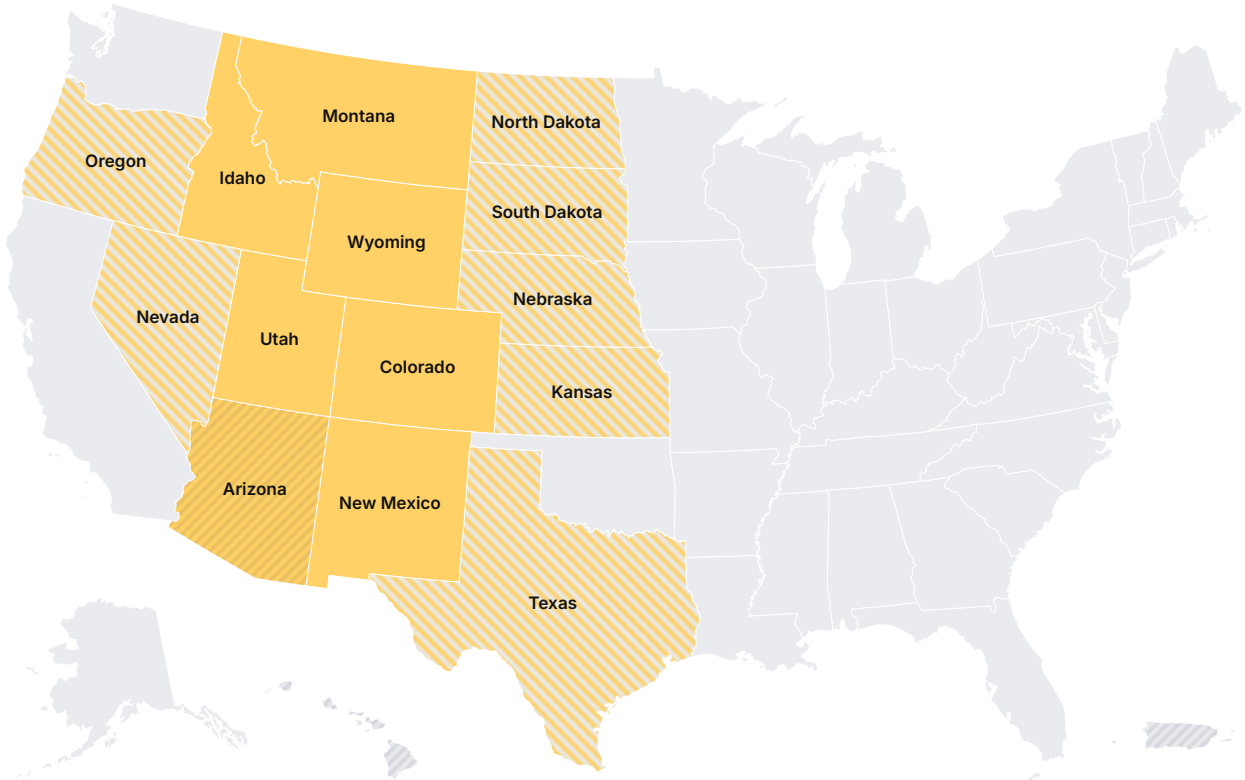
States in the Mountain Time Zone

Pacific UTC−8 · DST UTC−7 | **Mountain** UTC−7 · DST UTC−6 | Central UTC−6 · DST UTC−5 | Eastern UTC−5 · DST UTC−4 | Alaska UTC−9 · DST UTC−8 | Hawaii–Aleutian UTC−10 · Hawaii no DST · W. Aleutians DST UTC−9



Wholly on Mountain Time

Arizona, Colorado, Montana, New Mexico, Utah, Wyoming

Mostly on Mountain Time

Idaho (except the northern Panhandle)

Partly on Mountain Time

Kansas: four western counties

Nebraska: the western Panhandle

Nevada: West Wendover

North Dakota: the southwest

Oregon: most of Malheur County

South Dakota: the western half

Texas: El Paso and Hudspeth counties

Striped: only part of the state is on Mountain Time. Grey hatching: no daylight saving.
Daylight saving 2026: March 8, 2026 – November 1, 2026.

Map P06 · CC BY 4.0 · ustimezonemap.net/printable-maps/mountain-time-zone-states-map/