



# 2026 ALLERGY CAPITALS

Canada's Best and  
Most Challenging  
Places to Live with  
Seasonal Allergies



**AEROBIOLOGY**  
RESEARCH LABORATORIES

# Pollen Allergies Are Worsening Across Canada – Here's Why and What to Do About It

**Spring in Canada is associated with increased outdoor activity and warmer weather, but also higher exposure to airborne pollen. An estimated 8 to 10 million Canadians, or approximately one in five people, are affected by allergic rhinitis, commonly triggered by pollen from trees, grasses, and weeds. Symptoms include nasal congestion, runny nose, sneezing, coughing, and itchy or watery eyes.**

Pollen seasons in Canada are becoming longer and more intense, in part due to climate change. Warmer temperatures contribute to earlier seasonal onset, longer growing seasons, and increased pollen production. Higher temperatures and air pollution in urban environments may further intensify exposure to airborne allergens.



The Aerobiology Research Laboratories Canadian Seasonal Allergy Report provides standardized analysis of airborne pollen exposure across Canada, ranking cities based on seasonal allergy burden and relative exposure risk. The factors impacting the rankings include:

- Length of the pollen season for tree, grass, and weed species
- Number of days with high or very high pollen counts for clinically relevant species
- Peak intensity of seasonal pollen concentrations
- Frequency and duration of overlapping pollen seasons
- Regional climate variables influencing pollen production and dispersion

Aerobiology Research Laboratories provides national airborne allergen monitoring data to support clinical decision-making and improve understanding of seasonal allergy burden across Canada.

# Map of the Top 5 Most Challenging Places to Live with Pollen Allergies in 2026



These are the top five most challenging Canadian cities for seasonal pollen allergies, based on the number of days with high or very high airborne pollen concentrations and the length of the season for the most clinically relevant allergenic plant species, including trees, grasses, and weeds. These locations experience longer pollen dispersal seasons with markedly higher peak pollen concentrations, largely driven by dense surrounding vegetation, including extensive deciduous forests, favourable climate conditions, and the abundance of highly allergenic species such as birch, oak, and ragweed – particularly across southern Ontario.

1. Windsor, ON

3. Barrie, ON

5. Kingston, ON

2. Hamilton, ON

4. Victoria, BC

# Map of the Top 5 Canadian Cities With the Lowest Seasonal Pollen Burden in 2026



These are the top 5 Canadian cities with the most favorable conditions for seasonal allergy sufferers, based on the lowest number of days with high or very high airborne pollen concentrations from tree, grass, and weed species. These locations are characterized by shorter pollen seasons, fewer peak pollen days, and lower overall seasonal pollen intensity, often influenced by coastal conditions, cooler temperatures, and regional vegetation patterns. While no location in Canada is free of pollen exposure, these cities demonstrate comparatively reduced seasonal pollen burden based on standardized airborne pollen monitoring data.

1. **St. John's, NL**

3. **Regina, SK**

5. **Halifax, NS**

2. **Saint John, NB**

4. **Moncton, NB**

# Tree Pollen

Tree pollen is the primary driver of spring seasonal allergy symptoms in Canada and is typically the first major airborne allergen of the year. In most regions, tree pollen seasons occur from late March through June, although timing varies by latitude, elevation, and seasonal weather conditions. Aerobiology Research Laboratories airborne pollen monitoring indicates that many allergenic tree species produce wind-dispersed pollen that is easily transported over long distances and readily inhaled, making it a key trigger of upper and lower respiratory allergic symptoms across Canada.

## TREES THAT CAUSE THE MOST ALLERGY SYMPTOMS IN CANADA ARE:

- Birch
- Alder
- Oak
- Maple
- Poplar
- Elm
- Ash
- Cedar & Juniper

Most and least challenging cities to live in based on pollen season length and peak concentrations of allergenic tree pollen.



### MOST CHALLENGING

1. Victoria, BC
2. Vancouver/Burnaby, BC
3. Kelowna, BC
4. Windsor, ON
5. Hamilton, ON

### BEST

1. St. John's, NL
2. Charlottetown, PEI
3. Saint John, NB
4. Moncton, NB
5. Saskatoon, SK

# Grass Pollen

Grass pollen is a major contributor to seasonal allergy symptoms in Canada and typically follows the spring tree pollen season, with peak levels occurring from late spring through mid-summer depending on region and weather conditions. Aerobiology Research Laboratories airborne pollen monitoring indicates that grass pollen is highly variable year to year and is strongly influenced by temperature, precipitation, and mowing or land-use patterns in both urban and rural environments. Grass pollen grains are wind-dispersed and easily inhaled, contributing to nasal and ocular allergy symptoms and, in some individuals, lower respiratory symptoms during periods of elevated exposure.

