



GTA Zones: O1, O2, O3

ZONE	DESTINATION	PRV	SHIP FROM		Delivery Frequency
			GTA	GMA	
O4	ACTON	ON	1	1	DAILY
O2	AJAX	ON	1	1	DAILY
O7	AMHERSTBURG	ON	1	2	DAILY
O4	ANCASTER	ON	1	1	DAILY
O4	ARISS	ON	1	1	DAILY
O5	ARTHUR	ON	1	1	DAILY
O2	AURORA	ON	1	1	DAILY
O7	AYLMER	ON	1	2	DAILY
O7	AYR	ON	1	1	DAILY
O4	BARRIE	ON	1	1	DAILY
O5	BELLEVILLE	ON	1	1	DAILY
O4	BOLTON	ON	1	1	DAILY
O4	BOWMANVILLE	ON	1	1	DAILY
O7	BRACEBRIDGE	ON	2	2	DAILY
O4	BRADFORD	ON	1	1	DAILY
O1	BRAMPTON	ON	1	1	DAILY
O4	BRANTFORD	ON	1	1	DAILY
O7	BROCKVILLE	ON	1	1	DAILY
O3	BURLINGTON	ON	1	1	DAILY
O1	CALEDON	ON	1	1	DAILY
O4	CAMBRIDGE	ON	1	1	DAILY
O6	CHATHAM	ON	2	2	M, W, F
O7	COBOURG	ON	1	1	DAILY
O7	COLLINGWOOD	ON	2	2	DAILY
O1	CONCORD	ON	1	1	DAILY
O4	COOKSTOWN	ON	1	1	DAILY
O7	CORNWALL	ON	2	2	DAILY
O1	DOWNSVIEW	ON	1	1	DAILY
O4	DUNDAS	ON	1	1	DAILY
O6	ELMIRA	ON	1	1	DAILY
O1	ETOBICOKE	ON	1	1	DAILY
O7	EXETER	ON	2	2	M, W, F
O7	FENELON FALLS	ON	1	1	DAILY
O5	FERGUS	ON	1	1	DAILY
O7	FORT ERIE	ON	1	1	DAILY
O4	GEORGETOWN	ON	1	1	DAILY
Q6	GLOUCESTER	ON	1	1	DAILY
O7	GODERICH	ON	1	1	DAILY
O4	GRIMSBY	ON	1	1	DAILY
O4	GUELPH	ON	1	1	DAILY
O1	HALTON HILLS	ON	1	1	DAILY
O3	HAMILTON	ON	1	1	DAILY
Q6	HAWKESBURY	ON	1	1	DAILY
O7	HANOVER	ON	1	1	DAILY
O8	HUNTSVILLE	ON	2	2	DAILY
O5	INGERSOLL	ON	1	1	DAILY
Q6	KANATA	ON	1	1	DAILY
O6	KINGSTON	ON	1	1	DAILY
O4	KITCHENER	ON	1	1	DAILY
O7	LEAMINGTON	ON	2	2	M, W, F
O5	LINDSAY	ON	1	1	DAILY
O7	LISTOWEL	ON	2	2	DAILY
O5	LONDON	ON	1	2	DAILY
O2	MAPLE	ON	1	1	DAILY
O7	MARKDALE	ON	2	2	DAILY
O1	MARKHAM	ON	1	1	DAILY
O7	MIDLAND	ON	2	2	DAILY
O1	MILTON	ON	1	1	DAILY
O1	MISSISSAUGA	ON	1	1	DAILY
O5	MOUNT BRYDGES	ON	1	2	DAILY
O6	NAPANEE	ON	1	1	DAILY

