

7.—Principal Heights in each Province and Territory

NOTE.—Certain peaks, indicated by an asterisk (*), form part of the line of demarcation between political subdivisions. Although their bases technically form part of both areas, they are listed only under one to avoid duplication.

Province and Height	Elevation ft.	Province and Height	Elevation ft.
Newfoundland		Ontario	
Long Range—		Tip Top Hill.....	2,120
Blow Me Down Mountain.....	3,500	Mount Batchawana.....	2,100
Gros Morne.....	2,651	Niagara Escarpment—	
Mount St. Gregory.....	2,338	Osler Bluff.....	1,700
Gros Pate.....	2,115	Caledon Mountain.....	1,400
Blue Mountain.....	2,085	Blue Mountain.....	1,250
Table Mount.....	1,700	High Hill.....	1,150
		Mount Nemo.....	1,000
Blue Hills of Coteau—		Manitoba	
Peter Snout.....	1,690	Duck Mountain.....	2,727
Butter Pot.....	950	Porcupine Mountain.....	2,700
Red Hill.....	700	Riding Mountain.....	2,000
Central Highlands—		Saskatchewan	
Main Topsail.....	1,822	Cypress Hills (Summit).....	4,810
Mizzen Topsail.....	1,761	Wood Mountain (West Summit).....	3,371
		Wood Mountain (East Summit).....	3,347
Torngats—		Vermilion Hills.....	2,500
Cirque Mountain.....	5,500	Alberta	
Mount Eliot.....	4,560	Rockies—	
Mount Tetragona.....	4,510	*Mount Columbia.....	12,294'
Mount Razorback.....	3,660	The Twins (N Peak).....	12,085
Mount Sir Donald.....	1,890	Mount Forbes.....	11,902
Cape Chidley.....	1,500	Mount Alberta.....	11,874
Kaumajets—		*Mount Assiniboine.....	11,870'
Bishop's Mitre.....	2,250	The Twins (S Peak).....	11,675
		Mount Temple.....	11,636
Nova Scotia		Mount Kitchener.....	11,500
Ingonish Mountain.....	1,392	*Mount Lyell.....	11,495'
Creignish Hills (at Creignish).....	850	*Mount Hungabee.....	11,457'
Cobequid Mountains (at E Mapleton).....	840	Mount Athabasca.....	11,452
North Mountain (4 miles NE of Annapolis).....	590	*Mount King Edward.....	11,400'
South Mountain (at Annapolis).....	515	Stutfield.....	11,400
		Mount Brazeau.....	11,386
New Brunswick		*Mount Victoria.....	11,365'
Mount Carleton.....	2,690	*The Snow Dome.....	11,340'
Green Mountain.....	1,596	*Mount Joffre.....	11,316'
Moose Mountain.....	1,490	*Mount Deltaform.....	11,235'
		*Mount Lefroy.....	11,230'
Quebec		*Mount Alexandra.....	11,214'
Appalachians—		*Mount Sir Douglas.....	11,174'
Mount Jacques Cartier (Shickshocks)....	4,160	Woolley.....	11,170
Mount Richardson.....	3,885	*Lunette Peak.....	11,150'
Barn Mountain.....	3,775	Mount Hector.....	11,135
Mount Logan.....	3,700	Diadem Peak.....	11,060
Mégantic Mountain.....	3,625	Mount Edith Cavell.....	11,033
Mount Albert.....	3,550	Mount Chown.....	10,930
Bayfield Mountain.....	3,470	Mount Wilson.....	10,631
Mattawa Mountain.....	3,370	Clearwater Mountain.....	10,420
Roundtop (Sutton Mountains).....	3,175	Mount Coleman.....	10,262
Hereford Mountain.....	2,760	Eiffel Peak.....	10,101
Orford Mountain.....	2,750	Pinnacle Mount.....	10,072
Pinnacle Mountain.....	2,150	Mount Fryatt.....	10,026
Brome Mountain.....	1,800	Mount Rundle.....	9,838
Shefford Mountain.....	1,725	The Three Sisters.....	9,744
Shield—		Mount Eisenhower.....	8,750
Mount Tremblant.....	3,150	Mount Edith.....	8,370
Mount Ste. Anne.....	2,625	British Columbia	
Monteregian Hills—		Vancouver Island Range—	
St. Hilaire Mountain.....	1,350	Mount Albert Edward.....	6,968
Yamaska Mountain.....	1,350	Mount Arrowsmith.....	5,960
Rougemont.....	1,200		
Mount Johnson.....	750		
Mount Royal.....	750		