

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—		Monteregian Hills—	
Lewis Hills.....	2,672	St. Hilaire Mountain.....	1,350
Gros Morne.....	2,644	Yamaska Mountain.....	1,350
Mount St. Gregory.....	2,251	Rougemont.....	1,200
Gros Pâté.....	2,152	Mount Johnson.....	750
Blue Mountain.....	2,128	Mount Royal.....	750
Table Mountain.....	1,900-1,950		
Blue Hills of Coteau—			
Peter Snout.....	1,600-1,650		
Central Highlands—		Ontario	
Main Topsail.....	1,822	Tip Top Hill.....	2,120
Mizzen Topsail.....	1,761	Mount Batchawana.....	2,100
Torngats—		Niagara Escarpment—	
Cirque Mountain.....	5,160	Oster Bluff.....	1,700
Mount Cladonia.....	4,725	Caledon Mountain.....	1,400
Mount Eliot.....	4,550	Blue Mountain.....	1,250
Mount Tetragona.....	4,500	High Hill.....	1,150
Quartzite Mountain.....	3,930	Mount Nemo.....	1,000
Blow Me Down Mountain.....	3,880		
Kaumjets—			
Bishops Mitre.....	4,060	Manitoba	
Finger Hill.....	3,390	Duck Mountain.....	2,727
		Porcupine Mountain.....	2,700
		Riding Mountain.....	2,000
Nova Scotia		Saskatchewan	
(Spot height—Cape Breton).....	1,747	Cypress Hills ¹	4,546
Ingonish Mountain.....	1,392	Wood Mountain (West Summit).....	3,371
Nutby Mountain (Cobequid).....	1,204	Wood Mountain (East Summit).....	3,347
Dalhouse Mountain (Cobequid).....	1,115	Vermilion Hills.....	2,500
North Mountain (4 miles NE of West Bay Road).....	875		
Sporting Mountain.....	675		
		Alberta	
		Rockies—	
New Brunswick		*Mount Columbia.....	12,294 ²
Mount Carleton.....	2,690	The Twins (N Peak).....	12,085
Green Mountain.....	1,596	Mount Forbes.....	11,902
Moose Mountain.....	1,490	Mount Alberta.....	11,874
		*Mount Assiniboine.....	11,870 ²
Quebec		The Twins (S Peak).....	11,675
Appalachians—		Mount Temple.....	11,636
Mount Jacques Cartier (Shickshocks).....	4,160	Mount Kitchener.....	11,500
Mount Richardson.....	3,885	*Mount Lyell.....	11,495 ²
Barn Mountain.....	3,775	*Mount Hungabee.....	11,457 ²
Mount Logan.....	3,700	Mount Athabasca.....	11,452
Mégantic Mountain.....	3,625	*Mount King Edward.....	11,400 ²
Mount Albert.....	3,550	Stutfield Mountain.....	11,400
Bayfield Mountain.....	3,470	Mount Brazeau.....	11,386
Mattawa Mountain.....	3,370	*Mount Victoria.....	11,365 ²
Roundtop (Sutton Mountains).....	3,175	*The Snow Dome.....	11,340 ²
Hereford Mountain.....	2,760	*Mount Joffre.....	11,316 ²
Orford Mountain.....	2,750	*Mount Deltaform.....	11,235 ²
Pinnacle Mountain.....	2,150	*Mount Lefroy.....	11,230 ²
Brome Mountain.....	1,800	*Mount Alexandra.....	11,214 ²
Shefford Mountain.....	1,725	*Mount Sir Douglas.....	11,174 ²
Shield—		Woolley Mountain.....	11,170
Mount Tremblant.....	3,150	*Lunette Peak.....	11,150 ²
Mount Ste. Anne.....	2,625	Mount Hector.....	11,135
Mount Sir Wilfrid.....	2,569		

For footnotes, see end of table.