



Find your favorites



September 2026 Channel Lineup

San Diego Area North

Contour Starter (Included in all video packages)

Starter

1	Spectrum News California	15	LaTV - XHAS	94	Shop LC	151	EWTN	815	Laff TV - KGTV
4	Yur View California	16	ITV/Palomar College	97	Jewelry TV	152	Daystar	816	Create - KPBS
5	FOX - KSWB	17	Univision - KBNT	104	LX	154	TBN	817	EscapeTV - KGTV
6	MyNet - KFMB	18	PA/Cal Channel	104	LX -KNSD	196	HSN 2	818	Quest - KUSI
7	NBC - KNSD	19	Government Access	110	QVC 2	405	Myx TV *	819	Rewind TV - KSWB
8	CBS - KFMB	20	Telemundo - KNSD	117	PEG Channel	807	COZI TV - KNSD	901-950	Music Choice
9	CW - KUSI	21	QVC	118	C-SPAN	809	Kids - KPBS	965	Rock 105.3 - Local
10	ABC - KGTV	22	HSN	119	C-SPAN 2	810	News Channel 10 - KGTV	966	Channel 93.3 - Local
11	PBS - KPBS	72	QVC	120	C-SPAN 3	811	KPBS 2		
12	TELEvisa - XEWT	78	HSN	125	QVC3	812	True Crime- KFMB		
14	Estrella TV - KSDX	85	Leased Access	135	UCSD	813	Antenna TV - KSWB		
		87	Telexitos	136	UniMas - KDTF	814	Outlaw TV - KSWB		

Contour Preferred (Includes Starter channels)

Preferred

23	MS NOW	40	BET	59	TV Land	79	Fox Business Channel	159	Aspire
24	Discovery	41	Travel Channel	61	Cartoon	80	Investigation Discovery	300	IFC
25	TBS	42	Bravo	62	Food Network	81	Newsmax	301	Sundance TV
26	Paramount Network	43	Nickelodeon	63	Syfy	82	Fox Weather	309	Lifetime Movie Network
27	ESPN	44	truTV	64	Galavision	83	San Diego Padres	313	Big Ten Network
28	ESPN2	45	Comedy Central	65	CMT	95	FETV		Overflow
29	Angels Broadcast Television	46	CNBC	66	WGN	96	ION	315	Fox Sports 2
30	MTV	47	TLC	67	Fox Sports 1	109	Nick Jr.	337	WE TV
31	CNN	48	FX	68	Big Ten Network	112	POP	338	Oxygen
32	HLN	49	E! Entertainment		Southern California	113	Justice Central	345	BBC America
33	A&E	50	Freeform	69	TUDN *	114	Recipe TV	363	Magnolia
34	TNT	51	Golf Channel	70	National Geographic	115	Comedy.TV	368	Hallmark Family
35	USA Network	52	Disney	71	TWC Sportsnet *	129	Jewish Life TV *	374	Great American Family
36	Weather Channel	53	HGTV	73	MoviePlex	150	BYUtv	732	MTV Live
37	Fox News Channel	54	Animal Planet	74	Hallmark	153	INSP	735	Discovery Turbo
38	Lifetime	55	History	75	Hallmark Mystery	155	The Impact Network *	806	Rewind TV - KUSI
39	VH1	57	AMC	76	GSN	156	Bounce	808	MeTV
		58	TCM	77	FXX	158	theGrio		

Bonus Pack (Included with subscription to at least one other Pack and Preferred) *

101	Discovery Family	103	Destination America	106	OWN	330	MLB Network
102	Science Channel	105	American Heroes	107	Discovery Life		

Variety Pack (Optional) *

157	Africa Channel	344	STARZ ENCORE Family	353	BET Soul	359	TR3S: MTV, Musica y Mas	371	National Geographic
335	NBC Universo	346	Baby First	354	MTV Classics	365	Lifetime Real Women		Wild
339	TV One	347	Disney XD	355	BET Jams	366	UP	373	Cooking Channel
340	BET Her	349	Nicktoons	356	NickMusic	369	Disney Jr.	375	Military History
341	Logo	350	TeenNick	357	MTV2	370	Boomerang		
342	CLEO TV	351	CMT Music	358	MTV U				

Contour Preferred (Includes Starter channels)

(Continued from other side)

Sports & Info Pack (Optional) *

313	Big Ten Network	321	CBS Sports	329	FanDuel TV	361	Viceland
316	SEC Network	322	ESPNU	331	NBA TV	363	DIY
318	Outdoor Channel	323	ESPNes	332	NFL Network	373	Cooking Channel
319	Pursuit Network	325	ESPN Deportes	333	NHL Network	376	ESPN Bases Loaded/ Goal Line
320	Tennis Channel	328	FanDuel Racing	360	FYI		

