

ATLANTIC CANADA SERVICE

FROM MONTREAL / TORONTO (TERMINAL TO TERMINAL)

	MONCTON	HALIFAX	ST. JOHN'S
MONTREAL	2 DAYS	3 DAYS	7 DAYS
TORONTO	3 DAYS	4 DAYS	8 DAYS

INTRA-EAST TRANSIT TIMES BY ROAD

DESTINATION										
ORIGIN	ST. JOHN'S	CORNER BROOK	SYDNEY	HALIFAX	TRURO	CHARLOTTETOWN	MONCTON	SAINT JOHN	FREDERICTON	EDMUNDSTON
	ST. JOHN'S	CORNER BROOK	SYDNEY	HALIFAX	TRURO	CHARLOTTETOWN	MONCTON	SAINT JOHN	FREDERICTON	EDMUNDSTON
ST. JOHN'S	1 DAY	1 DAY	4 DAYS	4 DAYS	4 DAYS	4 DAYS	4 DAYS	5 DAYS	5 DAYS	5 DAYS
CORNER BROOK	1 DAY	1 DAY	4 DAYS	4 DAYS	4 DAYS	4 DAYS	4 DAYS	5 DAYS	5 DAYS	5 DAYS
SYDNEY	4 DAYS	4 DAYS	1 DAY	2 DAYS	2 DAYS	2 DAYS	2 DAYS	2 DAYS	2 DAYS	3 DAYS
HALIFAX	4 DAYS	4 DAYS	2 DAYS	1 DAY	1 DAY	2 DAYS	1 DAY	2 DAYS	2 DAYS	3 DAYS
TRURO	4 DAYS	4 DAYS	2 DAYS	1 DAY	1 DAY	2 DAYS	1 DAY	2 DAYS	2 DAYS	3 DAYS
CHARLOTTETOWN	4 DAYS	4 DAYS	2 DAYS	2 DAYS	2 DAYS	1 DAY	1 DAY	2 DAYS	2 DAYS	3 DAYS
MONCTON	4 DAYS	4 DAYS	2 DAYS	1 DAY	1 DAY	1 DAY	1 DAY	1 DAY	1 DAY	2 DAYS
SAINT JOHN	5 DAYS	5 DAYS	2 DAYS	2 DAYS	2 DAYS	2 DAYS	1 DAY	1 DAY	2 DAYS	3 DAYS
FREDERICTON	5 DAYS	5 DAYS	2 DAYS	2 DAYS	2 DAYS	2 DAYS	1 DAY	2 DAYS	1 DAY	3 DAYS
EDMUNDSTON	5 DAYS	5 DAYS	3 DAYS	3 DAYS	3 DAYS	3 DAYS	2 DAYS	3 DAYS	3 DAYS	1 DAY

FASTFRATE TERMINALS



- 17.8 hectare (44 acre) site
 - 16,700 square metres (180,000 sq. ft.) cross-dock facility
 - 283 dock level doors
 - Manned by 350 staff and driving personnel
- 905.893.2600



- .8 hectare (2 acre) site
 - 1,460 square metres (15,720 sq. ft.) cross-dock facility
 - 23 dock level doors/9 doors for rail
 - Manned by 10 staff and driving personnel
- 306.781.7733



- 8 hectare (20 acre) site
 - 19,510 square metres (210,000 sq. ft.) cross-dock/warehousing facility
 - 124 dock level doors/flatdeck drive through
 - Manned by 130 staff and driving personnel
- 403.264.1687



- 1 hectare (2.6 acre) site
 - 1,930 square metres (20,800 sq. ft.) cross-dock/warehousing facility
 - 15 dock level doors/1 drive-in bay
 - Manned by 14 staff and driving personnel
- 306.652.8546



- 3.7 hectare (9.14 acre) site
 - 5,388 square metres (58,000 sq. ft.) cross-dock/warehousing facility
 - 55 dock level doors
 - Manned by 70 staff and driving personnel
- 780.439.0061



- 3.6 hectare (9 acre) site
 - 2,229 square metres (24,000 sq. ft.) cross-dock facility
 - 31 dock level doors/1 drive-in bay
 - Manned by 60 staff and driving personnel
- 709.782.4231



- 6 hectare (15 acre) site
 - 5,574 square metres (60,000 sq. ft.) cross-dock/transload/warehousing facility
 - 62 dock level doors
 - Manned by 30 staff and driving personnel
- 902.468.7175



- 2 hectare (5 acre) site
 - 2,322 square metres (25,000 sq. ft.) cross-dock/warehousing facility
 - 7 dock level doors
 - Manned by 8 staff and driving personnel
- 800.267.0598



- .8 hectare (2 acre) site
 - 1,022 square metres (11,000 sq. ft.) cross-dock facility
 - 10 dock level doors
 - Manned by 15 staff and driving personnel
- 250.766.1717



