

Sometimes, the easiest way to understand and visualize statistical data is by looking at a map.

Geographers use data from the census and from surveys to map phenomena such as the richest neighbourhoods in Toronto, the population density in Alberta or heart disease by health region.

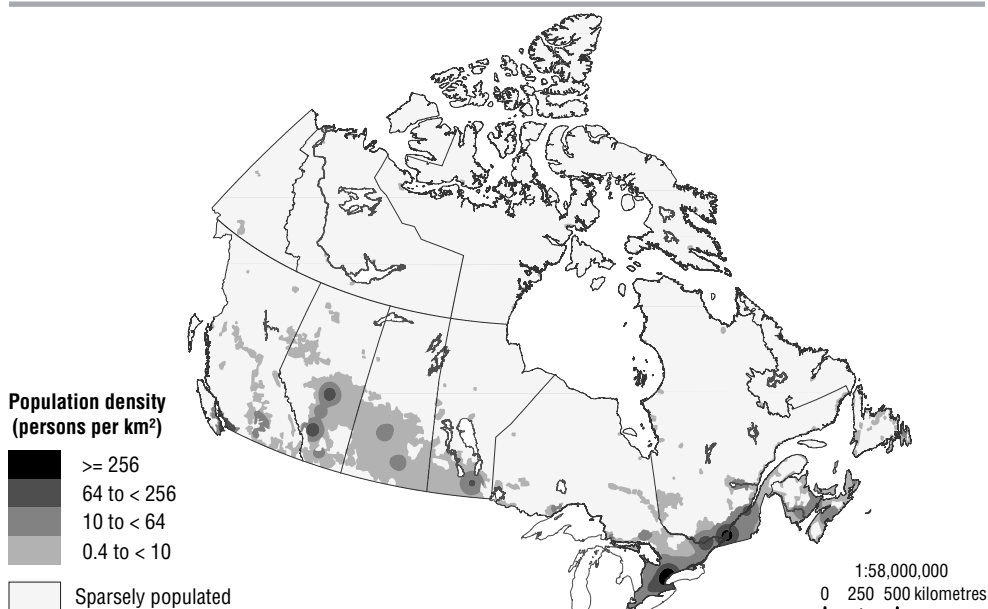
Statistics Canada produces three different types of maps:

- Reference maps show the boundaries, names and codes of standard geographic areas, as well as the major visible features such as roads, railroads, coastlines, lakes and rivers.
- Thematic maps show the spatial distribution of a specific theme, such as population density or average annual income, for a selected geographic area.
- Interactive maps enable users to use Web-based mapping applications.

Statistics Canada maintains several data products with mapping applications, such as the Aboriginal Population Profile, Agricultural Community Profiles, Community Profiles, the Federal Electoral District Profile and Crop Condition Assessment Program. A mapping tool called GeoSearch makes it easy to find places in Canada. The tool displays the appropriate map showing boundaries and other features, the population and dwelling count for these places, as well as what kind of census geographic area it is and its relationship to other census geographic areas.

Visit Maps and geography at <http://www.statcan.gc.ca> to see how data can be better visualized and understood with maps.

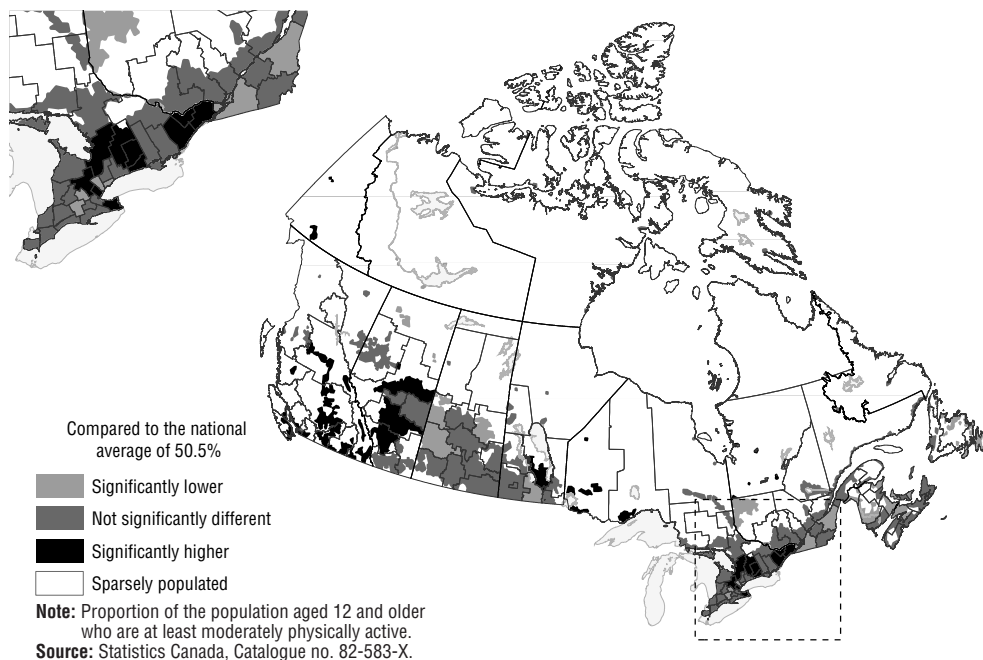
**Map 15.1**  
**Population density, 2006**