Sports Pack 2 (Optional) *

69	TUDN	381	World Fishing Channel	385	MLB Strikezone *	417	Zona Futbol
319	Pursuit Network	383	Sportsman Channel	386	NFL RedZone *		
331	NBA TV	384	MLB Network	387	NFL Network		

Movie Pack (Optional) *

293	MGM+ Drive-in	298	RetroPlex	305	STARZ ENCORE Westerns	307	STARZ ENCORE Black	344	STARZ ENCORE Family
294	MGM Marquee	299	IndiePlex			308	STARZ ENCORE Action		
295	MGM Hits	302	Flix	306	STARZ ENCORE Suspense	310	MGM+		
296	STARZ ENCORE Español	304	STARZ ENCORE Classic			311	STARZ ENCORE		

Latino Pack (Optional) *

69	TUDN	415	TR3S: MTV, Musica y Mas	426	History En Español	437	Disney XD	449	Pasiones
406	Fox Deportes San Diego	418	Fox Deportes	427	ESNE	438	Nicktoons	451	WAPA
407	Hola TV	419	ESPN Deportes	429	EWTV en Español	439	Baby TV	452	VeneVision
409	El Canal de las Estrellas - XHUA	420	CNN en Español	430	Univision	442	National Geographic Mundo	453	Hogar de HGTV
410	Cine Latino	421	Discovery en Español	431	Galavision	443	Sony Cine		
411	de Pelicula	422	Discovery Familia	432	LaTV - XHAS	444	Cine Estelar		
412	de Pelicula Clasico	423	CentroamericaTV	434	Telefe	445	Univision Novelas		
413	Bandamax	424	FOROtv	435	Cartoon Network	446	Baby First		
		425	NBC Universo	436	Boomerang				

Premium Networks (Optional) *

200	HBO	223	Cinemax Action	241	SHOWTIME 2 (East)	263	Starz Comedy	304	STARZ ENCORE Classic
201	HBO Hits	224	Cinemax (East)	242	SHOWTIME Showcase	264	Starz Kids & Family	306	STARZ ENCORE Suspense
202	HBO Drama	225	Cinemax Classics (East)	243	SHOWTIME Extreme	265	Starz (East)		
204	HBO Latino	226	Cinemax Hits (East)	244	The Movie Channel	266	Starz Cinema	307	STARZ ENCORE Black
205	HBO (East)	229	Cinemax	245	The Movie Channel (East)	267	Starz in Black (East)	308	STARZ ENCORE Action
206	HBO Hits (East)	230	Playboy	246	TMC Extra	268	Starz Edge	310	MGM+
207	HBO Movies	231	Playboy en Español	247	SHOWTIME Family Zone	269	Starz in Black	344	STARZ ENCORE Family
208	HBO Comedy	238	SHO*BET	248	SHOWTIME Women	293	MGM+ Drive-in		
209	HBO Drama (East)	239	Paramount+ with SHOWTIME East	249	SHOWTIME Next	294	MGM Marquee		
220	Cinemax		SHOWTIME East	250	SHOWTIME 2	295	MGM Hits		
221	Cinemax Hits	240	Paramount+ with SHOWTIME	260	Starz	296	STARZ ENCORE Español		
222	Cinemax Action (East)			261	Starz Edge East	297	AMC+		

Contour TV Ultimate (Includes all networks listed on channel lineup for each section)

Starter
PreferredBonus Pack
Variety PackSports & Info Pack
Sports Pack 2Movie Pack
Premium Networks

Additional Channels and Pay-Per-View

Subscription Sports Packages & Pay-Per-View (Optional) *

334 501	NFL RedZone *** Pay-Per-View 2	503 504	PPV en Español HD Pay-Per-View	597 651-660	Adult Pay-Per-View NBA League Pass	671-684 671-684	MLB Extra Innings NHL Center Ice	692	Fox Soccer Plus
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International Channels (Optional) *

376	Phoenix North America	392	RTN (formerly TV Russia)	398	TV Asia	404	CTI-Zhong Tian
389	Colors	393	CCTV 4	399	TV5Monde	450	ART
390	SET Asia	394	Rai Italia	402	GMA Pinoy TV	472	DW (Deutsche+)
391	ZEE TV	397	Phoenix InfoNews	403	SBTN		

FAST Channels ***

951-970 Xumo Channels

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Effective September 2026.

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