

city take their names from Mont Royal, the city's most well-known and historic landmark.

*Quebec City*, Quebec, capital of the largest province and oldest city in Canada was first settled by Samuel de Champlain in 1608. It is also one of the two walled cities in North America. As well as being an important industrial centre and port with large warehouse and grain facilities, Quebec City retains an atmosphere of old world charm.

*Ottawa*, Ontario, the national capital since 1857, is an English form of "Outaouac" or "Outaouais", the name of an Indian tribe which carried furs down the Ottawa River to trade with the settlers. It is at the core of a 1,800 square mile National Capital Area encompassing 52 municipalities in Ontario and Quebec.

*Toronto*, Ontario, is a financial (home of the Toronto Stock Exchange), manufacturing and commercial hive and, thanks to the St. Lawrence Seaway, a major seaport. It is noted for its artistic, educational and medical communities, as well as its cultural mosaic. The Royal York Hotel is the largest Hotel in the Commonwealth.

*Sudbury*, Ontario, nickel capital of the world, has terrain and rock samples which proved useful in training U.S. astronauts for their moon-walk.

*Winnipeg*, Manitoba, a multicultural city at Canada's midpoint, is a western grain and commercial centre and has the Winnipeg Stock Exchange. One of the most bitterly cold street corners in Canada is the downtown intersection of Portage and Main Streets, where the wind is funnelled between tall buildings. The city is a focal point for the performing arts (Royal Winnipeg Ballet and Manitoba Theatre Centre).