ZONE	DESTINATION	PRV	SHIP FROM		Delivery Frequency
			GTA	GMA	
Q6	NEPEAN	ON	1	1	DAILY
O5	NEWCASTLE	ON	1	1	DAILY
O3	NEWMARKET	ON	1	1	DAILY
O4	NIAGARA FALLS	ON	1	1	DAILY
O5	NIAGARA ON THE LAKE	ON	1	1	DAILY
O8	NORTH BAY	ON	2	2	DAILY
O1	NORTH YORK	ON	1	1	DAILY
O3	NORVAL	ON	1	1	DAILY
O3	OAKVILLE	ON	1	1	DAILY
O5	ORANGEVILLE	ON	1	1	DAILY
O7	ORILLIA	ON	2	2	DAILY
Q6	ORLEANS	ON	1	1	DAILY
O3	OSHAWA	ON	1	1	DAILY
Q6	OTTAWA	ON	1	1	DAILY
O7	OWEN SOUND	ON	2	2	DAILY
O5	PARIS	ON	1	1	DAILY
O5	PETERBOROUGH	ON	1	1	DAILY
O2	PICKERING	ON	1	1	DAILY
O7	PORT CARLING	ON	2	2	DAILY
O6	PORT COLBORNE	ON	1	1	DAILY
O7	PORT ELGIN	ON	2	2	DAILY
O1	REXDALE	ON	1	1	DAILY
O1	RICHMOND HILL	ON	1	1	DAILY
O4	ROCKTON	ON	1	1	DAILY
O7	ROCKWOOD	ON	1	1	DAILY
O4	ST.CATHERINES	ON	1	1	DAILY
O5	ST. JACOB'S	ON	1	1	DAILY
O6	ST. MARY'S	ON	1	1	DAILY
O6	ST. THOMAS	ON	2	2	M, W, F
O6	SARNIA	ON	1	2	DAILY
O9	SAULT STE MARIE	ON	2	2	DAILY
O1	SCARBOROUGH	ON	1	1	DAILY
O3	SIMCOE	ON	1	1	DAILY
O5	STONE CREEK	ON	1	1	DAILY
O5	STOUFFVILLE	ON	1	1	DAILY
O6	STRATFORD	ON	1	1	DAILY
O5	STRATHROY	ON	1	2	DAILY
O8	SUDBURY	ON	2	2	DAILY
O1	THORNHILL	ON	1	1	DAILY
O4	THOROLD	ON	1	1	DAILY
O9	THUNDER BAY	ON	2	2	DAILY
O6	TILLSONBURG	ON	2	2	M, W, F
O9	TIMMINS	ON	2	2	DAILY
O1	TORONTO	ON	1	1	DAILY
O5	TRENTON	ON	1	1	DAILY
O1	UNIONVILLE	ON	1	1	DAILY
Q6	UPLANDS	ON	1	1	DAILY
O3	UXBRIDGE	ON	1	1	DAILY
Q6	VANIER	ON	1	1	DAILY
O1	VAUGHAN	ON	1	1	DAILY
O4	VINELAND	ON	1	1	DAILY
O7	WALLACEBURG	ON	2	2	M, W, F
O4	WATERLOO	ON	1	1	DAILY
O4	WELLAND	ON	1	1	DAILY
O1	WESTHILL	ON	1	1	DAILY
O3	WHITBY	ON	1	1	DAILY
O1	WILLOWDALE	ON	1	1	DAILY
O6	WINDSOR	ON	2	2	M, W, F
O4	WINONA	ON	1	1	DAILY
O1	WOODBIDGE	ON	1	1	DAILY
O5	WOODSTOCK	ON	1	2	DAILY