Source: Statistics Canada, Census of Population, 2006.

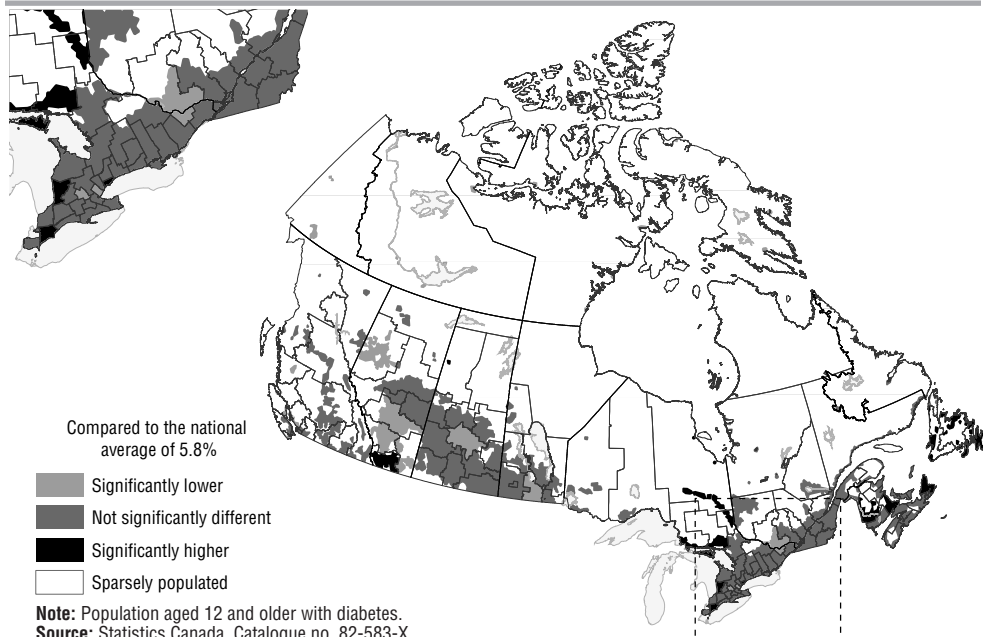
Map 15.2

Leisure-time physical activity, by health region, 2007/2008



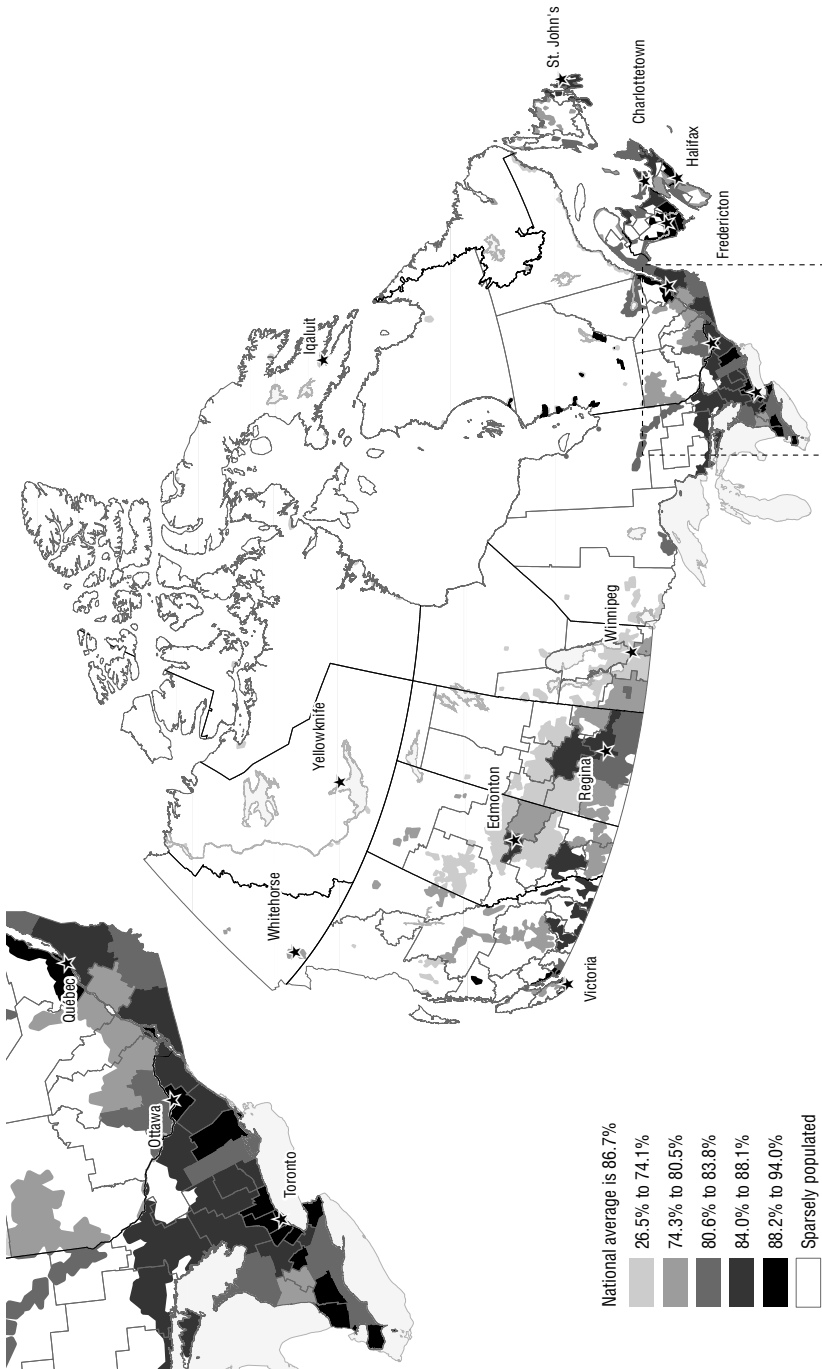
Map 15.3

Diabetes by health region 2007/2008



Map 15.4

High school graduates aged 25 to 29, by health region, 2006 Census



Source: Statistics Canada, Catalogue no. 82-221-X.

