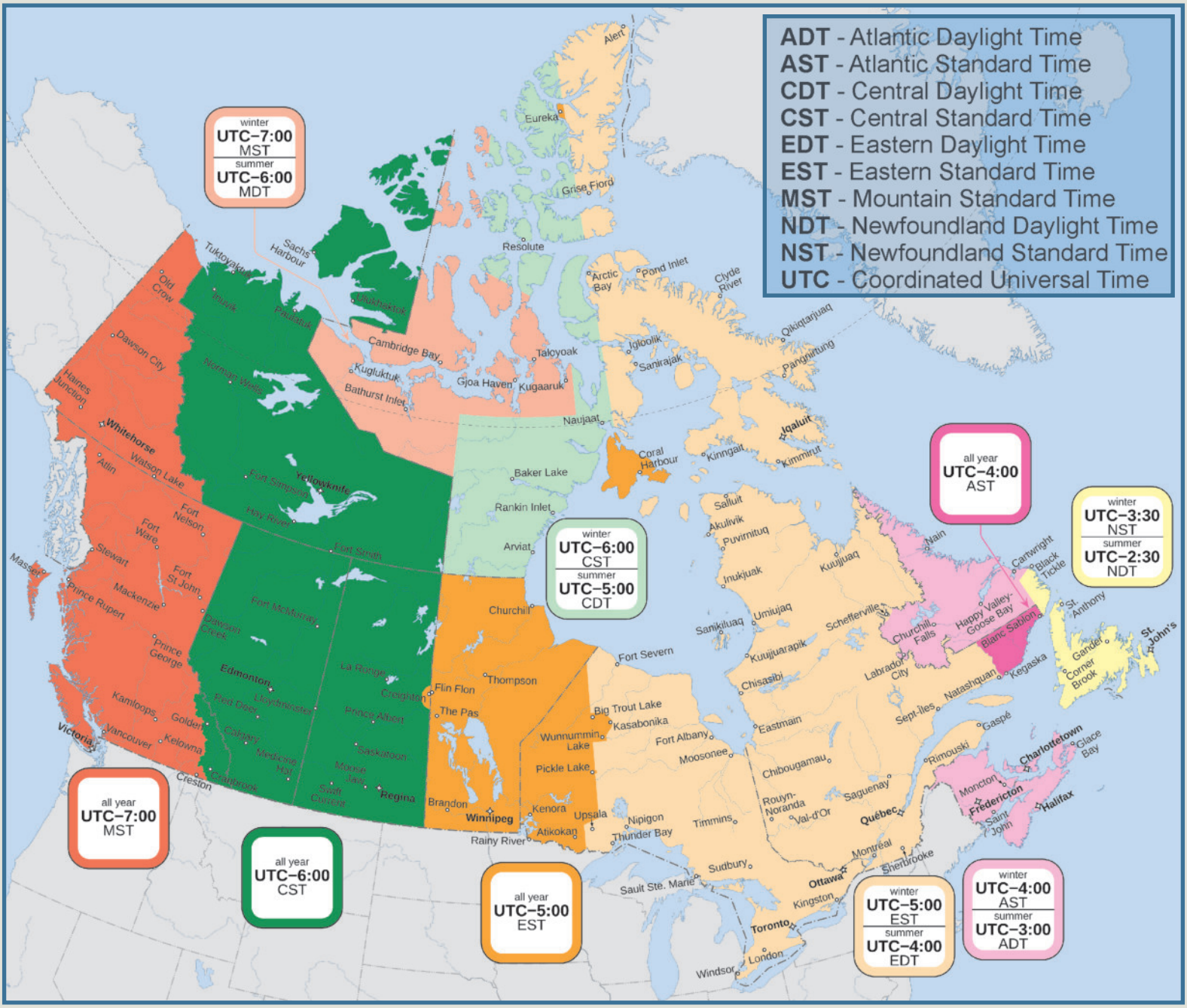
CANADA TIME ZONES AS OF NOVEMBER 1, 2026

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