**Most and least challenging cities to live in based on pollen season length and peak concentrations of grass pollen.**



## MOST CHALLENGING

1. Vancouver/Burnaby, BC
2. Victoria, BC
3. Windsor, ON
4. Hamilton, ON
5. Kingston, ON

## BEST

1. Saint John, NB
2. Halifax, NS
3. St. John's, NL
4. Regina, SK
5. Calgary, AB

# Weed Pollen

Weed pollen is a significant contributor to late-season seasonal allergy symptoms in Canada and typically peaks from mid to late summer and into early fall, depending on regional climate conditions. Aerobiology Research Laboratories airborne pollen monitoring shows that weed pollen levels are strongly influenced by warm temperatures, dry conditions, and seasonal weather variability, with extended exposure periods in some years. Weed pollen is predominantly wind-dispersed and easily inhaled, making it an important trigger of nasal and ocular allergy symptoms during the late pollen season, particularly when tree and grass pollen levels have declined.

## WEEDS THAT CAUSE THE MOST ALLERGY SYMPTOMS IN CANADA ARE:

- Ragweed
- Mugwort
- Plantain
- Lamb's-quarters
- Goosefoot
- Pigweed

**Most and least challenging cities to live in based on pollen season length and peak concentrations of allergenic weed pollen.**



