



**Intermodal Service
TORONTO, ON**

WESTERN & EASTERN CANADA

Destination(s)	Transit Times	Pick up Day					D E L I V E R Y D A Y
		Monday	Tuesday	Wednesday	Thursday	Friday	
Winnipeg MB	4 Days	Friday	Monday	Monday	Tuesday	Wednesday	
Regina SK	6 Days	Monday	Monday	Monday	Tuesday	Wednesday	
Saskatoon SK	6 Days	Monday	Monday	Monday	Tuesday	Wednesday	
Calgary AB	6 Days	Monday	Monday	Tuesday	Wednesday	Thursday	
Edmonton AB	6 Days	Monday	Tuesday	Wednesday	Thursday	Friday	
Vancouver	7 Days	Tuesday	Tuesday	Wednesday	Thursday	Friday	
Moncton, NB	3-4 Days	Thurs/Fri	Fri/Mon	Mon/Tues	Tues/Wed	Wed/Thurs	
Fredericton, NB	3-4 Days	Thurs/Fri	Fri/Mon	Mon/Tues	Tues/Wed	Wed/Thurs	
Halifax, NS	3-4 days	Thurs/Fri	Fri/Mon	Mon/Tues	Tues/Wed	Wed/Thurs	
St.John's, NL	7-8 Days	Mon/Tues	Tues/Wed	Wed/Thurs	Thurs/Fri	Thurs/Fri	
GrandFalls, NL	7-8 Days	Mon/Tues	Tues/Wed	Wed/Thurs	Thurs/Fri	Thurs/Fri	

- * Transit times shown are calendar days and do NOT include day of pickup.
- * Rural pickups or deliveries add 1-2 additional transit days
- * Appointment Deliveries add 1 day



**Road Service
TORONTO, ON**

WESTERN/EASTERN CANADA & ON/QC

Destination(s)	Transit Times	Pick up Day				
		Monday	Tuesday	Wednesday	Thursday	Friday
Winnipeg MB	2 Days	Wednesday	Thursday	Friday	Monday	Monday
Regina SK	3 Days	Thursday	Friday	Monday	Monday	Monday
Saskatoon SK	3 Days	Thursday	Friday	Monday	Monday	Monday
Calgary AB	3 Days	Thursday	Friday	Monday	Monday	Monday
Edmonton AB	3 Days	Thursday	Friday	Monday	Monday	Monday
Vancouver	3 Days	Thursday	Friday	Monday	Monday	Monday
Moncton, NB	2-3 Days	Wed/Thurs	Thurs/Fri	Fri/Mon	Mon/Tues	Tues/Wed
Fredericton, NB	2-3 Days	Wed/Thurs	Thurs/Fri	Fri/Mon	Mon/Tues	Tues/Wed
Halifax, NS	2-3 Days	Wed/Thurs	Thurs/Fri	Fri/Mon	Mon/Tues	Tues/Wed
St.John's, NL	6-8 Days	Monday	Tuesday	Wednesday	Thursday	Friday
GrandFalls, NL	6-8 Days	Monday	Tuesday	Wednesday	Thursday	Friday
Montreal, QC	1-2 Days	Tues/Wed	Wed/Thurs	Thurs/Fri	Frid/Mon	Mon/Tues
Quebec City, QC	1-2 Days	Tues/Wed	Wed/Thurs	Thurs/Fri	Frid/Mon	Mon/Tues
GTA	1-2 Days	Tues/Wed	Wed/Thurs	Thurs/Fri	Frid/Mon	Mon/Tues

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- *Transit times shown are calendar days and do NOT include day of pickup.
- *Rural pickups or deliveries add 1-2 additional transit days
- *Appointment Deliveries add 1 day