Regina, Saskatchewan, at the centre of a large wheat-growing region, is a hub of wholesale trade, rail activity and farm equipment distribution. It was originally called "Wascana", Cree Indian for "pile of bones".

Calgary, Alberta, petroleum capital of Canada, is at the centre of a ranching and meat-packing area. The Calgary Stampede, which includes rodeo events and chuckwagon races, is an annual celebration. The legendary Chinook, a warm southwest wind, causes unseasonably warm winter temperatures to alternate with the cold winter temperatures. Calgary, at the foothills of the Rocky Mountains, has outpaced other metropolitan areas in terms of a population growth rate.

Vancouver, British Columbia, nestled between the Rocky Mountains and Pacific Ocean, is a thriving western rail terminus and gateway to the Pacific and the Orient. The Vancouver Stock Exchange is located here.