ANTICOSTI ISLAND
Gulf of St Lawrence
ATLANTIC STANDARD TIME
NEWFOUNDLAND STANDARD TIME
EASTERN STANDARD TIME
ATLANTIC STANDARD TIME
NEW BRUNSWICK
PRINCE EDWARD ISLAND
NOVA SCOTIA
MAINE
CAPE BRETON ISLAND
CAPE BRETON HIGHLANDS NATIONAL PARK
PRINCE EDWARD ISLAND NATIONAL PARK
FUNDY NAT PARK
GASPÉSIE PROV PARK
BAIE-COMEAU - HAUTERIVE RESERVE
CHIC-CHOCS RESERVE
MATANE RIVER RESERVE
MATANE RESERVE
PETITE-CASCAPÉDIA RESERVE
PORT-DANIEL RESERVE
CAUSAPSCAL RESERVE
RIMOUSKI RESERVE
KEDGWICK GAME REFUGE
PLASTER ROCK - RENOUS GAME REFUGE
BANTALOR GAME REFUGE
CANAAN GAME REFUGE
BECAGUIMEC COVERED BRIDGE GAME REFUGE
CHIGNECTO GAME SANCTUARY
LEPREAU GAME REFUGE
UTOPIA GAME REFUGE
LIECOMB GAME SANCTUARY
Moisie
Baie-Ste-Claire
Port-Menier
Heath Pt
Lourdes
Port au Port
St George's
Cape St George
Fischell
NEWFOUNDL
South Branch
Codroy
St Andrew's
Burnt Island
Isle aux Morts
Channel-Port aux Basques
Ferry 96 m.
Clarke City
Sept-Iles
Port-Cartier
Rivière-Pentecôte
Îlets-Caribou
Godbout
Franquelin
Baie-Comeau
Hauterive
Matane
Baie-des-Sables
Sayabec
Amqui
St-Moïse
Ste-Angèle-de-Mérici
Mont-Joli
Pointe-au-Père
Rimouski
St-Marcellin
Bic
St-Fabien
Trois-Pistoles
St-Jean-de-Dieu
Lac-des-Aigles
St-Cyprien
Lejeune
Cabano
Notre-Dame-du-Lac
St-Jacques
Edmundston
Ste-Rose-du-Dégelé
St-Joseph-de-la-Rivière-Bleue
Green River
Madawaska
Caron Brook
Connors
Ft Kent
Van Buren
St Leonard
Grand Falls
Plaster Rock
Nictau
Arthurette
Perth
Eagle Lake
Caribou
Ft Fairfield
Presque Isle
Portage
Ashland
Mars Hill
Bridgewater
Smyrna Mills
Knowles Corner
Houlton
Island Falls
Patten
Sherman Mills
Haynesville
Millinocket
Medway
Macwahoc
Mattawamkeag
Lincoln
Springfield
Danforth
Kedgwick
St-Quentin
Marsoui
Anse-Pleureuse
Grande-Vallée
Cloridorme
L'Anse-à-Valleau
Rivière-au-Renard
Cap-des-Rosiers
Ste-Anne-des-Monts
Cap-Chat
Les Méchins
Murdochville
Fontenelle
Gaspé
Prével
Percé
Grande-Rivière
St-Edmond-de-Pabos
Chandler
Newport
Port-Daniel-Est
Paspébiac
New Carlisle
New Richmond
Maria
Bonaventure
Miscou Centre
Lamèque
Shippegan
Causapscal
Routhierville
Pointe-à-la-Garde
Nouvelle
Dalhousie
Jacquet River
New Mills
Matapedia
Robinsonville
Campbellton
Petit-Rocher
Riordon
Caraquet
Janeville
Tracadie
Brantville
Neguac
Bathurst
Ardville
Southeast Depot
Heath Steele Mines
Newcastle
Chatham
St Margarets
Baie-Ste-Anne
Kouchibouguac
Richibucto
Red Bank
Renous
Blackville
Rogersville
Buctouche
Harcourt
Doaktown
Boiestown
Juniper
Napadogan
Bristol
Hartland
Stanley
Taymouth
Newcastle Bridge
Woodstock
Meduntic
Millville
Keswick
Sheffield
Cromocto
Jemseg
Gagetown
Berwick
Longs Creek
Harvey Station
Fosterville
Thomaston Corner
McAdam
St Croix
Vanceboro
Topsfield
St Stephen
Milltown
Calais
Lawrence Station
Welsford
Westfield
Evandale
Lepreau
St George
St Andrews
Wilsons Beach
Campobello I
North Head
Wesley
Saint John
St Martins
Hampton
Norton
Hammondvale
Sussex
Apple River
Advocate Harbour
Scots Bay
Halls Harbour
Harbourville
Kentville
Aylesford
Middleton
Margaretsville
Annapolis Royal
Bridgetown
Albany Cross
Clementsport
South Milford
Victoria Beach
Digby
Rear
Tignish
Alberton
Portage
Tyne Valley
West Point
Summerside
Borden
Crapaud
Malpeque
Kensington
Cavendish
Hunter River
Stanhope
Mount Stewart
St Peters
Elmira
Souris
CHARLOTTETOWN
Georgetown
Montague
Wood Islands
East Murray Harbour
Malignant Cove
Shediac
Cocagne
Moncton
Hillsboro
Alma
Albert
Salisbury
Havelock
Petitcodiac
Elgin
Coles Island
Youngs Cove
Chipman
Forks
Port Elgin
Memramcook
Port Philip
Pugwash
Wallace
River John
Tatamagouche
Pictou
Caribou
Antigonish
Sutherland River
Stellarton
New Glasgow
Eureka
Earltown
Truro
Brookfield
Upper Musquodoboit
Stewiacke
Middle Musquodoboit
Shubenacadie
Enfield
Musquodoboit Harbour
Sheet Harbour
Ship Harbour
Mosers River
Sherbrooke
Melrose
Caledonia
Cross Roads Country Harbour
Larry's River
Bickerton West
Canso
Port Hawkesbury
Louisdale
Arichat
Grand River
Fourchu
Gabarouse
Louisbourg
Main-à-Dieu
Sydney
Sydney Forks
Big Pond
Grand Narrows
Boisdale
Baddeck
Whycocomagh
Port Hood
Mabou
Inverness
Margaree Forks
Margaree Harbour
Cheticamp
Pleasant Bay
Indian Brook
South Gut St Anns
North Sydney
New Waterford
Glace Bay
Ingonish Beach
Neil's Harbour
Cape North
Bay St Lawrence
Grand-Entrée
Magdalen Islands
Fatima
Havre-Aubert
Dartmouth
HALIFAX
Sambro
Peggy's Cove
Chester Basin
Mahone Bay
Lunenburg
Riverport
Aylesford
New Ross
Head of Bedford
St Margaret's Bay
Windsor
Wolfville
Hantsport
Walton
Kennetcook
Noel
Parrsboro
Brooklyn
Mount Uniacke
Lawrencetown
Musquodoboit Harbour
Cole Harbour
Eastern Shore
Tantallon
Hubbards
Chedabucto Bay
Canso
Port Mulgrave
Port Hastings
Port Hood
Craigmore
Kingsville
West Bay
Whycocomagh
Baddeck
Boisdale
Sydney Forks
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Murray Harbour
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Montague
Georgetown
Souris
Elmira
Mount Stewart
Tignish
Alberton
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West Point
Summerside
Borden
Crapaud
Malpeque
Kensington
Cavendish
Hunter River
Stanhope
St Peters
Mount Stewart
Cape Tormentine
Port Elgin
Memramcook
Port Philip
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