

# The Millennial Plan Channel Guide

| STATION                | CHANNEL  | LANGUAGE      | HD/SD |
|------------------------|----------|---------------|-------|
| ABC Detroit            | 18 & 153 | English       | HD    |
| ABC Seattle (KOMO)     | 155      | English       | HD    |
| AMI-audio              | 195      | English       | SD    |
| AMI-télé               | 652      | French        | SD    |
| AMItv                  | 900      | English       | SD    |
| AMItv W                | 901      | English       | SD    |
| APTN                   | 70 & 295 | International | HD    |
| APTN Languages         | 73       | International | 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    |
| 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    |

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| Citytv Montreal          | 143       | English  | HD    |
| Citytv Toronto           | 7 & 133   | English  | HD    |
| Citytv Vancouver         | 135       | English  | HD    |
| CP24                     | 24 & 192  | English  | HD    |
| CPAC English             | 104 & 198 | English  | SD    |
| CPAC French              | 614       | French   | SD    |
| CTV Calgary              | 111       | English  | HD    |
| CTV Edmonton             | 110       | English  | HD    |
| CTV Kingston             | 107       | English  | HD    |
| CTV Kitchener/London     | 109       | English  | HD    |
| CTV Montreal             | 113       | English  | HD    |
| CTV North Bay            | 115       | English  | SD    |
| CTV Ottawa               | 106       | 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    |
| Discovery Channel        | 219       | English  | HD    |
| Food Network             | 254       | English  | HD    |

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| Fox Rochester (WUHF)           | 28 & 157 | English  | HD    |
| Fox Seattle (KCPQ)             | 159      | English  | HD    |
| 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    |
| 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    |
| Magnolia Network               | 89 & 261 | English  | HD    |
| MétéoMédia                     | 636      | French   | SD    |
| 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    |
| PBS Buffalo (WNED)             | 61 & 161 | English  | HD    |
| PBS Seattle (KCTS)             | 164      | English  | HD    |

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|----------------------|-----------|----------|-------|
| RDS Info             | 607       | French   | HD    |
| 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    |
| Télé-Québec Montreal | 603       | French   | SD    |
| TFO                  | 13 & 608  | French   | HD    |
| The Weather Network  | 23 & 91   | English  | HD    |
| TSN                  | 406       | English  | HD    |
| TSN2                 | 407       | English  | HD    |
| TSN3                 | 408       | English  | HD    |
| TSN4                 | 409       | English  | HD    |
| 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    |
| TVO                  | 2 & 141   | English  | HD    |
| YesTV                | 9 & 238   | English  | HD    |