GMA Zones: Q1, Q2, Q3

ZONE	DESTINATION	PRV	SHIP FROM		Delivery Frequency
			GTA	GMA	
Q9	ALMA	QC	2	2	DAILY
Q9	AMOS	QC	2	2	DAILY
Q1	ANJOU	QC	1	1	DAILY
Q9	BAIE COMEAU	QC	2	2	DAILY
Q9	BAIE ST-PAUL	QC	2	2	DAILY
Q3	BAIE D'URFE	QC	1	1	DAILY
Q2	BEACONSFIELD	QC	1	1	DAILY
Q9	BEAUHARNOIS	QC	2	2	DAILY
Q7	BEAUPORT	QC	1	1	DAILY
Q4	BELOEIL	QC	1	1	DAILY
Q4	BLAINVILLE	QC	1	1	DAILY
Q4	BOIS DES FILIONS	QC	1	1	DAILY
Q3	BOISBRIAND	QC	1	1	DAILY
Q9	BOISCHATTEL	QC	2	2	DAILY
Q2	BOUCHERVILLE	QC	1	1	DAILY
Q5	BROMONT	QC	1	1	DAILY
Q2	BROSSARD	QC	1	1	DAILY
Q3	CANDIAC	QC	1	1	DAILY
Q5	CAP-DE-LA-MADELEINE	QC	3	3	T, TH
Q4	CHAMBLY	QC	1	1	DAILY
Q7	CHARLESBOURG	QC	1	1	DAILY
Q7	CHARNY	QC	1	1	DAILY
Q3	CHATEAUGUAY	QC	1	1	DAILY
Q9	CHENEVILLE	QC	2	2	DAILY
Q9	CHIBOUGAMAU	QC	2	2	DAILY
Q9	CHICOUTIMI	QC	2	2	DAILY
Q2	CHOMEDEY	QC	1	1	DAILY
Q9	COTEAU DU LAC	QC	2	2	DAILY
Q9	DEGLIS	QC	2	2	DAILY
Q3	DELSON	QC	1	1	DAILY
Q9	DOLBEAU MISTASSINI	QC	2	2	DAILY
Q1	DOLLARD DES ORMEAUX	QC	1	1	DAILY
Q4	DORION	QC	1	1	DAILY
Q1	DORVAL	QC	1	1	DAILY
Q5	DRUMMONDVILLE	QC	1	1	DAILY
Q2	DUVERNAY	QC	1	1	DAILY
Q3	FABREVILLE	QC	1	1	DAILY
Q6	GATINEAU	QC	1	1	DAILY
Q9	GRACEFIELD	QC	2	2	DAILY
Q5	GRANBY	QC	1	1	DAILY
Q9	GRAND - MERE	QC	2	2	DAILY
Q2	GREENFIELD PARK	QC	1	1	DAILY
Q4	HUDSON	QC	1	1	DAILY
Q6	HULL	QC	1	1	DAILY
Q9	HUNGTINGDON	QC	2	2	DAILY
Q4	IBERVILLE	QC	1	1	DAILY
Q4	ILE PERROT	QC	1	1	DAILY
Q2	ISLE des SOEURS	QC	1	1	DAILY
Q9	JOLIETTE	QC	2	2	DAILY
Q9	JONQUIERE	QC	2	2	DAILY
Q9	KINGSEY FALL	QC	2	2	DAILY
Q2	KIRKLAND	QC	1	1	DAILY
Q9	LA POCATIÈRE	QC	2	2	DAILY
Q3	LA PRAIRIE	QC	1	1	DAILY
Q9	LAC BEAUPORT	QC	2	2	DAILY
Q3	LACHENAIE	QC	1	1	DAILY
Q1	LACHINE	QC	1	1	DAILY
Q9	LACHUTE	QC	2	2	DAILY
Q9	LACOLLE	QC	2	2	DAILY
Q9	LAMBTON	QC	2	2	DAILY