Table 15.1 Weather conditions, selected urban centres

	Extreme maximum temperature		Extreme minimum temperature		Rainfall <sup>1</sup>	Snowfall <sup>1,2</sup>	Precipitation <sup>2,3</sup>
	degrees Celsius	year	degrees Celsius	year	millimetres	centimetres	millimetres
St. John's	31.5	1983	-23.8	1986	1,191.0	322.3	1,513.7
Charlottetown	34.4	1944	-30.5	1982	880.4	311.9	1,173.3
Halifax	35.0	1995	-28.5	1993	1,238.9	230.5	1,452.2
Saint John	34.4	1976	-36.7	1948	1,147.9	256.9	1,390.3
Fredericton	37.2	1975	-37.2	1962	885.5	276.5	1,143.3
Québec	35.6	1953	-36.1	1962	923.8	315.9	1,230.3
Sherbrooke	34.0	2002	-41.2	2004	873.9	294.3	1,144.1
Trois-Rivières	36.1	1975	-41.1	1976	858.6	241.4	1,099.8
Montréal	35.6	1955	-37.2	1933	819.7	220.5	1,046.2
Ottawa	37.8	1944	-36.1	1943	732.0	235.7	943.5
Kingston	34.3	1983	-34.5	1981	794.6	181.0	968.4
Oshawa	36.5	1988	-30.5	1981	759.5	118.4	877.9
Toronto	38.3	1948	-31.3	1981	684.6	115.4	792.7
Hamilton	37.4	1988	-30.0	2004	764.8	161.8	910.1
St. Catharines	37.4	1988	-25.7	1979	745.7	136.6	873.6
London	38.2	1988	-31.7	1970	817.9	202.4	987.1
Windsor	40.2	1988	-29.1	1994	805.2	126.6	918.3
Greater Sudbury/ Grand Sudbury	38.3	1975	-39.3	1982	656.5	274.4	899.3
Thunder Bay	40.3	1983	-41.1	1951	559.0	187.6	711.6
Winnipeg	40.6	1949	-45.0	1966	415.6	110.6	513.7
Regina	43.3	1937	-50.0	1885	304.4	105.9	388.1
Saskatoon	40.6	1988	-50.0	1893	265.2	97.2	350.0
Calgary	36.1	1919	-45.0	1893	320.6	126.7	412.6
Edmonton	34.9	2002	-48.3	1938	365.7	123.5	476.9
Abbotsford–Mission	37.9	2007	-21.1	1950	1,507.5	63.5	1,573.2
Vancouver	33.3	1960	-17.8	1950	1,154.7	48.2	1,199.0
Victoria	36.1	1941	-15.6	1950	841.4	43.8	883.3
Whitehorse	34.4	1969	-52.2	1947	163.1	145.0	267.4
Yellowknife	32.5	1989	-51.2	1947	164.5	151.8	280.7
Iqaluit	26.1	2003	-45.6	1967	198.3	235.8	412.1

1. Annual average.

2. On average, one centimetre of snow equals one millimetre of rain.

3. Totals may not add up because of different densities of snow.

Source: Environment Canada, National Climate Data and Information Archives.

**Table 15.2 Selected major sea islands, by region**

	Area square kilometres		Area square kilometres
<b>Queen Elizabeth Islands</b>			
Ellesmere	196,236	Coats	5,498
Devon	55,247	Stefansson	4,463
Axel Heiberg	43,178	Mansel	3,180
Melville	42,149	Akimiski	3,001
Bathurst	16,042	Richards	2,165
Prince Patrick	15,848	Air Force	1,720
Ellef Ringnes	11,295	Flaherty	1,585
Cornwallis	6,995	Nottingham	1,372
Amund Ringnes	5,255	Wales	1,137
Mackenzie King	5,048	Rowley	1,090
Borden	2,794	Resolution	1,015
Cornwall	2,358	<b>Pacific Coast Islands</b>	
Eglinton	1,541	Vancouver	31,285
Graham	1,378	Graham	6,361
Lougheed	1,308	Moresby	2,608
Byam Martin	1,150	Princess Royal	2,251
Île Vanier	1,126	Pitt	1,375
Cameron	1,059	<b>Quebec</b>	
<b>Other Arctic Islands</b>		Anticosti	7,941
Baffin Island	507,451	<b>Prince Edward Island</b>	
Victoria	217,291	Main Island	5,620
Banks	70,028	<b>Newfoundland and Labrador</b>	
Southampton	41,214	Newfoundland	108,860
Prince of Wales	33,339	<b>Nova Scotia</b>	
Somerset	24,786	Cape Breton	10,311
King William	13,111	<b>New Brunswick</b>	
Bylot	11,067	Île Lamèque	150
Prince Charles	9,521	Grand Manan	137

