

CANADA: PROVINCES & TERRITORIES NAVIGATION CHART

PROVINCE / TERRITORY	CAPITAL CITY	REGION	TIME ZONE
Alberta	Edmonton		Mountain
British Columbia	Victoria		Pacific
Manitoba	Winnipeg		Central
New Brunswick	Fredericton		Atlantic
Newfoundland and Labrador	St. John's		Newfoundland
Northwest Territories	Yellowknife		Mountain
Nova Scotia	Halifax		Atlantic
Nunavut	Iqaluit		Eastern/Central
Ontario	Toronto		Eastern/Central
Prince Edward Island	Charlottetown		Atlantic
Quebec	Quebec City		Eastern

PROVINCE / TERRITORY	CAPITAL CITY	REGION	TIME ZONE
Saskatchewan	Regina		Central
Yukon	Whitehorse		Mountain