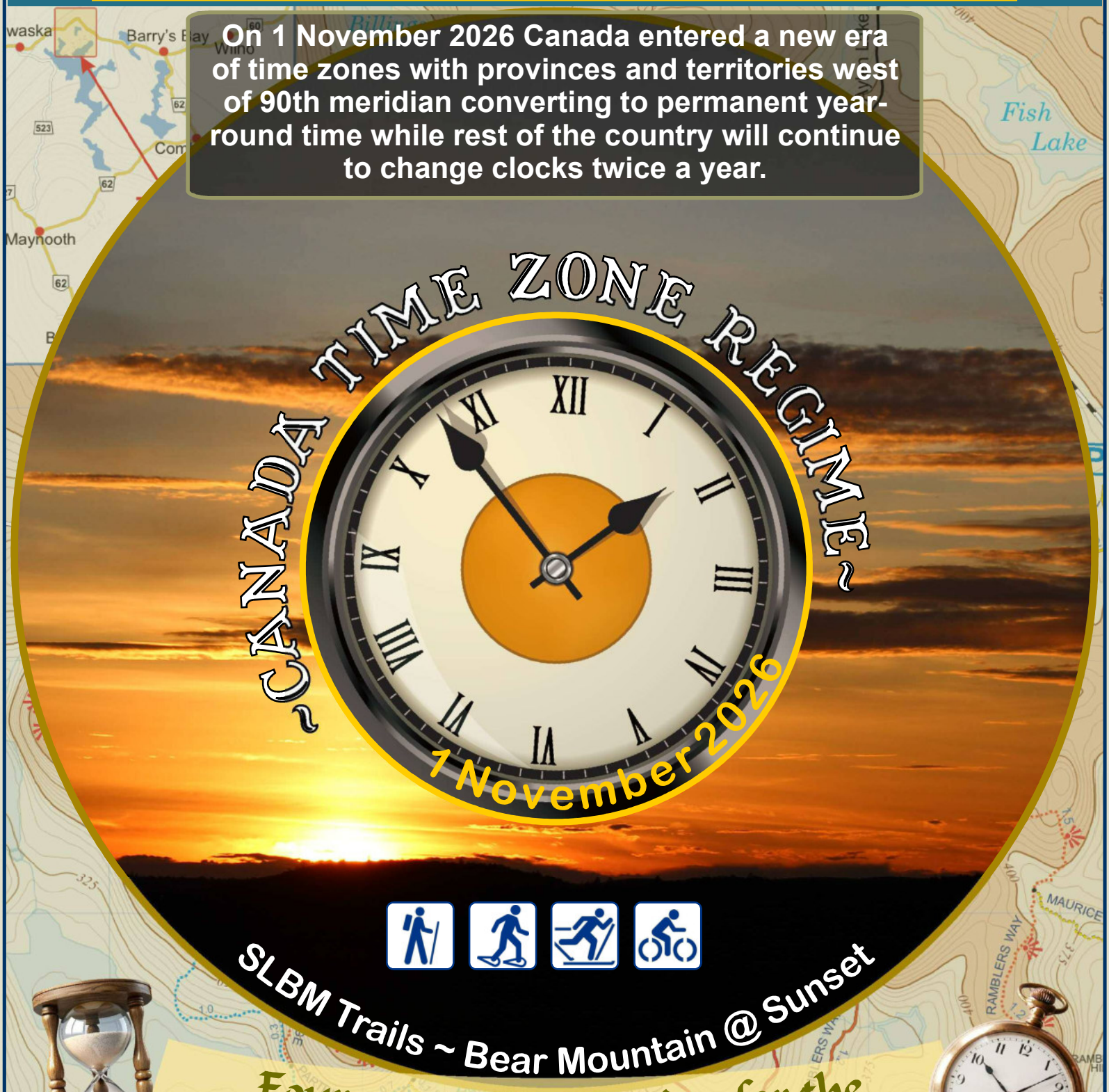
Upper Madawaska Basin | SLBM Trails

Spectacle Lakes - Bear & Burnetts Mountains

On 1 November 2026 Canada entered a new era of time zones with provinces and territories west of 90th meridian converting to permanent year-round time while rest of the country will continue to change clocks twice a year.