- 8 hectare (20 acre) site
 - 3,251 square metres (35,000 sq. ft.) cross-dock/transload facility with short-term warehousing
 - 80 dock level doors/3 ramps
 - Manned by 100 staff and driving personnel
- 604.941.0691



- 2 hectare (5 acre) site
 - 557 square metres (6,000 sq. ft.) cross-dock facility
 - 20 dock level doors/3 doors for rail
 - Manned by 10 staff and driving personnel
- 506.857.8170



- .8 hectare (2 acre) site
 - 930 square metres (10,000 sq. ft.) cross-dock facility
 - 10 dock level doors
 - Manned by 20 staff and driving personnel
- 250.652.0202



- 12 hectare (30 acre) site
 - 17,186 square metres (185,000 sq. ft.) cross-dock facility
 - 190 dock level doors
 - Manned by 350 staff and driving personnel
- 514.639.7747



- 2.6 hectare (6.5 acre) site
 - 1,858 square metres (20,000 sq. ft.) cross-dock facility
 - 44 dock level doors/ramp/outside loading dock
 - Manned by 65 staff and driving personnel
- 204.633.8730



- .8 hectare (2 acre) site
 - 930 square metres (10,000 sq. ft.) heated dock/warehousing facility with racking
 - 7 dock level doors/1 ramp
 - Manned by 13 staff and driving personnel
- 613.747.7020

FASTFRATE
TRANSIT TIMES + TERMINAL LISTINGS



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BRINGING
SPEED
& CONSISTENCY
TO YOUR
INTERMODAL
AND
OVER THE ROAD
SHIPMENTS

YOU'RE IN CONTROL

LTL INTERMODAL SERVICE

FROM TORONTO / MONTREAL (TERMINAL TO TERMINAL)

	WINNIPEG	REGINA	CALGARY	EDMONTON	VANCOUVER
FRATE EXPRESS	4 DAYS	4 DAYS	4 DAYS	5 DAYS	5 DAYS
FRATE	6 DAYS	6 DAYS	6 DAYS	7 DAYS	7 DAYS
*ADD 1 EXTRA DAY FROM MONTREAL					

TL INTERMODAL SERVICE

FROM TORONTO / MONTREAL (TERMINAL TO TERMINAL)

	WINNIPEG	REGINA	CALGARY	EDMONTON	VANCOUVER
FRATE EXPRESS	3 DAYS	3 DAYS	3 DAYS	4 DAYS	4 DAYS
FRATE	5 DAYS	5 DAYS	5 DAYS	6 DAYS	6 DAYS
*ADD 1 EXTRA DAY FROM MONTREAL					

INTRA-WEST TRANSIT TIMES BY ROAD

DESTINATION									
ORIGIN	VICTORIA	VANCOUVER	KELOWNA	CALGARY	EDMONTON	REGINA	SASKATOON	WINNIPEG	THUNDER BAY
	VICTORIA	VANCOUVER	KELOWNA	CALGARY	EDMONTON	REGINA	SASKATOON	WINNIPEG	THUNDER BAY
VICTORIA		2 DAYS	2 DAYS	2 DAYS	3 DAYS	3 DAYS	4 DAYS	4 DAYS	5 DAYS
VANCOUVER	1 DAY		1 DAY	2 DAYS	2 DAYS	3 DAYS	3 DAYS	4 DAYS	5 DAYS
KELOWNA	2 DAYS	1 DAY		1 DAY	2 DAYS	2 DAYS	2 DAYS	3 DAYS	4 DAYS
CALGARY	3 DAYS	2 DAYS	1 DAY		1 DAY	1 DAY	1 DAY	2 DAYS	3 DAYS
EDMONTON	3 DAYS	2 DAYS	2 DAYS	1 DAY		1 DAY	1 DAY	2 DAYS	3 DAYS
REGINA	4 DAYS	3 DAYS	2 DAYS	1 DAY	1 DAY		1 DAY	1 DAY	2 DAYS
SASKATOON	4 DAYS	3 DAYS	2 DAYS	1 DAY	1 DAY	1 DAY		1 DAY	2 DAYS
WINNIPEG	5 DAYS	4 DAYS	3 DAYS	2 DAYS	2 DAYS	1 DAY	1 DAY		1 DAY
THUNDER BAY	6 DAYS	5 DAYS	4 DAYS	3 DAYS	3 DAYS	2 DAYS	2 DAYS	1 DAY	

ONTARIO & QUEBEC SERVICE

FROM TORONTO / MONTREAL (TERMINAL TO TERMINAL)

	TORONTO	OTTAWA	MONTREAL	THUNDER BAY
TORONTO		1 DAY	2 DAYS	4 DAYS
MONTREAL	2 DAYS	1 DAY		5 DAYS

 YOU'LL NOTICE THE DIFFERENCE