

1.1 Approximate land and freshwater areas, by province

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Province or territory	Land <i>km²</i>	Freshwater <i>km²</i>	Total <i>km²</i>	Percentage of total area
Newfoundland	370 485	34 032	404 517	4.1
Island of Newfoundland	<i>106 614</i>	<i>5 685</i>	<i>112 299</i>	<i>1.1</i>
Labrador	<i>263 871</i>	<i>28 347</i>	<i>292 218</i>	<i>3.0</i>
Prince Edward Island	5 657	—	5 657	0.1
Nova Scotia	52 841	2 650	55 491	0.6
New Brunswick	72 092	1 344	73 436	0.7
Quebec	1 356 791	183 889	1 540 680	15.4
Ontario	891 194	177 388	1 068 582	10.7
Manitoba	548 495	101 592	650 087	6.5
Saskatchewan	570 269	81 631	651 900	6.5
Alberta	644 389	16 796	661 185	6.6
British Columbia	930 528	18 068	948 596	9.5
Yukon Territory	531 844	4 481	536 325	5.4
Northwest Territories	3 246 390	133 294	3 379 684	33.9
Franklin	<i>1 403 134</i>	<i>19 425</i>	<i>1 422 559</i>	<i>14.3</i>
Keewatin	<i>565 809</i>	<i>25 123</i>	<i>590 932</i>	<i>5.9</i>
Mackenzie	<i>1 277 447</i>	<i>88 746</i>	<i>1 366 193</i>	<i>13.7</i>
Canada	9 220 975	755 165	9 976 140	100.0

1.2 Principal heights in each province

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Province and height	Elevation <i>m</i>	Province and height	Elevation <i>m</i>
NEWFOUNDLAND			
Long Range Mountains		Rond Summit (Sutton Mountains)	968
Lewis Hills	814	Mount Bayfield	892
Gros Morne	806	Mount Orford	876
Table Mountain (St Barbe District)	724	Hereford Mountain	846
Mount St. Gregory	686	Barn Mountain	846
Gros Pate	656	Le Pinnacle Mountain	709
Blue Mountain	649	The Laurentians	
Blue Hills of Couteau		Mont Tremblant	968
Peter Snout	495	Mont Sainte-Anne	800
Central Highlands		Mont Sir Wilfrid	783
Main Topsail	555	Monteregian Hills	
Mizzen Topsail	537	Brome Mountain	533
Torngat Mountains		Shefford Mountain	518
Unnamed peak (58°57' 63°47')	<i>1 595</i>	Mont Saint-Hilaire	411
Cirque Mountain	1 568	Yamaska Mountain	411
Mount Cladonia	1 453	Rougemont	396
Mount Eliot	1 388	ONTARIO	
Mount Tetragona	1 356	Highest point, Timiskaming District	
Quartzite Mountain	1 186	(47°20' 80°44')	<i>693</i>
Blow-Me-Down Mountain	1 183	Ogidaki Mountain	665
Kaumajet Mountains		Batchawana Mountain	653
Bishops Mitre	1 113	Tip Top Mountain	640
Finger Hill	1 033	Niagara Escarpment	
PRINCE EDWARD ISLAND		Blue Mountains	541
Highest point on the Island, Queens		Osler Bluff	526
County (46°20' 63°27')	<i>142</i>	Caledon Mountain	427
NOVA SCOTIA		High Hill	354
Highest point, Cape Breton (46°42' 60°36')	<i>532</i>	Mount Nemo	305
Francy Mountain	428	MANITOBA	
Nuttby Mountain (Cobequid)	367	Baldy Mountain	<i>832</i>
Dalhousie Mountain (Cobequid)	340	Porcupine Hills	823
NEW BRUNSWICK		Riding Mountain	610
Mount Carleton	<i>820</i>	SASKATCHEWAN	
Moose Mountain	404	Cypress Hills	<i>1 392</i>
QUEBEC		Wood Mountain	1 013
Mont D'Iberville (Torngat Mountains)	<i>1 588</i>	Vermilion Hills	785
Appalachian Mountains		ALBERTA	
Mont Jacques-Cartier (Shickshock		Mount Columbia	<i>3 747</i>
Mountains)	1 268	The Twins	3 734
Mount Richardson	1 185	Mount Alberta	3 619
Mount Albert District		Mount Assiniboine	3 618
Albert Sud Summit	1 151	Mount Forbes	3 612
Mount Logan	1 135	Mount Temple	3 544
Mont Mégantic	1 105	Mount Lyell	3 520
Albert Nord Summit	1 083	Mount Hungabee	3 520
Matawees Mountain	1 074	Snow Dome	3 520
		Mount Kitchener	3 505