PACIFIC (Washington, DC, minus 3 hours)
MOUNTAIN (Washington, DC, minus 2 hours)
CENTRAL (Washington, DC, minus 1 hour)
EASTERN (Washington, DC)
WEST
SOUTHWEST
NORTH
SOUTH
EAST
ALASKA
REMOTE ISLANDS
Olympic
North Cascades
Mount Rainier
Glacier
Theodore Roosevelt
Voyageurs
Isle Royale
Acadia
Crater Lake
Yellowstone
Grand Teton
Redwood
Lassen Volcanic
Wind Cave
Badlands
Indiana Dunes
Cuyahoga Valley
Yosemite
Great Basin
Rocky Mountain
Pinnacles
Kings Canyon
Sequoia
Death Valley
Capitol Reef
Arches
Black Canyon of the Gunnison
Zion
Bryce Canyon
Canyonlands
Great Sand Dunes
Mesa Verde
Gateway Arch
Shenandoah
New River Gorge NP
Mammoth Cave
Grand Canyon
Channel Islands
Joshua Tree
Petrified Forest
Great Smoky Mountains
Hot Springs
Congaree
Saguaro
White Sands
Carlsbad Caverns
Guadalupe Mountains
Big Bend
Everglades
Biscayne
Dry Tortugas
Kobuk Valley
Gates of the Arctic
Denali
Wrangell-St. Elias
Lake Clark
Kenai Fjords
Glacier Bay
Katmai
ARIZONA
Canyon de Chelly NM, Hubbell Trading Post NHS, and Navajo NM observe daylight saving time. Other NPS units in Arizona do not.
ALASKA (Washington, DC, minus 4 hours)
HAWAII (Washington, DC, minus 5 hours; minus 6 hours during daylight saving time)
Haleakala
Hawai'i Volcanoes
AMERICAN SAMOA (Washington, DC, minus 5 hours; minus 6 hours during daylight saving time)
American Samoa
PUERTO RICO and VIRGIN ISLANDS (Washington, DC, plus 1 hour; same time during daylight saving time)
Virgin Islands
WASHINGTON
OREGON
CALIFORNIA
NEVADA
IDAHO
MONTANA
WYOMING
UTAH
ARIZONA
COLORADO
NEW MEXICO
NORTH DAKOTA
SOUTH DAKOTA
NEBRASKA
KANSAS
OKLAHOMA
TEXAS
MINNESOTA
IOWA
MISSOURI
ARKANSAS
LOUISIANA
WISCONSIN
ILLINOIS
MICHIGAN
INDIANA
OHIO
KENTUCKY
TENNESSEE
MISSISSIPPI
ALABAMA
GEORGIA
FLORIDA
SOUTH CAROLINA
NORTH CAROLINA
VIRGINIA
WEST VIRGINIA
PENNSYLVANIA
NEW YORK
VT
NH
MAINE
MA
CT
RI
NJ
MD
DE
LAKE SUPERIOR
LAKE HURON
LAKE MICHIGAN
LAKE ONTARIO
LAKE ERIE
ATLANTIC OCEAN
PACIFIC OCEAN
GULF OF AMERICA
RUSSIA
CANADA
BERING SEA
ALEUTIAN ISLANDS
PACIFIC OCEAN
KAUA'I
NI'IHAU
O'AHU
MOLOKA'I
MAUI
HAWAI'I
HAWAII
TUTUILA
OFU
TA'Ū
AMERICAN SAMOA
PACIFIC OCEAN
VIRGIN ISLANDS
PUERTO RICO
North
Scale for all areas except Alaska
0 100 200 300 400 Kilometers
0 100 200 300 400 Miles
0 200 400 Kilometers
0 200 400 Miles