**Note:** A major island has a land area greater than 129 square kilometres.

**Source:** Natural Resources Canada, *Atlas of Canada*.

Table 15.3 Selected principal heights, by province and territory

	Elevation metres		Elevation metres
<b>Newfoundland and Labrador</b>		<b>Quebec</b>	
Torngat Mountains		Mont Logan	1,151
Mount Caubvick <sup>1,2</sup> (on N.L.–Que. boundary)	1,652	Mont Xalibu	1,135
Torngarsoak Mountain	1,595	Mont Mégantic	1,105
Cirque Mountain	1,568	Laurentian Mountains	
Mount Erhart	1,539	Mont Raoul-Blanchard	1,181
Jens Haven	1,531	Mont Belle Fontaine	1,151
Innuvit Mountain	1,509	Mont de la Québécoise	1,120
Mount Cladonia	1,453	Mont Tremblant	968
Mount Silene	1,448	Mont Sainte-Anne	800
Starshape Mountain	1,417	Mont Sir-Wilfrid	783
Mealy Mountains		Monts Otish	
Unnamed peak (53°37' N, 58°33' W)	1,176	Mont Yapeitso	1,135
Kaumajet Mountains		Collines Montérégiennes	
Bishops Mitre	1,113	Mont Brome	554
Long Range Mountains		<b>Ontario</b>	
Lewis Hills (48°50' N, 58°29' W)	814	Ishpatina Ridge <sup>2</sup>	693
Gros Morne	806	Ogidaki Mountain	665
<b>Prince Edward Island</b>		Batchawana Mountain	653
Queen's County (46°20' N, 63°25' W) <sup>2</sup>	142	Tip Top Mountain	640
<b>Nova Scotia</b>		Niagara Escarpment (44°23' N, 80°14' W)	535
White Hill (Cape Breton Highlands) (46°42' N, 60°36' W) <sup>2</sup>	532	<b>Manitoba</b>	
<b>New Brunswick</b>		Baldy Mountain <sup>2</sup>	832
Mount Carleton <sup>2</sup>	817	Hart Mountain	823
Mount Edward	800	Riding Mountain	610
Mount Head	800	<b>Saskatchewan</b>	
<b>Quebec</b>		Cypress Hills <sup>2</sup> (49°33' N, 109°59' W)	1,392
Monts Torngat		Wood Mountain	1,013
Mont D'Iberville <sup>1,2</sup> (on N.L.–Que. boundary)	1,652	Pasquia Hills (53°55' N, 102°48' W)	828
Mont Jacques-Rousseau	1,261	Vermilion Hills	785
Korok Mountain	1,204	<b>Alberta</b>	
Appalachian Mountains		Rocky Mountains	
Mont Jacques-Cartier	1,268	Mount Columbia <sup>2</sup> (on Alta.–B.C. boundary)	3,747
Mont de la Passe	1,242	North Twin	3,733
Les Cones	1,196	Mount Alberta	3,620
Mont Gosford	1,192	Mount Assiniboine (on Alta.–B.C. boundary)	3,618
Mont Richardson	1,185	Mount Forbes	3,612
Mont Albert	1,181	South Twin	3,581

