

**Module: The United States and Canada**  
**Topic Content: Major Regions of Canada**

**Major Regions of Canada**



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## Module: The United States and Canada

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The nation of Canada is comprised of ten provinces and three territories. The Canadian provinces are Newfoundland and Labrador, Nova Scotia, Prince Edward Island, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, and British Columbia. The Canadian territories are Yukon, Northwest Territories, and Nunavut. These provinces and territories can be roughly divided into four major regions: the Atlantic Provinces, the Core Provinces, the Prairie Provinces, and the Pacific Provinces and Territories. Click each button to learn more.

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**Atlantic Provinces**



The Atlantic Provinces are located on the eastern coast of Canada and include Newfoundland and Labrador, Nova Scotia, Prince Edward Island, and New Brunswick. The economy of this region relies heavily on primary sector industries, like fishing, forestry, mining, and farming. Click each point on the map to learn more.

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**Halifax, Nova Scotia**

Click each point on the map to learn more

**Halifax, Nova Scotia**



- Harbor site on north Atlantic coast
- Most populous city in Nova Scotia
- Capital of Nova Scotia
- Canada's largest naval base
- Center for trade, media, and culture
- Economy based on fishing, mining, forestry, and oil

Close

Halifax is located at a harbor site on the north Atlantic coast. It is the most populous city in Nova Scotia, which is the most populous Atlantic Province. Halifax is the capital of Nova Scotia and home to Canada's largest naval base. The city is also an important center for trade, media, and culture in the region. In the surrounding areas, fishing, mining, forestry, and offshore oil drilling support the provincial economy.

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**St. John's, Newfoundland and Labrador**

Click each point on the map to learn more

**St. John's, Newfoundland**



- Provincial capital of Newfoundland and Labrador
- Main industry was fishing until the 1990s
- Suffered major economic decline and population loss
- Mining, oil drilling, and service industries have grown
- Fishing remains a part of the economy and culture

Close

St. John's is the capital of the province Newfoundland and Labrador. For many years, fishing was the main industry in this province; however, this changed in the 1990s, when the northern cod fishery collapsed due to years of overfishing. This caused a major economic decline throughout the region, and forced many people to leave in search of work. Newfoundland and Labrador has been able to recover in recent years through the growth of mining operations, offshore oil drilling, and service industries. Fishing is still an important part of the local economy and culture, but those in the industry have adopted more sustainable practices.

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**Core Provinces**



The Core Provinces, sometimes called the Central Provinces, include Quebec and Ontario. More than half of the population of Canada lives in the Core Provinces region. As such, this region is home to many of Canada's largest and most populous cities. Click each point on the map to learn more.

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**Montreal, Quebec**

Click each point on the map to learn more

**Montreal, Quebec**



- Confluence site of Saint Lawrence and Ottawa Rivers
- On the Island of Montreal
- Most populous city in Quebec
- Second most populous city in Canada
- One of the world's largest inland ports
- Center for trade, finance, transportation, culture, etc.

Close

Montreal, Quebec is located at the confluence of the Saint Lawrence and Ottawa Rivers, on the Island of Montreal. It is the most populous city in the province of Quebec, and the second most populous city in Canada. Montreal has one of the largest inland ports in the world, and before it was surpassed by Toronto in the late-twentieth century, Montreal was Canada's economic capital. Despite this shift, the city still functions as a major center for trade, finance, transportation, culture, and tourism.

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**Ottawa, Ontario**

Click each point on the map to learn more

**Ottawa, Ontario**



- On the southern bank of the Ottawa River
- National capital of Canada
- Home of Parliament Hill
- Canada's legislative body meets at Parliament Hill
- Center for government administration
- Center for Canada's high technology industry

Close

Ottawa, Ontario is located on the southern bank of the Ottawa River. It is the national capital of Canada and home to several government institutions, including Parliament Hill. Parliament Hill is where Canada's legislative body, the Parliament of Canada, meets to discuss and create laws. In addition to being a center for government administration, Ottawa is home to several international tech companies, making the city an important center for Canada's high technology industry.

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**Quebec City, Quebec**

Click each point on the map to learn more

**Quebec City, Quebec**



Château Frontenac

- Narrowed river site on the St. Lawrence River
- Second most populous city in Quebec
- Provincial capital of Quebec
- Center for manufacturing, trade, culture, and tourism
- Hosts the world's largest winter festival
- Home to the Château Frontenac

Close

Quebec City, Quebec is located on a narrowed river site on the Saint Lawrence River. It is the second most populous city in the province of Quebec, as well its provincial capital. Quebec City functions as an important center for manufacturing, trade, culture, and tourism. Every year, Quebec City hosts the Quebec Winter Carnival, which is the world's largest winter festival. One of the most famous landmarks in the city is the Château Frontenac, which overlooks the Saint Lawrence River.

