



Service Schedule to Western Canada

Departing Toronto, ON to the following Destinations

Destination		Monday	Tuesday	Wednesday	Thursday	Friday
Winnipeg	MB	Wednesday	Thursday	Friday	Monday	Monday
Regina	SK	Thursday	Friday	Monday	Monday	Monday
Saskatoon	SK	Thursday	Friday	Monday	Monday	Monday
Calgary	AB	Thursday	Friday	Monday	Monday	Monday
Edmonton	AB	Thursday	Friday	Monday	Monday	Monday
Kamloops	BC	Friday	Monday	Tuesday	Tuesday	Tuesday
Kelowna	BC	Friday	Monday	Tuesday	Tuesday	Tuesday
Naniamo	BC	Friday	Monday	Tuesday	Tuesday	Tuesday
Vancouver	BC	Thursday	Friday	Monday	Monday	Monday
Victoria	BC	Friday	Monday	Tuesday	Tuesday	Tuesday

The first row is the pick-up day in Toronto, the days in the columns directly below them are the delivery days

Service Schedule to Atlantic Canada

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Destination		Monday	Tuesday	Wednesday	Thursday	Friday
Fredericton	NB	Monday	Tuesday	Tuesday	Tuesday	Monday
Moncton	NB	Monday	Tuesday	Tuesday	Tuesday	Monday
Saint John	NB	Monday	Tuesday	Tuesday	Tuesday	Monday
Charlottetown	PEI	Wednesday	Thursday	Thursday	Thursday	Wednesday
Dartmouth	NS	Monday	Wednesday	Wednesday	Wednesday	Monday
Halifax	NS	Monday	Wednesday	Wednesday	Wednesday	Monday
Corner Brook	NF	Wednesday	Thursday	Thursday	Thursday	Wednesday
St. John's	NF	Wednesday	Thursday	Thursday	Thursday	Wednesday

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Service Schedule to Western Canada

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Destination		Monday	Tuesday	Wednesday	Thursday	Friday
Winnipeg	MB	Friday	Friday	Monday	Monday	Wednesday
Regina	SK	Monday	Monday	Monday	Monday	Thursday
Saskatoon	SK	Monday	Monday	Monday	Monday	Thursday
Calgary	AB	Friday	Monday	Monday	Monday	Friday
Edmonton	AB	Friday	Monday	Monday	Monday	Friday
Kamloops	BC	Monday	Tuesday	Tuesday	Tuesday	Friday
Kelowna	BC	Monday	Tuesday	Tuesday	Tuesday	Friday
Naniamo	BC	Monday	Tuesday	Tuesday	Tuesday	Friday
Vancouver	BC	Friday	Monday	Monday	Monday	Friday
Victoria	BC	Monday	Tuesday	Tuesday	Tuesday	Friday

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Halifax	NS	Friday	Tuesday	Tuesday	Tuesday	Friday
CornerBrook	NF	Tuesday	Wednesday	Wednesday	Wednesday	Tuesday
St. John's	NF	Tuesday	Wednesday	Wednesday	Wednesday	Tuesday

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REMCO FORWARDING LIMITED

REVISED DATE: Nov 10 2009

WESTERN CANADA POINTS LIST

ZONE	CITY	PROV
BC2	ABBOTSFORD	BC
BC2	ABERDEEN	BC
BC2	ALBION	BC
BC2	ALDERGROVE	BC
BC1	ANNACIS ISLAND	BC
BC2	BLEARBROOK	BC
BC2	BOUNDARY BAY	BC
BC2	BRADNER	BC
BC3	BRENTWOOD BAY	BC
BC1	BUNTZEN LAKE	BC
BC1	BURNABY	BC
BC1	BURQUITLAM	BC
BC2	CHILLIWACK	BC
BC2	CLAYBURN	BC
BC2	CLOVERDALE	BC
BC3	COLWOOD	BC
BC1	COQUITLAM	BC
BC3	CORDOVA BAY	BC
BC2	CRESCENT BEACH	BC
BC3	CTLR SAANICH	BC
BC2	CULTUS LAKE	BC
BC1	CYPRESS PARK	BC
BC1	DEEP COVE	BC
BC2	DELTA	BC
BC3	ESQUIMALT	BC
BC2	FORT LANGLEY	BC
BC2	HAMMOND	BC
BC2	HANEY	BC
BC2	HORSESHOE BAY	BC
BC2	HUNTINGTON	BC
BC2	IOCO	BC
BC4	KAMLOOPS	BC
BC4	KELOWNA	BC
BC2	LADNER	BC
BC3	LANGFORD	BC
BC2	LANGLEY	BC
BC2	LIONS BAY	BC
BC1	LULU ISLAND	BC
BC1	MAILLADVILLE	BC
BC2	MAPLE RIDGE	BC
BC2	MATSQUI	BC
BC2	MISSION	BC
BC3	NANAIMO	BC
BC1	NEW WESTMINSTER	BC
BC1	NEWTON	BC
BC1	NORTH VANCOUVER	BC

ZONE	CITY	PROV
BC3	OAKBAY	BC
BC2	OCEAN PARK	BC
BC2	PITT MEADOWS	BC
BC1	PORT COQUITLAM	BC
BC2	PORT HAMMOND	BC
BC1	PORT KELLS	BC
BC1	PORT MOODY	BC
BC5	PRINCE GEORGE	BC
BC1	QUEENSBROUGH	BC
BC1	RICHMOND	BC
BC1	RIVERVIEW	BC
BC2	RUSKIN	BC
BC3	SAANICH	BC
BC1	SAPPERTON	BC
BC2	SARDIS	BC
BC1	SEA ISLAND	BC
BC2	SILVERDALE	BC
BC1	STEVENSON	BC
BC1	SURREY	BC
BC2	TILBURY ISLAND	BC
BC2	TSAWWASSEN	BC
BC1	UBC	BC
BC1	VANCOUVER	BC
BC2	VEDDER CROSSING	BC
BC3	VICTORIA	BC
BC1	WEST VANCOUVER	BC
BC1	WHALLEY	BC
BC2	WHITE ROCK	BC
BC2	WHONNOCK	BC
BC2	YARROW	BC

ZONE	CITY	PROV
A1	CALGARY	AB
A2	EDMONTON	AB
A3	LETHBRIDGE	AB
A3	MEDICINE HAT	AB
A3	RED DEER	AB
A2	SHERWOOD PARK	AB
A4	BANFF	AB
A5	ROCKY VIEW	AB

ZONE	CITY	PROV
S1	REGINA	SK
S1	SASKATOON	SK

ZONE	CITY	PROV
M2	BRANDON	MB
M1	WINNIPEG	MB