


# Canada

## Summer Time Zones

- second Sunday in March to first Sunday in November.

legislated time zone boundary  
observed time zone


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



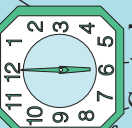
**NDT**  
Newfoundland Daylight Time (UTC - 2h30)



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




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



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



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



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

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

