

Canada

Summer Time Zones

- first Sunday in April to
last Sunday in October.

legislated time zone boundary

observed time zone

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

UTC



NDT
Newfoundland
Daylight Time
(UTC - 2h30)



EDT



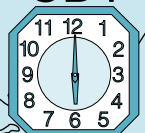
**Eastern
Daylight
Time**
(UTC - 4h)

ADT



**Atlantic
Daylight
Time**
(UTC - 3h)

CDT



**Central
Daylight
Time**
(UTC - 5h)

MDT



**Mountain
Daylight
Time***
(UTC - 6h)

* UTC - 6h
is also termed
"Central
Standard Time"
year-round in
Saskatchewan

PDT



**Pacific
Daylight
Time**
(UTC - 7h)