

CANADA NATIONAL REFERENCE CHART

Provincial & Territorial Boundaries Overview

Province / Territory	Capital City	Type	Time Zone(s)
Alberta	Edmonton	PROVINCE	MST
British Columbia	Victoria	PROVINCE	PST / MST
Manitoba	Winnipeg	PROVINCE	CST
New Brunswick	Fredericton	PROVINCE	AST
Newfoundland and Labrador	St. John's	PROVINCE	NST / AST
Northwest Territories	Yellowknife	TERRITORY	MST
Nova Scotia	Halifax	PROVINCE	AST
Nunavut	Iqaluit	TERRITORY	EST / CST / MST
Ontario	Toronto	PROVINCE	EST / CST
Prince Edward Island	Charlottetown	PROVINCE	AST

Province / Territory	Capital City	Type	Time Zone(s)
Quebec	Quebec City	PROVINCE	EST / AST
Saskatchewan	Regina	PROVINCE	CST
Yukon	Whitehorse	TERRITORY	MST

Template Reference: CAN-MAP-001 | Data Source: Natural Resources Canada