

Canada

Winter Time Zones

- first Sunday in November to
second Sunday in March.

— legislated time zone boundary

○ observed time zone

**Coordinated
Universal Time**
(modern Greenwich
reference time)

UTC



NST
Newfoundland
Standard Time
(UTC - 3h30)



PST



**Pacific
Standard
Time**
(UTC - 8h)

MST



**Mountain
Standard
Time**
(UTC - 7h)

CST



**Central
Standard
Time**
(UTC - 6h)

EST



**Eastern
Standard
Time**
(UTC - 5h)

AST



**Atlantic
Standard
Time**
(UTC - 4h)