UTC vs GMT: London Time Offsets, 2026 to 2027

When London is UTC+0 and UTC+1, and the gap to Eastern Time

LONDON AND EASTERN TIME (ET), OCT. 2026 TO DEC. 2027

Periods

- [ ] Sun., Oct. 25, 2026 to Sun., Nov. 1, 2026: London GMT (UTC+0), 4 hours ahead of ET
- [ ] Sun., Nov. 1, 2026 to Sun., March 14, 2027: London GMT (UTC+0), 5 hours ahead of ET
- [ ] Sun., March 14, 2027 to Sun., March 28, 2027: London GMT (UTC+0), 4 hours ahead of ET
- [ ] Sun., March 28, 2027 to Sun., Oct. 31, 2027: London BST (UTC+1), 5 hours ahead of ET
- [ ] Sun., Oct. 31, 2027 to Sun., Nov. 7, 2027: London GMT (UTC+0), 4 hours ahead of ET
- [ ] Sun., Nov. 7, 2027 to Dec. 31, 2027: London GMT (UTC+0), 5 hours ahead of ET

CHECK YOUR OWN CLOCKS

Before Sunday, March 28, 2027

- [ ] Meetings with London set after March 14 and before March 28
- [ ] Calendar invites that name GMT or UTC
- [ ] Flight and train times shown in local time

Rules and limits

- GOV.UK: 2027 clocks go forward on 28 March and back on 31 October.
- Summer time is one hour in advance of Greenwich mean time (Summer Time Act 1972).
- NIST: UTC is based on International Atomic Time (TAI).
- NIST: leap seconds keep UT1 and UTC within 0.9 s.

My notes

Source: GOV.UK, When do the clocks change?; Summer Time Act 1972, section 1; National Institute of Standards and Technology. The Eastern Time gaps are computed by Fresh Calendars from the U.S. change dates of March 14 and Nov. 7, 2027.