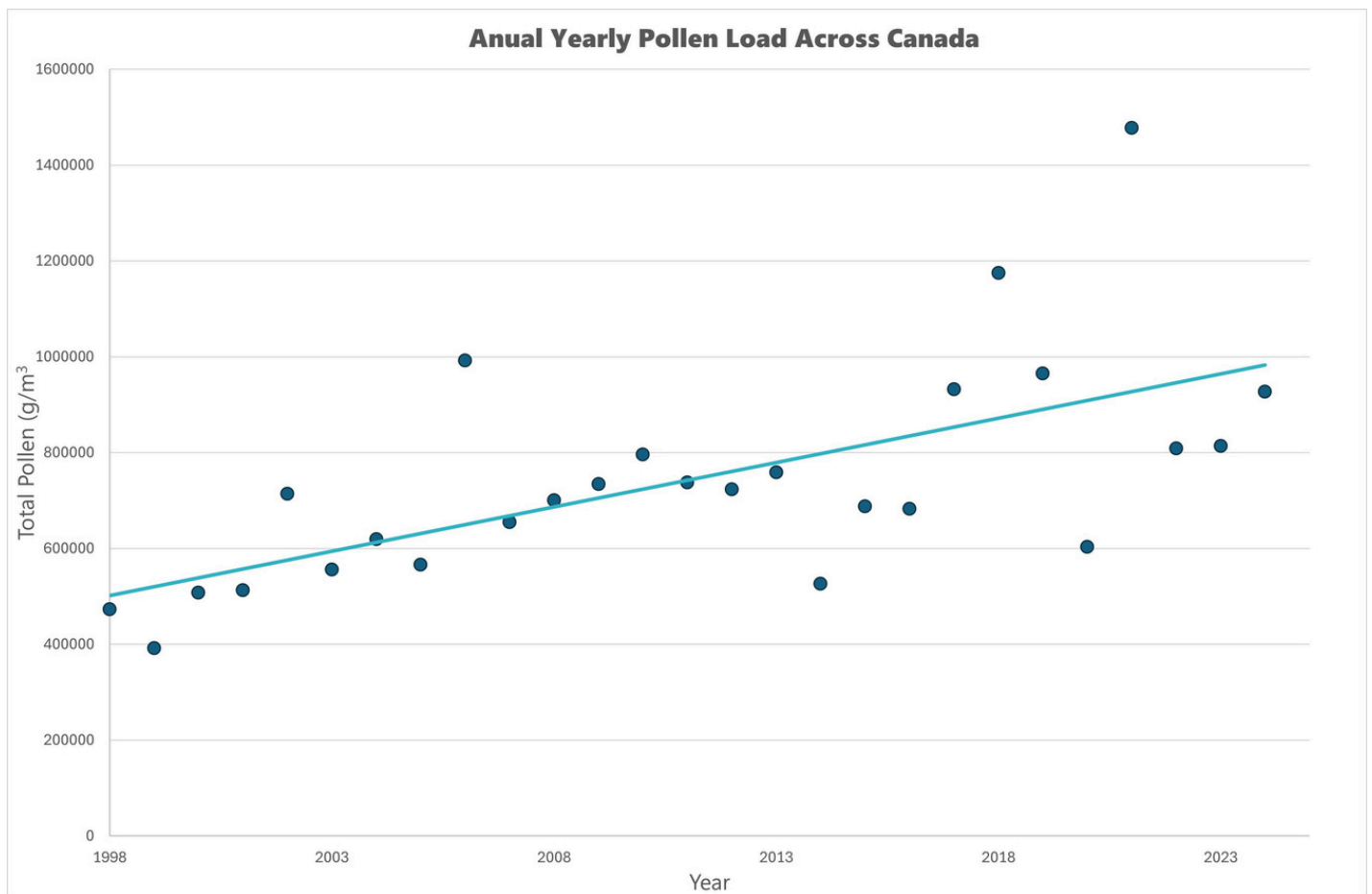
### MOST CHALLENGING

1. **Barrie, ON**
2. **Windsor**
3. **Kingston, ON**
4. **Hamilton, ON**
5. **Brampton, ON**

### BEST

1. **Edmonton, AB**
2. **St. John's, NL**
3. **Fredericton, NB**
4. **Saint John, NB**
5. **Thunder Bay, ON**

# Pollen Trends



Annual pollen loads across Canada show a clear overall upward trend despite year-to-year variability. While individual seasons fluctuate, the trendline indicates a steady increase in total airborne pollen, suggesting that pollen seasons are becoming more intense overall.



# Managing Your Pollen Allergies No Matter Where You Live

Managing seasonal allergies can be improved by taking simple steps to reduce pollen exposure. Check daily pollen forecasts using the Allergy Sufferers App by Aerobiology Research Laboratories or The Weather Network, and limit outdoor activity when levels are high, particularly on dry and windy days. Identifying the specific pollen types that trigger symptoms can help guide prevention strategies. Pollen forecast tools can assist with tracking exposures, and individuals should consult a healthcare provider if triggers are unclear.

After spending time outdoors, showering and changing into clean clothing can help remove pollen from the skin and fabrics. Keeping windows and doors closed during high pollen periods can reduce indoor exposure, and regular cleaning, including vacuuming, can help limit allergen accumulation indoors. If outdoor activities such as yard work are necessary, wearing a face covering may reduce exposure. Protective eyewear, such as wraparound sunglasses, can help reduce eye irritation. Outdoor exercise is best limited during peak pollen periods, which often occur in the morning, while conditions may improve following rainfall.

Additional strategies to reduce exposure include:

- Planning travel during late summer and early fall to avoid peak ragweed season
- Using allergen-proof covers for pillows and bedding, and washing hair before sleep to reduce pollen transfer
- Keeping pets out of bedrooms or off furniture during allergy season to limit indoor pollen spread
- Removing shoes at the entrance and placing worn clothing directly in the laundry to prevent indoor contamination

Avoidance remains a key component of managing seasonal allergies, as there is currently no cure.

For additional information, interesting facts and resources, visit [aerobiology.ca/blog](https://aerobiology.ca/blog)

# Where to Get Pollen and Outdoor Mould Forecasts in Canada

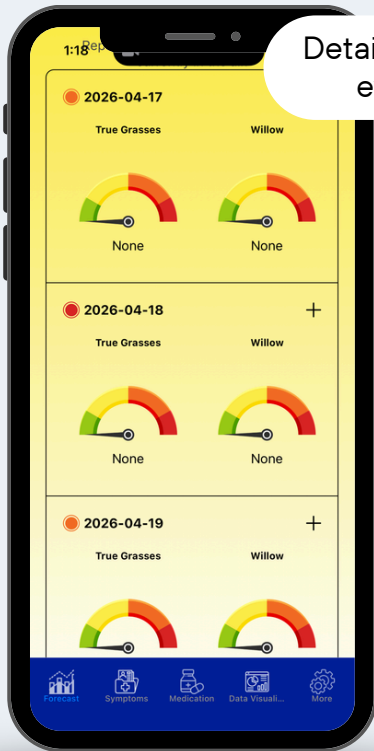
Finding accurate pollen and outdoor mould forecasts in Canada can be challenging. Reliable information depends on real-world data, not assumptions. Aerobiology Research Laboratories collects daily air samples from more than 30 locations across Canada to produce data-driven pollen and outdoor mould forecasts. These forecasts are based on direct measurements, validated models, and established scientific methods, resulting in consistently high accuracy throughout the year.

Many other forecasting services do not use Canadian monitoring data. Instead, they rely on general models or publicly available information that may come from locations hundreds or even thousands of kilometres away. In Canada, real-time pollen data is not widely available, and forecasts that rely only on seasonal averages may miss important shifts. Pollen and spore seasons can begin earlier or last longer than expected, depending on weather conditions. Accurate forecasting requires current data, along with continuous validation and refinement of prediction models. Aerobiology Research Laboratories provides one of the most comprehensive sources of Canadian pollen and spore data to support this level of accuracy.

