

## 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>Ontario</b>	
Long Range Mountains—		Ogidaki Mountain.....	2,183
Lewis Hills.....	2,672	Batchawana Mountain.....	2,142
Gros Morne.....	2,644	Tip Top Mountain.....	2,099
Mount St. Gregory.....	2,251	Niagara Escarpment—	
Gros Paté.....	2,152	Osler Bluff.....	1,675
Blue Mountain.....	2,128	Blue Mountains.....	1,650
Table Mountain.....	1,900-1,950	Caledon Mountain.....	1,400
Blue Hills of Couteau—		High Hill.....	1,163
Peter Snout.....	1,600-1,650	Mount Nemo.....	1,000
Central Highlands—			
Main Topsail.....	1,822	<b>Manitoba</b>	
Mizzen Topsail.....	1,761	Porcupine Hills.....	2,700
Torgat Mountains—		Duck Mountain.....	2,375
Cirque Mountain.....	5,160	Riding Mountain.....	2,000
Mount Cladonia.....	4,725		
Mount Eliot.....	4,550	<b>Saskatchewan</b>	
Mount Tetragona.....	4,500	Cypress Hills.....	4,567 <sup>1</sup>
Quartzite Mountain.....	3,930	Wood Mountain.....	3,275
Blow Me Down Mountain.....	3,880	Vermilion Hills.....	2,500
Kaunajet Mountains—			
Bishops Mitre.....	4,060	<b>Alberta</b>	
Finger Hill.....	3,300	Rocky Mountains—	
		*Mount Columbia.....	12,294 <sup>2</sup>
<b>Nova Scotia</b>		The Twins.....	12,085
(Spot height—Cape Breton).....	1,747	Mount Alberta.....	11,874
Franey.....	1,405	*Mount Assiniboine.....	11,870 <sup>2</sup>
Nutty Mountain (Cobequid).....	1,204	Mount Forbes.....	11,852
Dalhousie Mountain (Cobequid).....	1,115	Mount Temple.....	11,626
North Mountain (4 miles NE of West Bay Road).....	875	Mount Kitchener.....	11,500
Sporting Mountain.....	675	*Mount Lyell.....	11,495 <sup>2</sup>
		*Mount Hungabee.....	11,457 <sup>2</sup>
<b>New Brunswick</b>		Mount Athabasca.....	11,452
Mount Carleton.....	2,690	*Mount King Edward.....	11,400 <sup>2</sup>
Moose Mountain.....	1,490	Mount Brazeau.....	11,386
		*Mount Victoria.....	11,365 <sup>2</sup>
<b>Quebec</b>		*Snow Dome.....	11,340 <sup>2</sup>
Appalachian Mountains—		Stutfield Peak.....	11,320
Mount Jacques-Cartier (Shickshocks).....	4,160	*Mount Joffre.....	11,316 <sup>2</sup>
Mount Richardson.....	3,887	*Deltaform Mountain.....	11,235 <sup>2</sup>
Mount Albert—		*Mount Lefroy.....	11,230 <sup>2</sup>
Albert Nord.....	3,554	*Mount Alexandra.....	11,214 <sup>2</sup>
Albert Sud.....	3,775	*Mount Sir Douglas.....	11,174 <sup>2</sup>
Mount Logan.....	3,700	Mount Woolley.....	11,170
Mégantic Mountain.....	3,550	*Lunette Peak.....	11,150 <sup>2</sup>
Mattawa Mountain.....	3,500	Mount Hector.....	11,148
Bayfield Mountain.....	3,470	Diadem Peak.....	11,060
Roundtop (Sutton Mountains).....	3,175	Mount Edith Cavell.....	11,033
Hereford Mountain.....	2,775	Mount Fryatt.....	11,026
Barn Mountain.....	2,750	Mount Chown.....	10,930
Orford Mountain.....	2,750	Mount Wilson.....	10,700
Pinnacle Mountain.....	2,200	Clearwater Mountain.....	10,420
Brome Mountain.....	1,750	Mount Coleman.....	10,286
Shefford Mountain.....	1,725	Eiffel Peak.....	10,101
Shield—		Pinnacle Mountain.....	10,062
Mount Tremblant.....	2,900	Mount Rundle.....	9,838
Mount Sainte-Anne.....	2,625	The Three Sisters.....	9,744
Mount Sir Wilfrid.....	2,569	Mount Eisenhower.....	9,030
Monteregian Hills—		Mount Edith.....	8,380
Saint-Hilaire Mountain.....	1,350		
Yamaska Mountain.....	1,350	<b>British Columbia</b>	
Rougemont.....	1,200	Vancouver Island Ranges—	
Mount Royal.....	763	Mount Albert Edward.....	6,868
Mount Saint-Grégoire.....	750	Mount Arrowsmith.....	5,962

For footnotes, see end of table, p. 18.