

The I Love TV Plan Channel Guide

STATION	CHANNEL	HD/SD
A&E	31 & 284	HD
ABC-East (Buffalo)	18 & 153	HD
ABC-West (Seattle)	155	HD
AMI Télé	652	SD
AMI TV	900	SD
AMI TV West	901	SD
Animal Planet	251	HD
APTN	70 & 295	HD
APTN West	296	SD
BNN Bloomberg	57 & 186	SD
CBC Calgary (CBRT)	131	HD
CBC Edmonton (CBXT)	128	HD
CBC Montreal (CBMT)	125	HD
CBC Ottawa (CBOT)	124	HD
CBC Toronto	6 & 127	HD
CBC Vancouver (CBUT-TV)	132	SD
CBC Windsor (CBET)	126	HD
CBS East (Boston)	16 & 145	HD
CBS West (Seattle-KIRO-TV)	147	HD
CHCH Hamilton	11 & 121	HD
CHNU INDEP	173	SD
CityTV Toronto	7 & 133	HD
City Calgary (CKAL)	140	HD
City Edmonton (CKEM)	134	HD

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City Kamloops (CFJC)	142	HD
City Vancouver (CKVU)	135	HD
CNN	33 & 183	HD
Cottage Life	277	SD
CP24	24 & 192	HD
CPAC (English)	104 & 198	SD
CPAC (French)	614	SD
CTV Comedy	44 & 285	HD
CTV Drama	40 & 272	HD
CTV Life	36 & 259	SD
CTV News Channel	62 & 188	HD
CTV Sci-Fi	50 & 281	HD
CTV TWO Alberta	139	HD
CTV TWO London (CFPL TV)	123	HD
CTV TWO Ottawa (CHRO)	137	HD
CTV TWO Toronto	20 & 136	HD
CTV TWO Victoria (CIVI)	138	HD
CTV TWO Windsor (CHWI)	122	HD
CTV-Calgary (CFCN)	111	HD
CTV-Edmonton (CFRN)	110	HD
CTV-Kingston (CKWS)	107	HD
CTV-Kitchener (CKCO)	109	HD
CTV-North Bay (CKNY)	115	SD
CTV-Ottawa (CJOH)	106	HD

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CTV-Sudbury (CICI)	114	SD
CTV-Toronto	8 & 108	HD
CTV-Vancouver (CIVT-TV)	112	HD
Discovery Channel	42 & 244	HD
Discovery Science	247	SD
E! Television	71 & 278	HD
Food Network	56 & 258	HD
Fox East (Boston)	28 & 157	HD
Fox West (Tacoma-KCPQ-TV)	159	HD
Global BC (CHAN-TV)	119	HD
Global Calgary (CICT)	118	HD
Global Durham	129	SD
Global Edmonton (CITV)	117	HD
Global Okanogan (CHBC)	120	HD
Global Peterborough	130	HD
Global Toronto	3 & 116	HD
HGTV Canada	46 & 257	HD
ICI Edmonton (CBC)	604	SD
ICI Ottawa (CBC)	602	HD
ICI Vancouver (CBC)	606	SD
Investigation Discovery	282	SD
Knowledge Network	211	HD
KTLA (CW Los Angeles)	344	HD
Lifetime	83 & 322	HD

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MétéoMédia	636	SD
MovieTime	86 & 333	HD
My 38	343	SD
National Geographic HD	85 & 250	HD
NBC-East (Boston)	17 & 149	HD
NBC-West (Seattle-KING-TV)	151	HD
Noovo	605	SD
OLN	412	SD
Omni East	715	SD
Omni Pacific	717	SD
Omni Prairie	716	SD
Omni 1	4 & 169	SD
Omni 2	14 & 171	HD
ONE	265	SD
OutTV	269	SD
PBS East (Boston)	61 & 161	SD
PBS West (Seattle-KCTS-TV)	164	SD
Rewind	332	SD
Silver Screen Classics	324	SD
Sportsnet 360	411	SD
Sportsnet East	403	HD
Sportsnet ONE	394	HD
Sportsnet Ontario	402	HD
Sportsnet Pacific	405	HD

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Sportsnet West	404	HD
T+E (Totally Entertaining)	267	SD
Télé-Québec Montreal (CIVM)	603	SD
TFO	13 & 608	HD
The Weather Network	23 & 91	HD
Treehouse	65 & 221	SD
TSN	406	HD
TSN 2	407	HD
TSN 3	408	HD
TSN 4	409	HD
TSN 5	410	HD
TV5	103 & 650	SD
TV5 West	651	SD
TVA Gatineau (CHOT)	609	SD
TVA Montreal (CFTM)	101 & 610	SD
TVA W	611	SD
TVO	2 & 141	HD
W Network East	27 & 263	HD
WGN (CW Chicago)	345	HD
WPIX (CW New York)	342	HD
YesTV	9 & 238	HD