1. Known as Mont D'Iberville in Quebec and as Mount Caubvick in Newfoundland and Labrador.

2. Highest point in province or territory.

3. Highest point in Canada.

Source: Natural Resources Canada, *Atlas of Canada*.

	Elevation metres		Elevation metres
<b>Alberta</b>		<b>Yukon</b>	
Mount Temple	3,547	St. Elias Mountains	
Mount Brazeau	3,525	Mount Logan <sup>2,3</sup>	5,959
Snow Dome (on Alta.–B.C. boundary)	3,520	Mount St. Elias (on Alaska–Yukon border)	5,489
Mount Lyell (on Alta.–B.C. boundary)	3,504	Mount Lucania	5,226
Mount Athabasca	3,491	King Peak	5,173
Mount King Edward (on Alta.–B.C. boundary)	3,490	Mount Steele	5,067
Mount Kitchener	3,490	Mount Wood	4,838
<b>British Columbia</b>		Mount Vancouver (on Alaska–Yukon border)	4,785
St. Elias Mountains		Mount MacAulay	4,663
Fairweather Mountain <sup>2</sup> (on Alaska–B.C. boundary)	4,663	Mount Slaggard	4,663
Mount Quincy Adams (on Alaska–B.C. boundary)	4,133	Mount Hubbard (on Alaska–Yukon border)	4,577
Mount Root (on Alaska–B.C. boundary)	3,901	<b>Northwest Territories</b>	
Coast Mountains		Mackenzie Mountains	
Mount Waddington	4,016	Unnamed peak (61°52' N, 127°42' W) <sup>2</sup>	2,773
Mount Tiedemann	3,848	Mount Sir James MacBrien	2,762
Combatant Mountain	3,756	Franklin Mountains	
Asperity	3,716	Cap Mountain	1,577
Serra Peaks	3,642	Mount Clark	1,462
Monarch Mountain	3,459	Pointed Mountain	1,405
Rocky Mountains		Nahanni Butte	1,396
Mount Robson	3,954	Melville Hills	
Mount Columbia (on Alta.–B.C. boundary)	3,747	Unnamed peak (69°14' N, 121°32' W)	876
Mount Clemenceau	3,642	Banks Island	
Mount Assiniboine (on Alta.–B.C. boundary)	3,618	Durham heights	732
Mount Goodsir, North Tower	3,581	Victoria Island	
Mount Goodsir, South Tower	3,520	Unnamed peak (71°51' N, 112°36' W)	655
Snow Dome (on Alta.–B.C. boundary)	3,520	<b>Nunavut</b>	
Mount Bryce	3,507	Axel Heiberg Island	
Selkirk Mountains		Outlook Peak	2,210
Mount Sir Sandford	3,522	Baffin Island	
Cariboo Mountains		Mount Odin	2,147
Mount Sir Wilfrid Laurier	3,520	Unnamed peak (66°49' N, 65°20' W)	2,410
Purcell Mountains		Qiajivik Mountain	1,963
Mount Farnham	3,481	Devon Island	
Monashee Mountains		Summit of Devon Ice Cap	1,908
Torii Mountain	3,429	Ellesmere Island	
		Barbeau Peak <sup>2</sup>	2,616