ZONE	DESTINATION	PRV	SHIP FROM		Delivery Frequency
			GTA	GMA	
Q7	L'ANCIENNE-LORETTE	QC	1	1	DAILY
Q9	L'ANGE GARDIEN	QC	2	2	DAILY
Q1	LASALLE	QC	1	1	DAILY
Q9	LASARRE	QC	2	2	DAILY
Q9	LATERRIERE	QC	2	2	DAILY
Q9	LAURIER STATION	QC	2	2	DAILY
Q2	LAVAL	QC	1	1	DAILY
Q9	L'EPIPHANIE	QC	2	2	DAILY
Q9	LES CEDRES	QC	2	2	DAILY
Q7	LEVIS	QC	1	1	DAILY
Q2	LONGUEUIL	QC	1	1	DAILY
Q4	LORRAINE	QC	1	1	DAILY
Q9	LOUISEVILLE	QC	2	2	DAILY
Q5	MAGOG	QC	1	1	DAILY
Q9	MANIWAKI	QC	2	2	DAILY
Q9	MARIEVILLE	QC	2	2	DAILY
Q9	MARINA	QC	2	2	DAILY
Q4	MASCOUCHE	QC	1	1	DAILY
Q3	MERCIER	QC	1	1	DAILY
Q4	MIRABEL	QC	1	1	DAILY
Q9	MONT LAURIER	QC	2	2	DAILY
Q9	MONT-JOLI	QC	2	2	DAILY
Q9	MONTMAGNY	QC	2	2	DAILY
Q1	MONTREAL	QC	1	1	DAILY
Q9	MONT-TREMBLANT	QC	2	2	DAILY
Q9	NAPIERVILLE	QC	2	2	DAILY
Q7	NEUFCHATEL	QC	1	1	DAILY
Q9	NEW RICHMOND	QC	2	2	DAILY
Q9	NOTRE DAMES DES PAIN	QC	2	2	DAILY
Q1	OUTREMOUNT	QC	1	1	DAILY
Q9	PETITE RIVIERE ST-FRANCOIS	QC	2	2	DAILY
Q9	PIEDMONT	QC	2	2	DAILY
Q2	PIERREFONDS	QC	1	1	DAILY
Q3	PINCOURT	QC	1	1	DAILY
Q1	POINTE CLAIRE	QC	1	1	DAILY
Q2	POINTE-AUX-TREMBLES	QC	1	1	DAILY
Q9	PONT - ROUGE	QC	2	2	DAILY
Q9	PREVOST	QC	2	2	DAILY
Q7	QUEBEC	QC	1	1	DAILY
Q9	RAWDON	QC	2	2	DAILY
Q3	REPENTIGNY	QC	1	1	DAILY
Q9	RIGAUD	QC	2	2	DAILY
Q9	RIMOUSKI	QC	2	2	DAILY
Q2	RIVIERE DES PRAIRIE	QC	1	1	DAILY
Q9	RIVIERE DU LOUP	QC	2	2	DAILY
Q9	RIVIERE ROUGE	QC	2	2	DAILY
Q9	ROBERVAL	QC	2	2	DAILY
Q5	ROCK FOREST	QC	1	1	DAILY
Q3	ROSEMERE	QC	1	1	DAILY
Q9	ROUYN NORANDA	QC	2	2	DAILY
Q9	SALLABERRY DE VALLEYFIELD	QC	2	2	DAILY
Q9	SEPT-ILES	QC	2	2	DAILY
Q9	SHANNON	QC	2	2	DAILY
Q5	SHERBROOKE	QC	1	1	DAILY
Q7	SILLERY	QC	1	1	DAILY
Q9	SOREL	QC	2	2	DAILY
Q9	SOREL - TRACY	QC	2	2	DAILY
Q9	ST - JEAN DE MATHA	QC	2	2	DAILY
Q4	ST. ANTOINE DES LAURENTIDES	QC	1	1	DAILY
Q3	ST. BRUNO	QC	1	1	DAILY



GMA Zones: Q1, Q2, Q3

ZONE	DESTINATION	PRV	SHIP FROM		Delivery Frequency
			GTA	GMA	
Q3	ST. CONSTANT	QC	1	1	DAILY
Q3	ST. EUSTACHE	QC	1	1	DAILY
Q3	ST. FRANCOIS	QC	1	1	DAILY
Q3	ST. HUBERT	QC	1	1	DAILY
Q5	ST. HYACINTHE	QC	3	3	T, TH
Q4	ST. JEAN SUR RICHELIEU	QC	1	1	DAILY
Q4	ST. JEROME	QC	1	1	DAILY
Q2	ST. LAMBERT	QC	1	1	DAILY
Q1	ST. LAURENT	QC	1	1	DAILY
Q4	ST. LAZARE	QC	1	1	DAILY
Q1	ST. LEONARD	QC	1	1	DAILY
Q1	ST. PIERRE	QC	1	1	DAILY
Q7	ST. ROMUALD	QC	1	1	DAILY
Q4	ST. SAUVEUR DE MONTS	QC	1	1	DAILY
Q3	ST. VINCENT DE PAUL	QC	1	1	DAILY
Q9	ST-ALEXIS DES MONT	QC	2	2	DAILY
Q9	ST-ANICET	QC	2	2	DAILY
Q9	ST-BASILE LE GRAND	QC	2	2	DAILY
Q9	ST CROIX	QC	2	2	DAILY
Q4	STE. ANNE DE BELLEVUE	QC	1	1	DAILY
Q2	STE. DOROTHEE	QC	1	1	DAILY
Q7	STE. FOY	QC	1	1	DAILY
Q3	STE. JULIE	QC	1	1	DAILY
Q5	STE. MARTHE SUR LE LAC	QC	1	1	DAILY
Q3	STE. ROSE	QC	1	1	DAILY
Q3	STE. THERESE DE BLAINVILLE	QC	1	1	DAILY
Q9	STE-ADELE	QC	2	2	DAILY
Q9	STE-AGATHE	QC	2	2	DAILY
Q9	STE-CATHERINE JACQUES CARTIER	QC	2	2	DAILY
Q9	STE-EMILIE DE L'ENERGIE	QC	2	2	DAILY

