



LTL PICKUP SCHEDULE - FRESH / FROZEN

BRAMPTON				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OTTAWA	MONTREAL	VANCOUVER	MONTREAL	MONTREAL
MONTREAL	QUEBEC CITY	EDMONTON	QUEBEC CITY	QUEBEC CITY
QUEBEC CITY	PEI	CALGARY	MONCTON	MONCTON
NEWFOUNDLAND	SAINT JOHN NB		HALIFAX	HALIFAX
WINNIPEG	MONTREAL		PEI	PEI
REGINA	QUEBEC CITY		SAINT JOHN NB	SAINT JOHN NB
SASKATOON	WINNIPEG		NEWFOUNDLAND	MONTREAL
EDMONTON	REGINA		EDMONTON	QUEBEC CITY
CALGARY	SASKATOON		CALGARY	NEWFOUNDLAND
VANCOUVER	EDMONTON		VANCOUVER	WINNIPEG
MONCTON	CALGARY			REGINA
HALIFAX	VANCOUVER			SASKATOON
PEI	MONCTON			EDMONTON
SAINT JOHN NB	HALIFAX			CALGARY
	PEI			VANCOUVER
	SAINT JOHN NB			

MONTREAL				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TORONTO	EDMONTON	EDMONTON	TORONTO	TORONTO
MONCTON	CALGARY	CALGARY	MONCTON	MONCTON
HALIFAX	VANCOUVER	VANCOUVER	HALIFAX	HALIFAX
PEI			PEI	PEI
SAINT JOHN NB			SAINT JOHN NB	SAINT JOHN NB
NEWFOUNDLAND			NEWFOUNDLAND	NEWFOUNDLAND
WINNIPEG			WINNIPEG	EDMONTON
REGINA			REGINA	CALGARY
SASKATOON			SASKATOON	VANCOUVER
EDMONTON			EDMONTON	
CALGARY			CALGARY	
VANCOUVER			VANCOUVER	

NOTE: TRUCKLOAD VOLUMES ARE SERVICED DAILY.

- FOR BEYOND POINTS ADD ONE EXTRA DAY.
- POSTED TRANSIT DOES NOT INCLUDE DAY OF PICKUP
- NL SCHEDULED SAILINGS CAN BE VIEWED AT <http://www.oceanex.com/tracking-shipping/schedules>
- 5 PM EST DOCK CUTOFF ON THE DAY PRIOR TO SAIL.
- WINTER TRANSIT SCHEDULES TO WESTERN CANADA (FROM OCTOBER TO APRIL) MAY REQUIRE ADDITIONAL TRANSIT.
- FOR REMOTE POINTS PLEASE CONTACT **M-O** CUSTOMER SERVICE customerservice@M-O.com FOR MORE INFORMATION.