

Subsection 4.—Mountains

The predominant orographical feature in Canada is the Great Cordilleran Mountain System which contains many peaks over 10,000 feet in height. The highest peak in Canada is Mount Logan in the St. Elias Mountains of Yukon Territory, which rises 19,850 feet above sea level. The highest elevations in other parts of the country are shown in Table 7.

7.—Height of Principal Mountain Peaks in each Province and Territory, by Mountain Range

Province, Mountain Range and Peak	Elevation	Province, Mountain Range and Peak	Elevation
	ft.		ft.
Newfoundland		Quebec—concluded	
Long Range—		Appalachians—concluded	
Gros Morn.....	2,666	Mount Bayfield.....	3,470
Mount Blomedown.....	2,502	Mount Mattawa.....	3,370
Mount St. Gregory.....	2,338	Roundtop Mountain (Sutton Mountains)	3,175
Gros Paté.....	2,115	Mount Orford.....	2,860
Blue Mountains.....	2,085	Mount Hereford.....	2,760
Table Mountain.....	1,700	Pinnacle Mountain.....	2,150
Blue Hills of Coteau—		Mount Brome.....	1,725
Peter Snout.....	1,690	Mount Sheford.....	1,725
Butter Pott.....	950	Shield—	
Red Hill.....	700	Mount Tremblant (Laurentian Mountains)	3,150
Central Highlands—		Mount Ste. Anne (Laurentian Mountains)	2,625
Maintoppsail.....	1,800	Monteregian Hills—	
Missentoppsail.....	1,761	Mount St. Hilaire.....	1,350
Torngats—		Mount Yamaska.....	1,275
Cirque Mountain.....	6,500	Rougemont.....	1,250
Mount Eliot.....	4,550	Mount Johnson.....	725
Mount Tetragona.....	4,510	Mount Royal.....	700
Mount Razorback.....	3,660		
Mount Sir Donald.....	1,950	Ontario	
Cape Chidley.....	1,500	Niagara Escarpment (at Caledonia).....	1,550
Kaumajets—		Mount St. Patrick.....	1,333
Bishop's Mitre.....	3,500 ¹	Lion's Head Hill.....	1,034
Nova Scotia		Mount Nemo.....	1,000
Ingonish Mountain.....	1,392	Dundas Mountain.....	825
Creignish Hills (at Creignish).....	850	Clappison.....	735
Cobequid Mountains (at E. Mapleton).....	840	Manitoba	
North Mountain (4 miles NE of Annapolis).....	590	Duck Mountain.....	2,600
South Mountain (at Annapolis).....	515	Porcupine Mountain.....	2,500
New Brunswick		Riding Mountain.....	2,000
Mount Carleton.....	2,630	Saskatchewan	
Green River Mountain.....	1,600	Cypress Hills (Summit).....	4,243
Moose Mountain.....	1,490	Wood Mountain (West Summit).....	3,371
Quebec		Wood Mountain (East Summit).....	3,347
Appalachians—		Vermillion Hills.....	2,255
Mount Jacques Cartier (Shickshocks).....	4,160	Alberta	
Mount Richardson.....	3,885	Rockies—	
Barn Mountain.....	3,775	Columbia.....	12,294
Mount Logan.....	3,700	The Twins ²	12,085
Mount Magnetic.....	3,625	Forbes.....	11,902
Mount Albert.....	3,550	Alberta.....	11,874
		Assiniboine.....	11,870
		The Twins ²	11,675

¹ Approximate.² One of two peaks.