Canadian Provinces and Territories
Newfoundland and Labrador

- Eastern most province
- Capital is St. John’s
- Labrador Sea to east, Quebec to the west
Prince Edward Island

- Located in Gulf of St. Lawrence
- Capital is Charlottetown
- Only 121 miles long & 38 miles wide
Nova Scotia

- Located in Southeast Canada
- Atlantic Ocean to the south, Gulf of St Lawrence to the North
- Capital is Halifax
New Brunswick

- Boarders USA (ME) to west, Quebec to north, and Nova Scotia to south
- Capital is Fredericton
Quebec

- Largest Province
- Primarily French
- Hudson Bay & Ontario to the west, Labrador to the east, and USA to the south
- Capital is Quebec
Ontario

- Located in between Hudson Bay (N) and Great Lakes (S). Quebec (E) and Manitoba (W)
- Contains ¼ the world’s freshwater
- Capital is Toronto
- National Capital located here
- Most populous
Manitoba

- Located in Central Canada
- Bordered by Ontario (E), Saskatchewan (W), USA (S), Hudson Bay and Nunavut (N)
- One of the “Prairie Provinces”
- Capital is Winnipeg
Saskatchewan

- Boarded by Manitoba (E), Alberta (W), USA (S), and NW Territory (N)
- Another “Prairie Province”
- Capital is Regina
Alberta

- Forest in North, Prairie in South, and Mountains in West
- Capital is Edmonton
British Columbia

- Western most Province
- Borders Pacific Ocean (W), USA (W and S), Alberta (E), Yukon Terr. And NW Terr. (N)
- Mostly Mountains
- Capital is Victoria
- 200,000 Chinese residents
Yukon Territory

- Capital is Whitehorse
- Bordered by USA (W), NW Terr. (E), BC (S) and Beaufort Bay (N)
- Famous for gold rush
Northwest Territories

- Capital is Yellowknife
- Bordered by Nunavut (E), Yukon (W), AB BC & SK(S), Arctic Ocean (N)
- Mostly native population
Nunavut

- Capital is Iqaluit
- Roughly 27,000 residents
- Above the tree line
- Primarily natives
- No ROADS