ZONE	DESTINATION	PRV	SHIP FROM		Delivery Frequency
			GTA	GMA	
Q9	STE-MARIE	QC	2	2	DAILY
Q9	ST-GABRIEL	QC	2	2	DAILY
Q9	ST-GEORGE	QC	2	2	DAILY
Q9	ST-HENRI DE LEVIS	QC	2	2	DAILY
Q9	ST-LIN DES LAURENTIDES	QC	2	2	DAILY
Q9	ST-MICHEL	QC	2	2	DAILY
Q9	ST-MICHEL DESAUMURES	QC	2	2	DAILY
Q9	ST-NICOLAS	QC	2	2	DAILY
Q9	STONEHAM / TWEKESBURY	QC	2	2	DAILY
Q9	ST-PAUL DE L'ILES AUX NOIX	QC	2	2	DAILY
Q9	ST-RAYMOND	QC	2	2	DAILY
Q9	ST-ROCH DE L'ACHIGAN	QC	2	2	DAILY
Q9	ST-THOMAS DE JOLIETTE	QC	2	2	DAILY
Q9	ST-TITE	QC	2	2	DAILY
Q4	TERREBONNE	QC	1	1	DAILY
Q9	THETFORD MINES	QC	2	2	DAILY
Q9	TIMISCOUATA	QC	2	2	DAILY
Q5	TROIS-RIVIERES	QC	1	1	DAILY
Q9	VAL D'OR	QC	2	2	DAILY
Q9	VAL MORIN	QC	2	2	DAILY
Q9	VALCARTIER	QC	2	2	DAILY
Q7	VANIER	QC	1	1	DAILY
Q3	VARENNES	QC	1	1	DAILY
Q4	VAUDREUIL	QC	1	1	DAILY
Q1	VERDUN	QC	1	1	DAILY
Q9	VICTORIAVILLE	QC	2	2	DAILY
Q3	VILLE DE STE-CATHERINES	QC	1	1	DAILY
Q3	VIMONT	QC	1	1	DAILY
Q1	WESTMOUNT	QC	1	1	DAILY

REMCO Eastern & Western Canada Service Points



ZONE	DESTINATION	PRV	SHIP FROM		Delivery Frequency
			GTA	GMA	
NB3	BATHURST	NB	4	5	DAILY
NB1	DIEPPE	NB	6	7	DAILY
NB3	EDMUNDSTON	NB	3	4	DAILY
NB2	FREDERICTON	NB	4	5	DAILY
NB3	MIRAMICHI	NB	4	5	DAILY
NB1	MONCTON	NB	4	5	DAILY
NB1	SAINT JOHN	NB	4	5	DAILY
PEI1	CHARLOTTETOWN	PEI	4	5	DAILY
PEI1	SUMMERSIDE	PEI	4	5	DAILY
NS1	DARTMOUTH	NS	4	5	DAILY
NS1	HALIFAX	NS	4	5	DAILY
NS3	MIDDLETON	NS	4	5	DAILY
NS6	SYDNEY	NS	4	5	DAILY
NS3	TRURO	NS	4	5	DAILY
NL1	LABRADOR CITY	NL	8	9	DAILY
NF1	CORNER BROOK	NL	8	9	DAILY
NF2	GRAND FALLS	NL	8	9	DAILY
NF6	ST. JOHN'S	NL	8	9	DAILY

ZONE	DESTINATION	PRV	SHIP FROM		Delivery Frequency
			GTA	GMA	
M2	BRANDON	MB	5	6	DAILY
M1	WINNIPEG	MB	5	6	DAILY
S1	REGINA	SK	8	9	DAILY
S1	SASKATOON	SK	8	9	DAILY
A1	CALGARY	AB	6	7	DAILY
A2	EDMONTON	AB	6	7	DAILY
A5	ROCKY VIEW	AB	6	7	DAILY
BC2	ABBOTSFORD	BC	7	8	DAILY
BC1	BURNABY	BC	7	8	DAILY
BC2	DELTA	BC	7	8	DAILY
BC4	KAMLOOPS	BC	7	8	DAILY
BC4	KELOWNA	BC	7	8	DAILY
BC2	LANGLEY	BC	7	8	DAILY
BC1	RICHMOND	BC	7	8	DAILY
BC1	SURREY	BC	7	8	DAILY
BC2	TSAWWASSEN	BC	7	8	DAILY
BC1	VANCOUVER	BC	7	8	DAILY
BC3	VICTORIA	BC	8	9	DAILY