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#### Toronto, Ontario



Toronto is located on the north shore of Lake Ontario. It is the most populous city in Canada, the provincial capital of Ontario, and the financial center of the entire country. The city is home to a variety of businesses and financial services, like the Toronto Stock Exchange. In addition to its status as the economic capital of Canada, Toronto functions as an international center for culture, trade, education, media, and entertainment. The Toronto skyline is famous for its iconic CN Tower.

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**Prairie Provinces**



The Prairie Provinces include Manitoba, Saskatchewan, and Alberta. The region encompasses parts of North America's Interior Lowlands, Great Plains, and Rocky Mountains. These provinces are known for having vast areas of agricultural land and an abundance of energy resources. Click each point on the map to learn more.

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**Calgary, Alberta**

Click each point on the map to learn more

**Calgary, Alberta**



- Confluence site in Alberta
- Between the Great Plains and the Rocky Mountains
- Fourth most populous city in Canada
- Rich deposits of petroleum and coal
- Produces 80% of Canada's oil and natural gas
- Center for trade, manufacturing, finance, etc.

Close

Calgary is located at a confluence site in the province of Alberta, between the Great Plains and the Rocky Mountains. It is the fourth most populous city in Canada. Calgary, like much of Alberta, has access to rich deposits of petroleum and coal. In fact, Alberta produces roughly 80% of Canada's oil and natural gas. Although Calgary's economy is dominated by the energy industry, the city is also a center for trade, manufacturing, financial services, healthcare, entertainment, and transportation.

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**Saskatchewan**



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**Saskatchewan**

Canada's main producer of wheat and grains

"Canada's Breadbasket"

"The Wheat Province"

Contains 40% of Canada's arable land

Has a large mining industry

World's largest exporter of uranium and potash

Close

Saskatchewan is the country's main producer of wheat and other grains, and has nicknames like "Canada's Breadbasket" and "the wheat province." In fact, this province contains approximately 40% of the arable land in Canada. Saskatchewan is also home to a large mining industry, and is the world's largest exporter of uranium and potash, which is used in fertilizers.

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#### Pacific Provinces and Territories

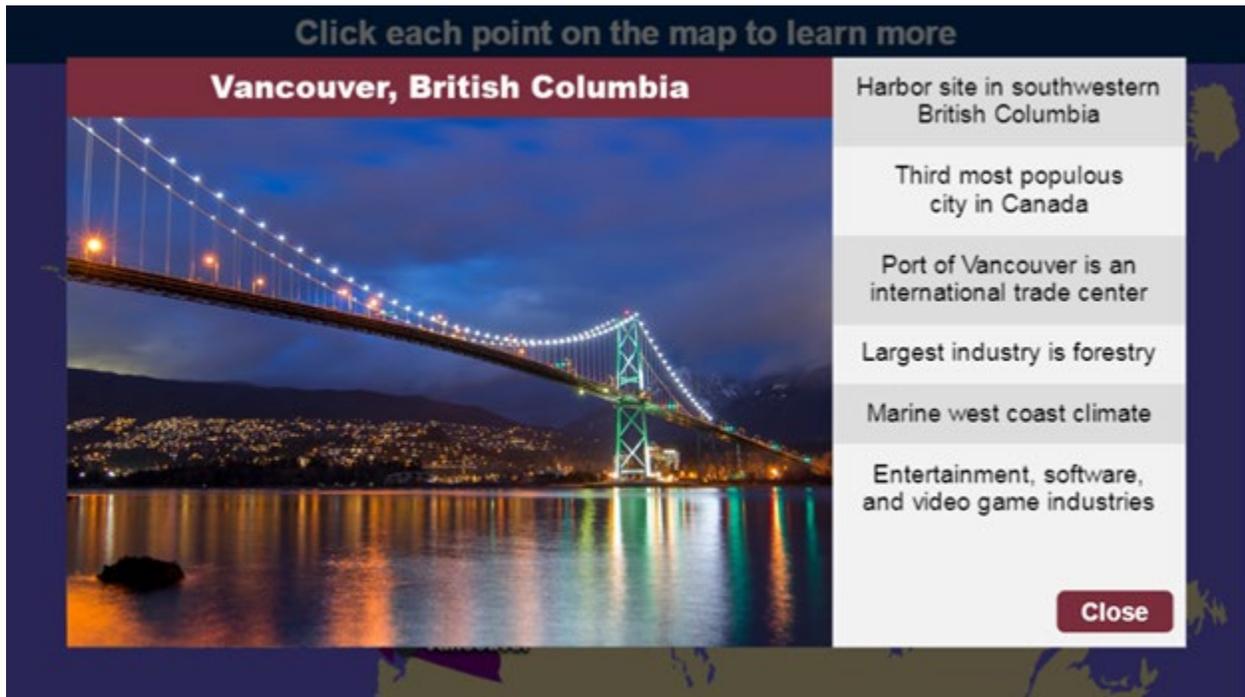


The Pacific Provinces and Territories include the province of British Columbia, and Canada's three territories: the Yukon, the Northwest Territories, and Nunavut. These territories occupy roughly one-third of Canada's land mass, but are the least populated area in the country. Click each point on the map to learn more.

