

The I Love TV Plan Channel Guide

| STATION | CHANNEL | LANGUAGE | HD/SD |
|-------------------------|----------|---------------|-------|
| A&E | 31 & 284 | English | HD |
| ABC Detroit | 18 & 153 | English | HD |
| ABC Seattle (KOMO) | 155 | English | HD |
| Addik | 654 | French | HD |
| AMI-audio | 195 | English | SD |
| AMI-télé | 652 | French | SD |
| AMItv | 900 | English | SD |
| AMI TV W | 901 | English | SD |
| APTN | 70 & 295 | International | HD |
| APTN Languages | 73 | International | HD |
| Avis de Recherche (ADR) | 615 | French | SD |
| BNN Bloomberg | 57 & 186 | English | SD |
| bravo | 412 | English | HD |
| Canal D | 634* | French | SD |
| Canal M | 617 | French | SD |
| Canal Vie | 618* | French | SD |
| CASA | 655* | French | HD |
| CBC Calgary | 131 | English | HD |
| CBC Edmonton | 128 | English | HD |
| CBC Edmonton Français | 604 | French | HD |
| CBC Montreal | 125 | English | HD |
| CBC Ottawa | 124 | English | HD |

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| CBC Ottawa Français | 602 | French | HD |
| CBC Toronto | 6 & 127 | English | HD |
| CBC Vancouver | 132 | English | HD |
| CBC Vancouver Français | 606 | French | HD |
| CBC Windsor | 126 | English | HD |
| CBS Detroit | 16 & 145 | English | HD |
| CBS Seattle (KIRO) | 147 | English | HD |
| CHCH | 11 & 121 | English | HD |
| Citytv Calgary | 140 | English | HD |
| Citytv Edmonton | 134 | English | HD |
| Citytv Kamloops | 142 | English | SD |
| Citytv Montreal | 143 | English | HD |
| Citytv Toronto | 7 & 133 | English | HD |
| Citytv Vancouver | 135 | English | HD |
| CNN International | 33 & 183 | English | HD |
| Cottage Life | 277 | English | HD |
| CP24 | 24 & 192 | English | HD |
| CPAC English | 104 & 198 | English | SD |
| CPAC French | 614 | French | SD |
| CTV Calgary | 111 | English | HD |
| CTV Comedy Channel | 44 & 285 | English | HD |
| CTV Drama Channel | 40 & 272 | English | HD |

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| CTV Edmonton | 110 | English | HD |
| CTV Kingston | 107 | English | HD |
| CTV Kitchener/London | 109 | English | HD |
| CTV Life Channel | 36 & 259 | English | SD |
| CTV Montreal | 113 | English | HD |
| CTV Nature | 247 | English | SD |
| CTV News Channel | 62 & 188 | English | HD |
| CTV North Bay | 115 | English | SD |
| CTV Ottawa | 106 | English | HD |
| CTV Sci-Fi Channel | 50 & 281 | English | HD |
| CTV Sudbury | 114 | English | SD |
| CTV Toronto | 8 & 108 | English | HD |
| CTV Two Alberta | 139 | English | HD |
| CTV Two London | 123 | English | HD |
| CTV Two Ottawa | 137 | English | HD |
| CTV Two Toronto | 20 & 136 | English | HD |
| CTV Two Vancouver Island | 138 | English | HD |
| CTV Two Windsor | 122 | English | SD |
| CTV Vancouver | 112 | English | HD |
| CTV Wild | 251 | English | HD |
| Discovery Channel | 219 | English | HD |
| E! | 71 & 278 | English | HD |

