

## Subsection 5.—Mountains and Other Heights

The predominant geographical 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 all parts of the country are shown in Table 7 in feet above mean sea level.

## 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.
<b>Newfoundland</b>		<b>Quebec—concluded</b>	
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 Pâté.....	2,152	Monteregeian 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.....	1,260
Peter Snout.....	1,600-1,650	Mount Johnson.....	750
Central Highlands—		Mount Royal.....	750
Main Topsail.....	1,822		
Mizzen Topsail.....	1,761	<b>Ontario</b>	
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	<b>Manitoba</b>	
		Duck Mountain.....	2,727
<b>Nova Scotia</b>		Porcupine Mountain.....	2,700
(Spot height—Cape Breton).....	1,747	Riding Mountain.....	2,000
Ingonish Mountain.....	1,392		
Nutby Mountain (Cobequid).....	1,204	<b>Saskatchewan</b>	
Dalhousie Mountain (Cobequid).....	1,115	Cypress Hills!.....	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
<b>New Brunswick</b>			
Mount Carleton.....	2,690	<b>Alberta</b>	
Green Mountain.....	1,596	Rockies—	
Moose Mountain.....	1,490	*Mount Columbia.....	12,294*
		The Twins (N Peak).....	12,085
<b>Quebec</b>		Mount Forbes.....	11,902
Appalachians—		Mount Alberta.....	11,874
Mount Jacques Cartier (Shickshocks).....	4,160	*Mount Assiniboine.....	11,870*
Mount Richardson.....	3,885	The Twins (S Peak).....	11,675
Barn Mountain.....	3,775	Mount Temple.....	11,636
Mount Logan.....	3,700	Mount Kitchener.....	11,500
Mégantic Mountain.....	3,625	*Mount Lyell.....	11,495*
Mount Albert.....	3,550	*Mount Hungabee.....	11,457*
Bayfield Mountain.....	3,470	Mount Athabasca.....	11,452
Mattawa Mountain.....	3,370	*Mount King Edward.....	11,400*
Roundtop (Sutton Mountains).....	3,175	Stutfield Mountain.....	11,400
Hereford Mountain.....	2,760	Mount Brazeau.....	11,386
Orford Mountain.....	2,750	*Mount Victoria.....	11,365*
Pinnacle Mountain.....	2,150	*The Snow Dome.....	11,340*
Brome Mountain.....	1,800	*Mount Joffre.....	11,318*
Shefford Mountain.....	1,725	*Mount Deltaform.....	11,235*

For footnotes, see end of table.