

a wealth of minerals, much water power and great forests.

The western plains region stretching to the Arctic Ocean is the Canadian section of the Great Plains of North America. Here are located the widely but not densely populated prairie provinces, the southern portions of which have been devoted largely to grain-growing. The area contains important deposits of oil, gas, coal and potash.

The western mountain region, over 800 km wide, stretches from western Alberta to the Pacific and covers most of British Columbia and the Yukon Territory. The rugged Canadian Rockies attract the most tourists but the highest peak in Canada, Mount Logan (6,050 metres), is in an isolated corner of the Yukon. Vancouver Island and the valleys of southern mainland British Columbia, areas rich in minerals and forests, have attracted much settlement.

A sixth region lies almost entirely within the Arctic Circle. The Arctic Islands, a barren region 7

