



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