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**Vancouver, British Columbia**

Click each point on the map to learn more



**Vancouver, British Columbia**

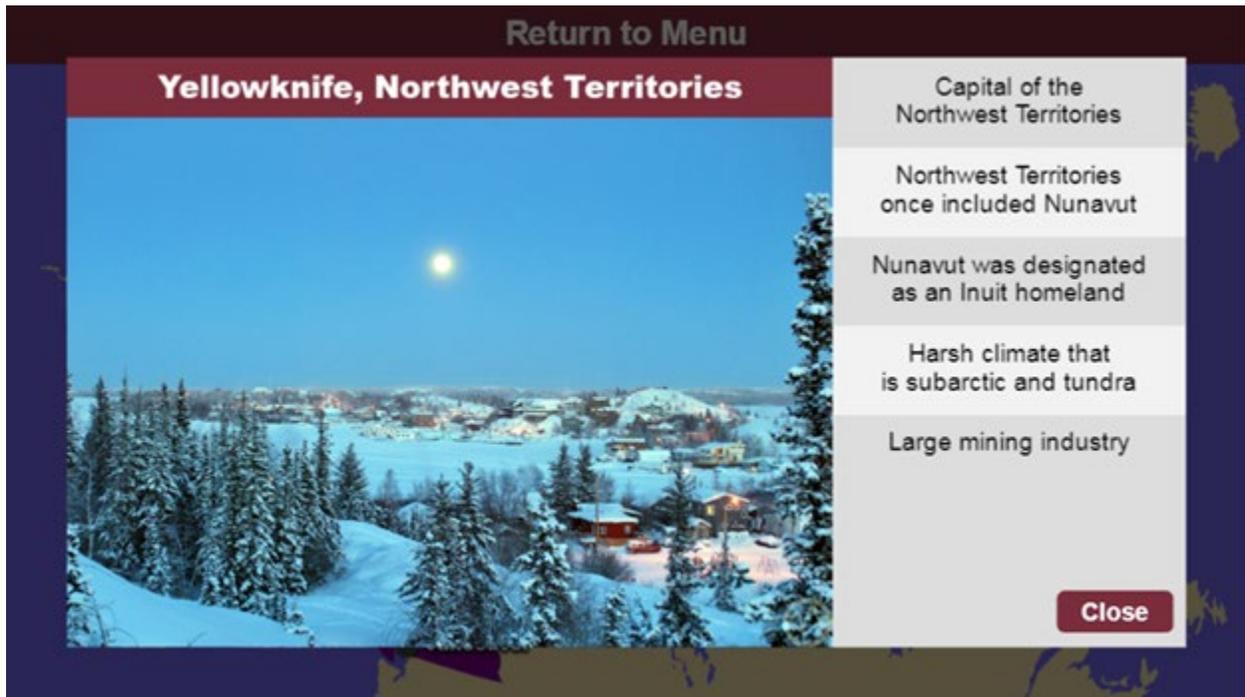
- Harbor site in southwestern British Columbia
- Third most populous city in Canada
- Port of Vancouver is an international trade center
- Largest industry is forestry
- Marine west coast climate
- Entertainment, software, and video game industries

Close

Vancouver is located at a harbor site in southwestern British Columbia, near the Canadian-United States border. It is the third most populous city in Canada. The Port of Vancouver is an international trade center that connects Canada with Asia via the Pacific Ocean. The city's largest industry is forestry, which is supported by the dense forest vegetation typical of a marine west coast climate; however, in recent years, Vancouver has attracted multiple companies involved in entertainment, software, and video games.

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**Yellowknife, Northwest Territories**



Yellowknife is the capital of the Northwest Territories. The Northwest Territories were once a much larger area that included the territory of Nunavut; however, in 1999, Nunavut was officially designated as a homeland for Canada's indigenous Inuit population. The Northwest Territories have a harsh climate that is subarctic in the south and tundra in the north. Industry in this territory is primarily focused on mining, which produces copper, lead, zinc, gold, and diamonds.