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| Évasion | 653* | French | HD |
| Flavour Network | 56 & 258 | English | HD |
| Food Network | 254 | English | HD |
| Fox Rochester (WUHF) | 28 & 157 | English | HD |
| Fox Seattle (KCPQ) | 159 | English | HD |
| France 24 | 656* | French | SD |
| Global BC | 119 | English | HD |
| Global Calgary | 118 | English | HD |
| Global Durham | 129 | English | SD |
| Global Edmonton | 117 | English | HD |
| Global Okanagan | 120 | English | HD |
| Global Peterborough | 130 | English | SD |
| Global Toronto | 3 & 116 | English | HD |
| HGTV | 253 | English | HD |
| Historia | 630* | French | SD |
| Home Network | 46 & 257 | English | HD |
| ICI Radio-Canada Télé Montreal | 613 | French | HD |
| ICI RDI | 612 | French | HD |
| Investigation Discovery (ID) | 286 | English | HD |
| Joytv | 173 | English | SD |
| Knowledge Network | 211 | English | HD |
| KTLA Los Angeles | 344 | English | HD |

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| Le Canal Nouvelles TVA (LCN) | 624* | French | SD |
| Lifetime | 83 & 322 | English | HD |
| Magnolia Network | 89 & 261 | English | HD |
| MAX | 657 | French | HD |
| MétéoMédia | 636 | French | SD |
| MovieTime | 86 & 333 | English | HD |
| National Geographic Channel | 85 & 250 | English | HD |
| NBC Detroit | 17 & 149 | English | HD |
| NBC Seattle (KING) | 151 | English | HD |
| Noovo Montreal | 605 | French | SD |
| OMNI.1 | 4 & 169 | English | SD |
| OMNI.2 | 14 & 171 | English | SD |
| OMNI East | 715 | English | SD |
| Omni Pacific Feed | 717 | English | SD |
| Omni Prairie Feed | 716 | English | SD |
| One TV | 265 | English | SD |
| OUTtv | 269 | English | HD |
| Oxygen True Crime | 282 | English | SD |
| PBS Buffalo (WNED) | 61 & 161 | English | HD |
| PBS Seattle (KCTS) | 164 | English | HD |
| Prise 2 | 641* | French | SD |
| QUB | 639* | French | HD |

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| RDS | 413* | French | HD |
| RDS2 | 414* | French | HD |
| RDS Info | 607 | French | HD |
| Rewind | 332 | English | SD |
| Séries+ | 632 & 1011* | French | SD |
| Silver Screen Classics | 324 | English | SD |
| Sportsnet 360 | 411 | English | HD |
| Sportsnet East | 403 | English | HD |
| Sportsnet ONE | 394 | English | HD |
| Sportsnet Ontario | 402 | English | HD |
| Sportsnet Pacific | 405 | English | HD |
| Sportsnet West | 404 | English | HD |
| T+E | 267 | English | SD |
| Télé-Québec Montreal | 603 | French | SD |
| TÉLÉTOON | 625* | French | SD |
| TFO | 13 & 608 | French | HD |
| The Weather Network | 23 & 91 | English | HD |
| Treehouse | 65 & 221 | English | SD |
| TSN | 406 | English | HD |
| TSN2 | 407 | English | HD |
| TSN3 | 408 | English | HD |
| TSN4 | 409 | English | HD |

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| TSN5 | 410 | English | HD |
| TV5 | 103 & 650 | French | SD |
| TV5 W | 651 | French | SD |
| TVA Gatineau-Ottawa | 609 | French | HD |
| TVA Montreal | 101 & 610 | French | SD |
| TVA Sports | 415* | French | HD |
| TVA Sports 2 | 416* | French | HD |
| TVA W | 611 | French | SD |
| TVO | 2 & 141 | English | HD |
| USA Network | 42 & 244 | English | HD |
| W Network | 27 & 263 | English | HD |
| WGN Chicago (CW9) | 345 | English | HD |
| WPIX New York (CW11) | 342 | English | HD |
| WSBK Boston (TV38) | 343 | English | SD |
| YesTV | 9 & 238 | English | HD |
| Z | 628* | French | SD |
| Zeste | 659* | French | HD |

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