Table 15.4 Selected principal rivers, by drainage basin

	Drainage area	Length		Drainage area	Length
	square kilometres	kilometres		square kilometres	kilometres
<b>Flowing into the Pacific Ocean</b>			<b>Flowing into the Arctic Ocean</b>		
Yukon (International boundary to head of Nisutlin)	323,800	1,149	Arctic Red	23,200	499
Porcupine	61,400	721	Slave (from Peace River to Great Slave Lake)	616,400	415
Stewart	51,000	644	Fond du Lac (to outlet of Wollaston Lake)	66,800	277
Pelly	51,000	608	Back (to outlet of Muskox Lake)	106,500	974
Teslin	35,500	393	Coppermine	.	845
White	38,000	265	Anderson	.	692
Columbia (International boundary to head of Columbia Lake)	102,800	801	Horton	.	618
Kootenay	37,700	780	<b>Flowing into Hudson Bay, James Bay or Ungava Bay</b>		
Kettle (to head of Holmes Lake)	4,700	336	Nelson (to head of Bow)	892,300	2,575
Okanagan (to head of Okanagan Lake)	21,600	314	Nelson (to outlet of Lake Winnipeg)	802,900	644
Fraser	232,300	1,370	Saskatchewan (to head of Bow)	334,100	1,939
Thompson (to head of North Thompson)	55,400	489	South Saskatchewan (to head of Bow)	144,300	1,392
North Thompson	20,700	338	Red Deer	45,100	724
South Thompson (to head of Shuswap)	17,800	332	Bow	26,200	587
Nechako (to head of Eutsuk Lake)	47,100	462	Oldman	26,700	362
Chiklotin	20,000	235	North Saskatchewan	122,800	1,287
Stuart (to head of Driftwood)	16,200	415	Battle (to head of Pigeon Lake)	30,300	570
Skeena	54,400	579	Red (to head of Sheyenne)	138,600	877
Stikine	49,800	539	Assiniboine	160,600	1,070
Nass	21,100	380	Winnipeg (to head of Firesteel)	106,500	813
Taku	27,500	250	English	52,300	615
<b>Flowing into the Arctic Ocean</b>			Fairford (to head of Manitoba Red Deer)	80,300	684
Mackenzie (to head of Finlay)	1,805,200	4,241	Churchill (to head of Churchill Lake)	281,300	1,609
Peace (to head of Finlay)	302,500	1,923	Beaver (to outlet of Beaver Lake)	.	491
Smoky	51,300	492	Thelon	142,400	904
Finlay	43,000	402	Dubawnt	57,500	842
Athabasca	95,300	1,231	Kazan (to head of Ennadai Lake)	71,500	732
Pembina	12,900	547	Moose (to head of Mattagami)	108,500	547
Liard	277,100	1,115	Abitibi (to head of Lake Loïs)	29,500	547
South Nahanni	36,300	563	Mattagami (to head of Lake Minissinakwa Lake)	37,000	443
Fort Nelson (to head of Sikanni Chief)	55,900	517	Missinaibi	23,500	426
Petitot	23,200	404			
Hay	48,200	702			
Peel (to head of Ogilvie)	73,600	684			

Source: Natural Resources Canada, *Atlas of Canada*.

