

along the coast. All parks are easily accessible and several offer organized recreation and interpretive programs.

Nova Scotia. The provincial parks system started in the late 1950s with roadside sites. This has expanded to overnight campgrounds, day-use picnic and roadside parks, day-use beach parks and wildlife parks. Many of the parks have facilities designed to meet the needs of the handicapped and most of the parks are easily accessible from main highways.

New Brunswick. The provincial system includes recreational parks, picnic parks, campgrounds, and beach and resource parks. Most are in rural areas adjacent to or easily accessible from main roads. Several parks have organized activity, lifeguards and interpretation programs. Two year-round parks are Mactaquac, near Fredericton and Sugarloaf near Campbellton.

Quebec. The parks and reserves system administered by the Quebec government comprises parks and wilderness reserves, inns, campgrounds, golf courses, picnic areas, nautical parks and other recreational and tourist sites. Visitors are able to camp, canoe, hike and in winter go cross-country skiing or snowshoeing.

Ontario. The provincial system, begun in 1893, has 219 parks; features an extraordinary variety of landscapes and resources; and provides countless recreational opportunities. Algonquin, the first provincial park, continues to be world renown. Petroglyphs contains the largest concentration of prehistoric Indian rock carvings in Canada; Ouimet is the grand canyon of the North; Quetico offers one of the best lake canoeing areas in North America; and Sandbanks features an extensive freshwater dune system. The Mattawa River offers the experience of paddling the same waters as the voyageurs.

Manitoba. The system includes natural parks, heritage parks, provincial recreation parks, and wayside parks and campgrounds throughout the province. Atikaki, the province's first Wilderness Park, was established in 1985. Resource-based parks and related land-use areas are maintained for the enjoyment and recreation of Manitoba's citizens and visitors.

Saskatchewan. In 1931 Duck Mountain, Cypress Hills and Moose Mountain became the first provincial parks. Now parks and recreation sites represent all ecological segments, classified as wilderness, natural environment or recreation. The social importance of outdoor recreation and heritage appreciation is reflected in regional parks designed for recreational use and historic parks as monuments to early trade, conflict and settlement.

Alberta provincial parks system, started in 1932, includes 61 provincial parks, 66 provincial recreation areas and three wilderness areas. Proposed new areas include ecological reserves and a multiple-use recreation area. The major provincial parks include Peter Lougheed, Cypress Hills, Dinosaur, Lesser Slave Lake and Writing-on-Stone. Other important components of the provincial outdoor recreation system are the large Willmore Wilderness Park and several forest land-use zones providing multiple-use recreation opportunities on the eastern slopes of the Rocky Mountains.

British Columbia has the largest number of provincial parks among the provinces. The system began in 1911 with Strathcona Park in central Vancouver Island and has expanded to include wilderness areas, camping and picnicking sites, downhill and cross-country ski areas, a marine park system, historic and heritage parks, a canoe circuit, wildlife sanctuaries, and outstanding examples of the province's physical features.

1.7.4 The National Capital Region

Ottawa, Canada's capital, lies along the Ottawa River below the Chaudière Falls. The name Ottawa comes from Outaouac or Outaouais, an Indian tribe from Lake Huron which controlled trade on the river.

Ottawa, Ont. and Hull, Que. comprise the core of the 24-municipality National Capital Region, an area of about 4 662 km² with a population of about 715,000. A large proportion of the Capital's work force is employed by the federal government.

The National Capital Commission (NCC) manages and develops federally owned property in the National Capital Region, particularly in regard to the establishment and maintenance of monuments, parks and historic properties and the provision of appropriate interpretation services.

The Commission also manages a number of recreational facilities such as the skating rink on the Rideau Canal and hundreds of kilometres of recreational pathways. Stress is also laid on cultural events such as Canada Day and the annual winter festival, Winterlude.

The NCC co-operates with a number of municipal, regional, provincial and federal agencies to accomplish its work in the National Capital Region and in many cases performs an important coordinating function.

Gatineau Park is a 351 km² forest and wildlife reserve north of Ottawa and Hull. It has 40 km of parkway, magnificent lookouts, hundreds of lakes and beaches, picnic areas and historic treasures at the Mackenzie King Estate. It is enjoyed by about 1.8 million visitors a year.