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# CANADA

Dept. of External Affairs  
Min. des Affaires extérieures

OCT 25 1990

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## Area

9 970 610 km<sup>2</sup> Canada is the largest country in the Western hemisphere, second-largest country in the world.

## Capital

Ottawa, Ontario.

## Provinces and Territories

(capitals in brackets)

Alberta (Edmonton); British Columbia (Victoria); Manitoba (Winnipeg); New Brunswick (Fredericton); Newfoundland (St. John's); Northwest Territories (Yellowknife); Nova Scotia (Halifax); Ontario (Toronto); Prince Edward Island (Charlottetown); Quebec (Quebec City); Saskatchewan (Regina); Yukon Territory (Whitehorse).

## Principal Cities

(1986 population for metropolitan areas in brackets)

Toronto (3.4 million); Montreal (2.92 million); Vancouver (1.4 million); Ottawa-Hull national capital region (0.82 million).

## Geography

Canada's territory is diverse, embracing fertile plains that provide excellent farmland. Its terrain also includes great expanses of mountains, rocks, lakes and rivers. In the far north, wilderness forest gives way to Arctic tundra.

## Climate

Highly varied. Permanently frozen ice caps north of the 70th parallel contrast sharply with luxuriant rain forests on the west coast of British Columbia. Most of Canada, particularly the area stretching east-west along the American border, experiences four distinct seasons. In summer, daytime highs can soar to 35°C and winter lows of -25°C are not uncommon. Spring and fall temperatures are more moderate. Most of Canada's land mass is subjected to prevailing westerly winds. Thus, high and low pressure systems generally move from west to east.

## National Parks and Historic Sites

The Canadian government has established over a hundred historic sites to commemorate people, places and

events that are of major significance to the country. A total of 34 national parks are located across the country. (Provincial governments also designate their own parks.) The oldest federal park, Banff National Park, was founded in 1885. It is located in Alberta on the east slope of the Rocky Mountains. One of the newest parks, on Ellesmere Island in the Northwest Territories, was established in 1986.

## Mountain Ranges

In the east, Torngat, Appalachians, Laurentians; in the west, Rockies, Coast, Mackenzie; in the north, St. Elias, Pelly. The highest mountain, the Yukon Territory's Mount Logan, is 6 050 m.

## Principal Lakes

(in order of size based on square kilometres within Canada)

Huron\*, Great Bear, Superior\*, Great Slave, Winnipeg, Erie\*, Ontario\*. The largest lake entirely within Canada is the Northwest Territories' Great Bear Lake at 31 326 km<sup>2</sup>.

\*Great Lakes whose waters lie partly in the United States.

## Principal Rivers

The St. Lawrence at 3 058 km long carries ships from the Atlantic Ocean to the Great Lakes system. Other rivers include the Yukon\*, Nelson, Columbia\*, Saskatchewan, Peace, Churchill. The longest river, the Northwest Territories' Mackenzie, is 4 241 km long.

\*Rivers that flow partly in the United States.

## Time Zones

There are six zones. Most easterly is Newfoundland Standard Time, three hours, 30 minutes behind Co-ordinated Universal Time (UTC). Most westerly is Pacific Standard Time, eight hours behind UTC. From east to west, the remaining time zones are called Atlantic, Eastern, Central and Mountain. Between the first Sunday in April and last Sunday in October, all provinces (except most of Saskatchewan) adopt Daylight Saving Time, whereby clocks are set one hour earlier than Standard Time.

## System of Government

Canada is a constitutional monarchy and a federal state with democratic parliamentary representation. The Parliament of Canada, located in Ottawa, Ontario, consists of the House of Commons (elected) and the Senate (appointed). Elections are held every four years on average.

## National Emblem

Canada's national emblem is the maple leaf. The provinces and territories each have their own emblems.

## National Anthem

*O Canada.*

## Currency

The Canadian dollar (100 cents).

## Population

25.4 million (June 1986 census).

# Canada

External Affairs and  
International Trade Canada

