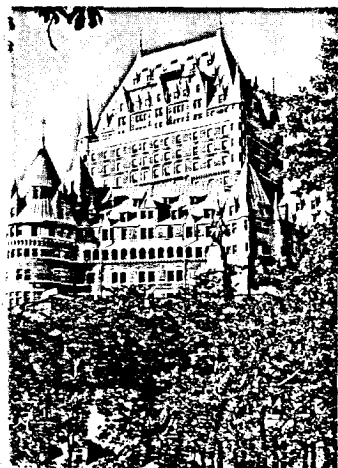




the home of four major universities — two French and two English.

Next in importance as a metropolitan area is Ottawa-Hull which straddles the Ontario-Quebec border and has some 850 000 inhabitants. The national capital region has a distinctive bilingual personality.

Quebec City (population 603 000) is Quebec's provincial capital. Steeped in history and tradition, Quebec City is acknowledged as one of the most fascinating places in North America.

Other major urban centres are Hamilton, London and Thunder Bay in Ontario, and Chicoutimi, Trois-Rivières and Sherbrooke in Quebec.

Not far from any of these cities and their array of social and cultural amenities are the rivers, lakes and forests of the Canadian Shield, which offer tourists and outdoors enthusiasts both scenic delights and access to a great variety of fish and game.