	Drainage area	Length		Drainage area	Length
	square kilometres	kilometres		square kilometres	kilometres
<b>Flowing into Hudson Bay, James Bay or Ungava Bay</b>			<b>Flowing into the Atlantic Ocean</b>		
Albany (to head of Cat)	135,200	982	St. Lawrence (to head of St. Louis, Minnesota)	839,200	3,058
Severn (to head of Black Birch)	102,800	982	Nipigon (to head of Ombabika)	25,400	209
La Grande Rivière	97,600	893	Spanish	14,000	338
Koksoak (to head of Caniapiscaw)	133,400	874	Mississagi	9,250	266
Nottaway (via Bell to head of Mégiscane)	65,800	776	Trent (to head of Irondale)	12,400	402
Rupert (to head of Témiscamie)	43,400	763	Ottawa	146,300	1,271
Eastmain	46,400	756	Gatineau	23,700	386
Attawapiskat (to head of Bow Lake)	50,500	748	du Lièvre	10,400	330
Grande rivière de la Baleine	42,700	724	Saguenay (to head of Péribonca)	88,000	698
George	41,700	565	Péribonka	28,200	451
Harricana/Harricanaw	29,300	533	Mistassini	21,900	298
Hayes	108,000	483	Ashuapmushuan	15,700	266
aux Feuilles	42,500	480	Saint-Maurice	43,300	563
Winisk	67,300	475	Manicouagan (to head of Mouchalagane)	45,800	560
Broadback	20,800	450	aux Outardes	19,000	499
à la Baleine	31,900	428	Betsiamites (to head of Manouanis)	18,700	444
de Povungnituk	28,500	389	Moisie	19,200	410
Innuksuac	11,400	385	Richelieu (to outlet of Lake Champlain)	3,800	171
Petite rivière de la Baleine	15,900	380	Saint John	35,500	673
Arnaud	49,500	377	Churchill (to head of Ashuanipi)	<b>79,800</b>	<b>856</b>
Nastapoca	13,400	360	Little Mecatina	19,600	547
Kogaluc	11,600	304	Romaine	14,350	496
<b>Flowing into the Gulf of Mexico</b>			Natashquan	16,100	410
Milk	21,600	1,005	St. Augustin	9,900	233
Frenchman	5,500	341			
Battle Creek	2,600	203			
Lodge Creek	2,100	126			

Table 15.5 Selected principal lakes, elevation and area, by province and territory

	Elevation metres	Area square kilometres		Elevation metres	Area square kilometres
<b>Newfoundland and Labrador</b>			<b>Ontario</b>		
Smallwood Reservoir	471	6,527	Lake Simcoe	219	744
Lake Melville	tidal <sup>1</sup>	3,069	Rainy Lake	338	741
<b>Nova Scotia</b>			Big Trout Lake	213	661
Bras d'Or Lake	tidal <sup>1</sup>	1,099	Lake St. Clair	175	490 <sup>2</sup>
<b>Quebec</b>			<b>Manitoba</b>		
Lac Mistassini	372	2,335	Lake Winnipeg	217	24,387
Réservoir Gouin	404	1,570	Lake Winnipegosis	254	5,374
Lac à l'Eau-Claire	241	1,383	Lake Manitoba	248	4,624
Lac Bienville	426	1,249	Southern Indian Lake	254	2,247
Lac Saint-Jean	98	1,003	Cedar Lake	253	1,353
Réservoir Pipmuacan	396	978	Island Lake	227	1,223
Lac Minto	168	761	Gods Lake	178	1,151
Réservoir Cabonga	361	677	Cross Lake	207	755
<b>Ontario</b>			Playgreen Lake	217	657
Lake Superior	184	28,700 <sup>2</sup>	<b>Saskatchewan</b>		
Lake Huron	177	36,000 <sup>2</sup>	Lake Athabasca	213	7,935
Lake Erie	174	12,800 <sup>2</sup>	Reindeer Lake	337	6,650
Lake Ontario	75	10,000 <sup>2</sup>	Wollaston Lake	398	2,681
Lake Nipigon	260	4,848	Cree Lake	487	1,434
Lake of the Woods	323	3,150	Lac La Ronge	364	1,413
Lac Seul	357	1,657	Peter Pond Lake	421	778
Lake Abitibi	265	931	Doré Lake	459	640
Lake Nipissing	196	832			

**Notes:** A principal lake has an area larger than 400 square kilometres.

New Brunswick and Prince Edward Island have no principal lakes.