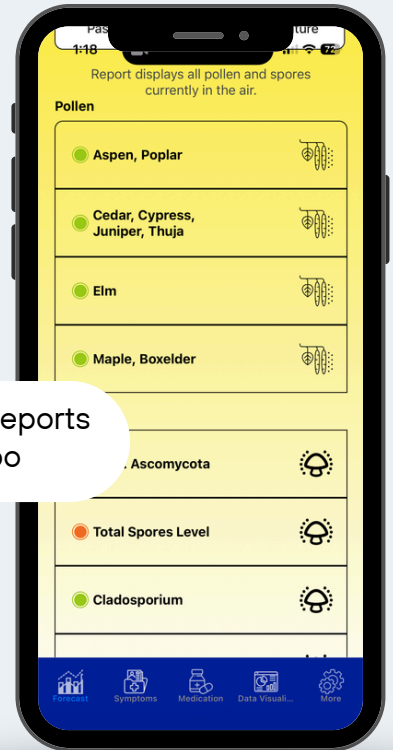


Pollen and spore forecasts are available through **The Weather Network** and the **Allergy Sufferers App**, where users can access detailed information on a wide range of pollen and spore types found across Canada.

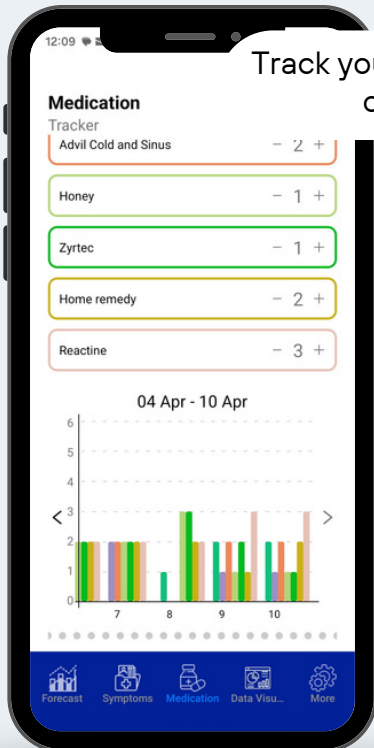
# THE ALLERGY SUFFERERS APP



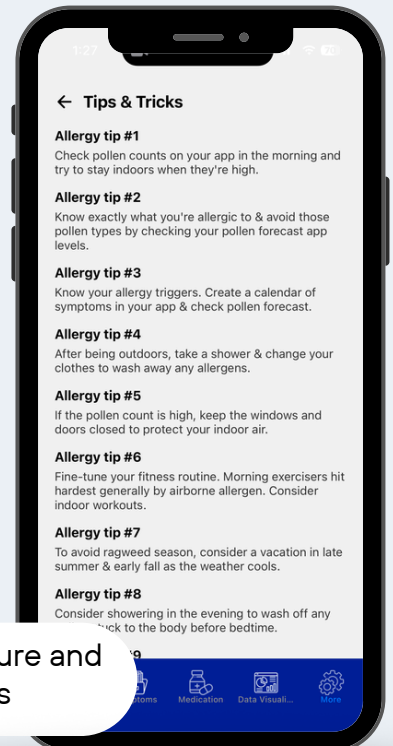
Detailed 5 day forecasts for everything in the air



Personalized pollen and spore reports for what you are allergic too



Track your medication including your own home remedies

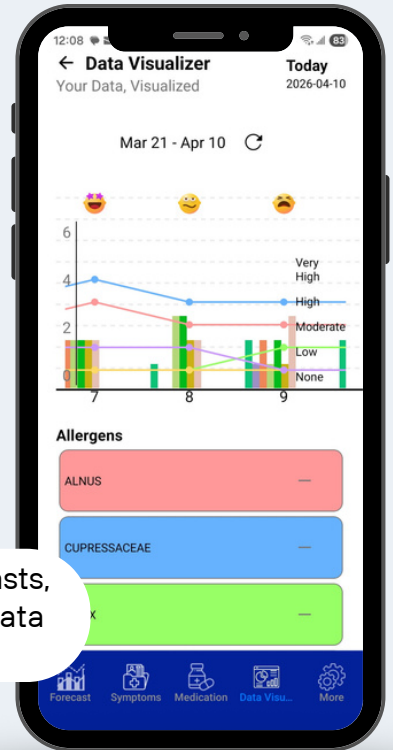


Tips and Tricks to reduce exposure and manage allergy symptoms

# THE ALLERGY SUFFERERS APP



Track Symptoms



Correlate data points such as forecasts, symptoms and medications in the data visualizer



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