

## 6.—Areas of Principal Islands, by Region—concluded

Region and Island	Area	Region and Island	Area
	sq. miles		sq. miles
<b>Pacific Coast—</b>		<b>Pacific Coast—concluded</b>	
Vancouver.....	12,408	Gribbell.....	86
Queen Charlotte.....	3,705	<b>Atlantic Coast—</b>	
Graham.....	2,491	Newfoundland—	
Moresby.....	991	Labrador Coast—	
Louise.....	108	South Aulatsivik.....	167
Lyell.....	63	Okak (total for two).....	113
Kunghit.....	52	Tunungayualok.....	72
Princess Royal.....	870	North Aulatsivik.....	53
Pitt.....	537	Island—	
Banks.....	400	Newfoundland.....	43,359
King.....	324	Fogo.....	95
Porcher.....	199	New World.....	73
Nootka.....	198	Gulf of St. Lawrence—	
Aristazabal.....	167	Cape Breton.....	3,970
Gilford.....	151	Anticosti.....	3,043
Hawkesbury.....	143	Prince Edward.....	2,184
Hunter.....	136	Magdalen (total for group).....	88
Calvert.....	118	Shippegan.....	59
Texada.....	117	Bay of Fundy—	
Swindle.....	109	Grand Manan.....	55
Quadra.....	103		
McCauley.....	102		
Gil.....	94		
Roderick.....	88		

## Subsection 4.—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 boundary between political divisions. Although their bases technically form part of both areas, they are listed only under one to avoid duplication. Elevations are given in feet above mean sea level.

Province and Height	Elevation	Province and Height	Elevation
	ft.		ft.
<b>Newfoundland</b>		<b>Nova Scotia</b>	
Long Range Mountains—		(Spot height—Cape Breton).....	1,747
Lewis Hills.....	2,672	Nutby Mountain (Cobequid).....	1,204
Gros Morne.....	2,644	Dalhousie Mountain (Cobequid).....	1,115
Mount St. Gregory.....	2,251	North Mountain (4 miles NE of West Bay Road).....	875
Gros Paté.....	2,152	Sporting Mountain.....	675
Blue Mountain.....	2,128		
Table Mountain.....	1,900-1,950	<b>New Brunswick</b>	
Blue Hills of Couteau—		Mount Carleton.....	2,690
Peter Snout.....	1,600-1,650	Moose Mountain.....	1,490
Central Highlands—			
Main Topsail.....	1,822	<b>Quebec</b>	
Mizzen Topsail.....	1,761	Appalachian Mountains—	
Torgat Mountains—		Mount Jacques-Cartier (Shickshocks)....	4,160
Cirque Mountain.....	5,160	Mount Richardson.....	3,887
Mount Cladonia.....	4,725	Mount Albert—	
Mount Eliot.....	4,550	Albert Nord.....	3,554
Mount Tetragona.....	4,500	Albert Sud.....	3,775
Quartzite Mountain.....	3,930	Mount Logan.....	3,700
Blow Me Down Mountain.....	3,880	Mégantic Mountain.....	3,550
Kaumajet Mountains—			
Bishops Mitre.....	4,060		
Finger Hill.....	3,390		