Area of lakes includes islands.

Lakes spanning provincial or territorial boundaries are listed under province or territory containing the larger portion.

1. Daily, monthly and seasonal variations in the time and heights of tides.

2. Area of lake found in Canada.

**Sources:** Natural Resources Canada, *Atlas of Canada*, and Environment Canada, Inland Waters Branch, 1973, *Inventory of Freshwater Lakes*, Ottawa.

	Elevation	Area		Elevation	Area
	metres	square kilometres		metres	square kilometres
<b>Alberta</b>			<b>Northwest Territories</b>		
Lake Claire	213	1,436	Wholdaia Lake	364	678
Lesser Slave Lake	577	1,168	Lac de Gras	396	633
Bistcho Lake	552	426	Buffalo Lake	265	612
<b>British Columbia</b>			<b>Nunavut</b>		
Williston Lake	671	1,761	Nettilling Lake	30	5,542
Atlin Lake	668	775	Dubawnt Lake	236	3,833
Babine Lake	711	495	Amadjuak Lake	113	3,115
<b>Yukon</b>			Nueltin Lake	278	2,279
Kluane Lake	781	409	Baker Lake	2	1,887
<b>Northwest Territories</b>			Yathkyed Lake	140	1,449
Great Bear Lake	156	31,328	Aberdeen Lake	80	1,100
Great Slave Lake	156	28,568	Napaktulik Lake	381	1,080
Lac la Martre	265	1,776	Garry Lake	148	976
Kasba Lake	336	1,341	Contwoyto Lake	564	957
MacKay Lake	431	1,061	Ennadai Lake	311	681
Hottah Lake	180	918	Tulemalu Lake	279	668
Aylmer Lake	375	847	Kamilukuak Lake	266	638
Nonacho Lake	354	784	Kaminak Lake	53	600
Clinton-Colden Lake	375	737			
Selwyn Lake	398	717			
Point Lake	375	701			

**Table 15.6 Land and freshwater area, Canada and selected countries**

	Area	Land	Fresh water
	square kilometres		
Russia	17,075,200	16,995,800	79,400
Canada	9,984,670	9,093,507	891,163
United States	9,826,630	9,161,923	664,707
China	9,596,960	9,326,410	270,550
Brazil	8,511,965	8,456,510	55,455
Australia	7,686,850	7,617,930	68,920
India	3,287,590	2,973,190	314,400
Argentina	2,766,890	2,736,690	30,200
Kazakhstan	2,717,300	2,669,800	47,500
Sudan	2,505,810	2,376,000	129,810
Algeria	2,381,740	2,381,740	0
Democratic Republic of the Congo	2,345,410	2,267,600	77,810
Saudi Arabia	2,149,690	2,149,690	0
Mexico	1,972,550	1,923,040	49,510
Indonesia	1,919,440	1,826,440	93,000
Libya	1,759,540	1,759,540	0
Iran	1,648,000	1,636,000	12,000
Mongolia	1,564,116	1,564,116	0
Peru	1,285,220	1,280,000	5,220
Chad	1,284,000	1,259,200	24,800

Source : Central Intelligence Agency, *The World Factbook*, accessed June 2009, Washington D.C.

**Table 15.7 Land and freshwater area, by province and territory**

	Area	Area	Land	Freshwater
	%	square kilometres		
<b>Canada</b>	<b>100.0</b>	<b>9,984,670</b>	<b>9,093,507</b>	<b>891,163</b>
Newfoundland and Labrador	4.1	405,212	373,872	31,340
Prince Edward Island	0.1	5,660	5,660	.
Nova Scotia	0.6	55,284	53,338	1,946
New Brunswick	0.7	72,908	71,450	1,458
Quebec	15.4	1,542,056	1,365,128	176,928
Ontario	10.8	1,076,395	917,741	158,654
Manitoba	6.5	647,797	553,556	94,241
Saskatchewan	6.5	651,036	591,670	59,366
Alberta	6.6	661,848	642,317	19,531
British Columbia	9.5	944,735	925,186	19,549
Yukon	4.8	482,443	474,391	8,052
Northwest Territories	13.5	1,346,106	1,183,085	163,021
Nunavut	21.0	2,093,190	1,936,113	157,077

Source: Natural Resources Canada, *Atlas of Canada*.