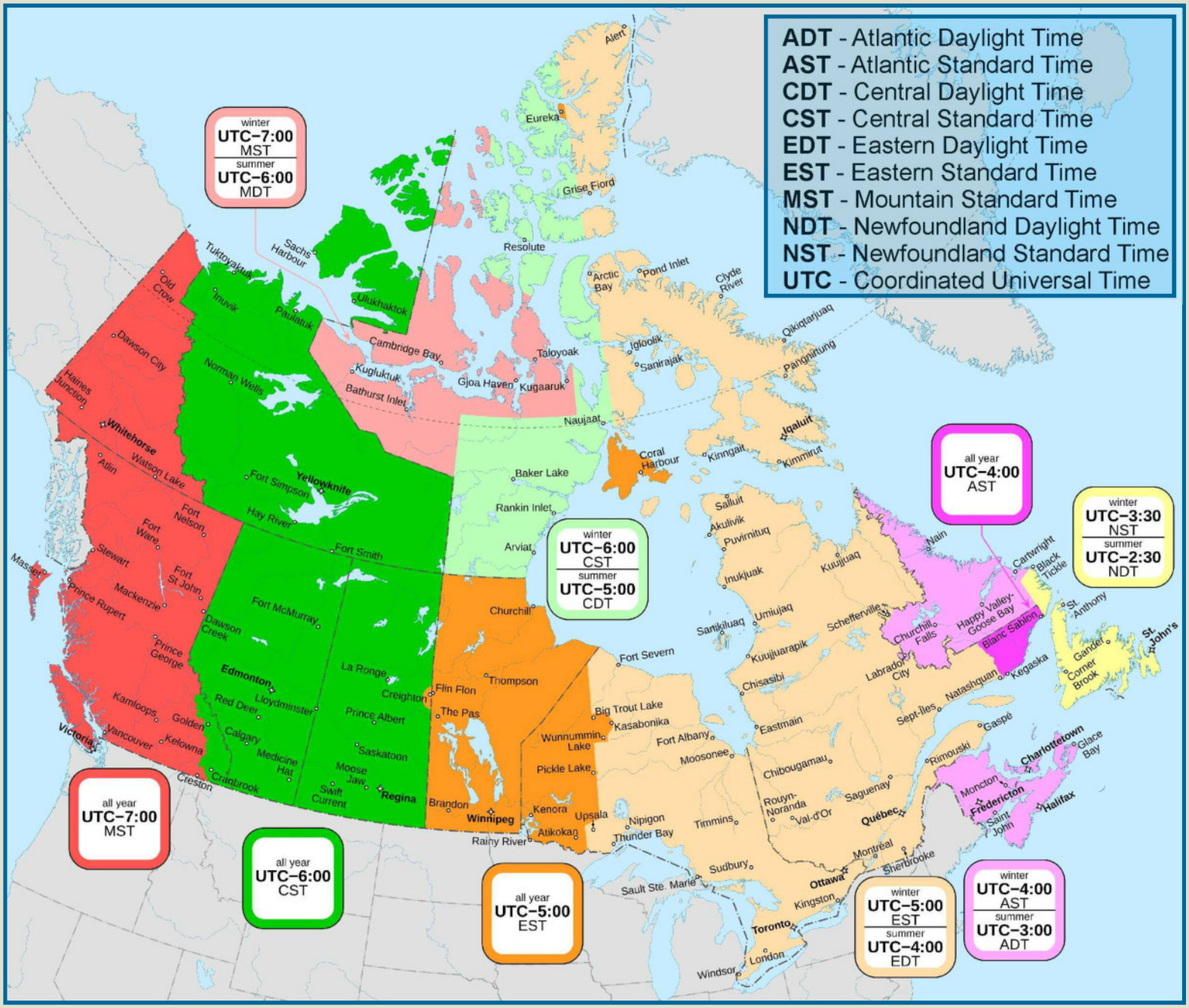
Four seasons recreation for the adventurous in tranquillity of nature!

Madawaska Trails Group
SLBM Trails
Web: www.slbmtrails.org
E-mail: slbmtrails@gmail.com
Facebook: MT Group / SLBM Trails

50~kilometre Trail Network
Panoramic Views to Rave About

CANADA TIME ZONES AS OF NOVEMBER 1, 2026

Canada's clock changes are getting complicated as B.C., Alberta, Manitoba and western Ontario move to permanent daylight saving time. The result is a country increasingly out of sync, with different rules depending on where you live. And while more governments are ready to call time on the twice-yearly switch, Canadians remain divided over which time should stay.



Who is Changing Clocks (Falling Back on Nov. 1)

- **Provinces:** Most of Ontario, Quebec, New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland and Labrador.
- **Territories:** Most of Nunavut (except Southampton Island, which stays on Eastern Standard Time year-round).

Who is NOT Changing Clocks (No Fall Back)

- **Provinces & Territories staying on permanent DST:** British Columbia (except East Kootenay), Alberta, Manitoba, Northwest Territories, and northwestern Ontario (west of the 90th meridian, including Kenora).
- **Provinces staying on permanent Standard Time:** Saskatchewan and Yukon.

MT Group / SLBM Trails — 29 October 2026