



Clock Changes in Toronto, Ontario, Canada

Time/General Weather ▾ Time Zone DST Changes Sun & Moon ▾

Next change:

MAR
8

1 hour Forward
Mar 8, 2026, 2:00 am



Mar 8
Forward 1 hour

Start DST: Sunday, March 8, 2026 — 1 hour forward

End DST: Sunday, November 1, 2026 — 1 hour backward



Mar 8, 2026 - Daylight Saving Time Starts

When local standard time is about to reach

Sunday, March 8, 2026, 2:00:00 am clocks are turned **forward** 1 hour to
Sunday, March 8, 2026, 3:00:00 am local daylight time instead.

Sunrise and sunset will be about 1 hour later on Mar 8, 2026 than the day before. There will be more light in the evening and less light in the morning.

Also called Spring Forward, Summer Time, and Daylight Savings Time.



Nov 1

Back 1 hour

Nov 1, 2026 - Daylight Saving Time Ends

When local daylight time is about to reach

Sunday, November 1, 2026, 2:00:00 am clocks are turned **backward** 1 hour to
Sunday, November 1, 2026, 1:00:00 am local standard time instead.

Sunrise and sunset will be about 1 hour earlier on Nov 1, 2026 than the day before. There will be more light in the morning and less light in the evening.

Also called Fall Back and Winter Time.

Other years: [2023](#) | [2024](#) | [2025](#) | [2026](#) | [2027](#) | [2028](#) | [2029](#)

Daylight Saving Time in Other Years

DST changes do not necessarily occur on the same date every year.

Show DST from:

Year	DST Start (Clock Forward)	DST End (Clock Backward)
2025	Sunday, March 9, 2:00 am	Sunday, November 2, 2:00 am
2026	Sunday, March 8, 2:00 am	Sunday, November 1, 2:00 am

All times are local for Toronto. Current year is highlighted.

Daylight Saving Time Info

- About Daylight Saving Time
- DST in year 2026
- Upcoming time changes
- History of Daylight Saving Time
- Daylight Saving Time spelling