

Physical Geography

THE Island of Newfoundland lies across the mouth of the Gulf of St. Lawrence. It extends between the parallels of $46^{\circ} 35'$ and $51^{\circ} 39'$ North and the meridians $52^{\circ} 36'$ and $59^{\circ} 25'$ West, and is roughly in the same latitude as Vancouver Island. It has an area of approximately 42,700 square miles and is about twice the size of Nova Scotia. The Island is shaped like an equilateral triangle with sides 300 miles in length. At its northern point, it is separated from Labrador (which has been part of Newfoundland since the 18th century) by the narrow Strait of Belle Isle, which at one place is only 11 miles across. In the southwest, it is separated from Cape Breton Island by Cabot Strait, 65 miles across. The Avalon Peninsula with the capital city of St. John's lies at the southeast corner of the Island and is the most easterly point of the North American Continent. Labrador, a northeastern spur of the North American Continent, stretches from 52° to 60° North latitude. It covers an area of 110,000 square miles, about 3 p.c. of the area of Canada.

Topography.—The Island of Newfoundland is a plateau of low, gently rolling relief, with its highest elevations along the western margin, where summits in the Long Range Mountains rise to over 2,500 feet above sea-level. From this elevation, the plateau slopes gradually southeastwards to an altitude of about 700 feet in the Avalon Peninsula.

The Long Range Mountains stretch northwards from Bonne Bay. The highest summits are found along the western edge of the upland where the mountains fall by steep scarps to a low coastal plain. The surface is bare and rocky, with flat-topped ridges rising above the general level, and lakes lying in ice-scoured hollows. South of Bonne Bay the country is deeply dissected and is characterized by isolated uplands separated by deep valleys, and by fiords which penetrate inland for several miles. The Lewis Hills rise to 2,673 feet above sea-level and form the highest point in the Island. The Humber, one of the principal rivers of Newfoundland, rises to the east of Gros Morne, the highest summit in the Long Range Mountains, and flows through Deer Lake parallel to the long and narrow Grand Lake, and then cuts through the coastal mountains in a deep gorge and enters the sea in Humber Arm where Corner Brook and Humbermouth are located.

At the southern end of the west coast mountains are the Anguille Mountains, a flat-topped highland with summits about 1,000 feet above sea-level. To the east of the coastal mountains stretches the high plateau, which includes the Avalon Peninsula. The plateau surface has a general southeastward slope towards the Atlantic Coast