7.—Principal Heights in each Province and Territory

Province and Heights	Elevation
	ft.
Newfoundland	
Long Range—	
Gros Morn	2,666
Mount Blowmedown	2,502
Mount St. Gregory	2,338
Gros Paté	2,115
Blue Mountains	2,085
Table Mountain	1,700
Blue Hills of Coteau—	
Peter Snout	1,690
Butter Pott	950
Red Hill	700
Central Highlands—	
Maintopsail	1,800
Missentopsail	1,761
Torngats—	
Cirque Mountain	6,500
Mount Eliot	4,550
Mount Tetragona	4,510
Mount Razorback	3,660
Mount Sir Donald	1,950
Cape Chidley	1,500
Kaumajets—	
Bishop's Mitre	3,500[1]
Nova Scotia	
Ingonish Mountain	1,392
Creignish Hills (at Creignish)	850
Cobequid Mountains (at E Mapleton)	840
North Mountain (4 miles NE of Annapolis)	590
South Mountain (at Annapolis)	515
New Brunswick	
Mount Carleton	2,690
Green River Mountain	1,600
Moose Mountain	1,490
Quebec	
Appalachians—	
Mount Jacques Cartier (Shickshocks)	4,160
Mount Richardson	3,885
Barn Mountain	3,775
Mount Logan	3,700
Mount Magnetic	3,625
Mount Albert	3,550
Mount Bayfield	3,470
Mount Mattawa	3,370
Roundtop Mountain (Sutton Mountains)	3,175
Mount Orford	2,860
Mount Hereford	2,760
Pinnacle Mountain	2,150
Mount Brome	1,725
Mount Shefford	1,725
Shield—	
Mount Tremblant (Laurentian Mountains)	3,150
Mount Ste. Anne (Laurentian Mountains)	2,625
Monteregian Hills—	
Mount St. Hilaire	1,350
Mount Yamaska	1,275
Rougemont	1,250
Mount Johnson	725
Mount Royal	700
Ontario	
Tip Top Hill	2,120
Batchawana Mountain	2,100
Niagara Escarpment—	
Osler Bluff	1,700
Caledon Mountain	1,400
Blue Mountains	1,400
High Hill	1,150
Mount Nemo	1,000
Manitoba	
Duck Mountain	2,600
Porcupine Mountain	2,500
Riding Mountain	2,000
Saskatchewan	
Cypress Hills (Summit)	4,243
Wood Mountain (West Summit)	3,371
Wood Mountain (East Summit)	3,347
Vermillion Hills	2,255
Alberta	
Rockies—	
Columbia	12,294
The Twins[2]	12,085
Forbes	11,902
Alberta	11,874
Assiniboine	11,870
The Twins[2]	11,675
Temple	11,636
Kitchener	11,500
Diadem	11,500
Lyell	11,495
Athabasca	11,452
Hungabee	11,447
King Edward	11,400
Stutfield	11,400
Brazeau	11,386
Victoria	11,355
Snow Dome	11,340
Joffre	11,316
Murchison	11,300
Deltaform	11,225
Lefroy	11,220
Alexandra	11,214
Sir Douglas	11,174
Woolley	11,170
Lunette	11,150
Hector	11,135
Clearwater	11,044
Edith Cavell	11,033
Fryatt	11,026
Coleman	11,000
Wilson	11,000
Eiffel Park	10,091
Pinnacle Mountain	10,061
Mount Rundle	9,665
Mount Eisenhower	9,030
Three Sisters	8,840
Mount Edith	8,370
British Columbia	
Coast Range—	
Waddington	13,260
Tiedemann	12,000
Tatlow	10,050
Skihist	9,660
Crown	4,708
Selkirks—	
Sir Sandforth	11,342
Dawson	11,123
Hasler	11,113
Delphine	11,076
Huber	11,041
Wheeler	11,023
Selwyn	11,013
Adamant	10,980
Grand	10,832
Mount Sir Donald (Sir Donald Range)	10,808
Nelson	10,772
Inoclast	10,646
Rogers Park (Hermit Range)	10,536
Rockies—	
Robson	12,972
Clemenceau	12,001

[1] Approximate. [2] One of two peaks.