



Canada Clock Changes, Nov. 1, 2026

Who turns clocks back and who stays put

DATE	WHAT HAPPENS	DONE
British Columbia	No change. Pacific time stays at UTC-7 all year	☐
Yukon	No change. UTC-7 all year since 2020	☐
Alberta	No change. Alberta Time, UTC-6 all year	☐
Saskatchewan	No change. Central Standard Time, UTC-6 all year	☐
Northwest Territories	No change. NWT Time, UTC-6 all year	☐
Manitoba	No change. Stays on daylight time, UTC-5	☐
Northwestern Ontario	Reported: stays on daylight time. Check with your municipality	☐
Ontario (Eastern Time)	Back 1 hour at 2 a.m. Eastern Standard Time, UTC-5	☐
Quebec	Back 1 hour at 2 a.m. Eastern Standard Time, UTC-5	☐
NB, NS, PEI	Back 1 hour at 2 a.m. Atlantic Standard Time, UTC-4	☐
Newfoundland and Labrador	Back 1 hour. Newfoundland Standard Time, UTC-3:30	☐
Nunavut	Most of Nunavut goes back. Three zones, check locally	☐
Next change	Sunday, March 14, 2027: regions that still change go forward 1 hour	☐

My notes

Source: Governments of British Columbia, Alberta, Saskatchewan, Manitoba and the Northwest Territories; Canadian Press report for northwestern Ontario.