

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	Province and Height	Elevation
	ft.		ft.
Newfoundland		Quebec—concluded	
Long Range—		Shield—	
Lewis Hills.....	2,672	Mount Tremblant.....	3,150
Gros Morne.....	2,644	Mount Ste. Anne.....	2,625
Mount St. Gregory.....	2,251	Mount Sir Wilfrid.....	2,569
Gros Pâché.....	2,152	Monteregian Hills—	
Blue Mountain.....	2,128	St. Hilaire Mountain.....	1,350
Table Mountain.....	1,900-1,950	Yamaska Mountain.....	1,350
Blue Hills of Coteau—		Rougemont.....	1,200
Peter Snout.....	1,600-1,650	Mount Johnson.....	750
Central Highlands—		Mount Royal.....	750
Main Topsail.....	1,822		
Mizzen Topsail.....	1,761	Ontario	
Torngats—		Tip Top Hill.....	2,120
Cirque Mountain.....	5,160	Mount Batchawana.....	2,100
Mount Cladonia.....	4,725	Niagara Escarpment—	
Mount Eliot.....	4,550	Osler Bluff.....	1,700
Mount Tetragona.....	4,500	Caledon Mountain.....	1,400
Quartzite Mountain.....	3,930	Blue Mountain.....	1,250
Blow Me Down Mountain.....	3,880	High Hill.....	1,150
Kaumjets—		Mount Nemo.....	1,000
Bishops Mitre.....	4,060		
Finger Hill.....	3,390	Manitoba	
		Duck Mountain.....	2,727
Nova Scotia		Porcupine Mountain.....	2,700
(Spot height—Cape Breton).....	1,747	Riding Mountain.....	2,000
Ingonish Mountain.....	1,392		
Nutby Mountain (Cobequid).....	1,204	Saskatchewan	
Dalhousie Mountain (Cobequid).....	1,115	Cypress Hills ¹	4,546
North Mountain (4 miles NE of West Bay Road).....	875	Wood Mountain (West Summit).....	3,371
Sporting Mountain.....	675	Wood Mountain (East Summit).....	3,347
		Vermilion Hills.....	2,500
New Brunswick		Alberta	
Mount Carleton.....	2,690	Rockies—	
Green Mountain.....	1,596	*Mount Columbia.....	12,294 ²
Moose Mountain.....	1,490	The Twins (N Peak).....	12,085
		Mount Forbes.....	11,902
Quebec		Mount Alberta.....	11,874
Appalachians—		*Mount Assiniboine.....	11,870 ²
Mount Jacques Cartier (Shickshocks)....	4,160	The Twins (S Peak).....	11,675
Mount Richardson.....	3,885	Mount Temple.....	11,636
Barn Mountain.....	3,775	Mount Kitchener.....	11,500
Mount Logan.....	3,700	*Mount Lyell.....	11,495 ²
Mégantic Mountain.....	3,625	*Mount Hungabee.....	11,457 ²
Mount Albert.....	3,550	Mount Athabasca.....	11,452
Bayfield Mountain.....	3,470	*Mount King Edward.....	11,400 ²
Mattawa Mountain.....	3,370	Stutfield.....	11,400
Roundtop (Sutton Mountains).....	3,175	Mount Brazeau.....	11,386
Hereford Mountain.....	2,760	*Mount Victoria.....	11,365 ²
Orford Mountain.....	2,750	*The Snow Dome.....	11,340 ²
Orford Mountain.....	2,750	*Mount Joffre.....	11,316 ²
Pinnacle Mountain.....	2,150		
Brome Mountain.....	1,800		
Shefford Mountain.....	1,725		

For footnotes, see end of table.