



Time Zones of the World

Time zones tend to follow the boundaries between countries and their subdivisions instead of strictly following longitude. For every one-hour time, a point on the earth moves through 15 degrees of longitude. Each point relates to one of 337 time zones listed in the IANA time zone database. The colors show which time zones are in [Africa](#), [America](#), [Antarctica](#), [Asia](#), [Atlantic](#), [Australia](#), [Europe](#), [Indian](#), and [Pacific](#) zones.

Data: IANA tz database