

### 3.3 Canada's Five Regions

Canada is divided into provinces and territories. There are 10 provinces, each with its own government—much like states in the United States. A territory is an area that cannot become a province until its population is larger.

Geographers often divide Canada into five large regions, which are outlined in black on the map at the right. As you will see, each region has its own geography, history, and way of life.

**Atlantic Region** This region lines the Atlantic coast of Canada. The island of Newfoundland with Labrador on the mainland forms one province. The peninsula of Nova Scotia with an island to the northeast forms another. Two other provinces are Prince Edward Island and New Brunswick on the mainland.

**Core Region** This region in eastern Canada stretches north of the Great Lakes. It includes the two large provinces of Ontario and Quebec. It was in Quebec that the French, Canada's second founding people, made their first permanent settlement.

**Prairie Region** This region covers Canada's central plains—from grasslands to wooded country to plateaus. The region includes the provinces of Manitoba, Saskatchewan, and Alberta.

**Pacific Region** This region on Canada's Pacific coast is made up of the province of British Columbia. It has many islands and good harbors for ocean trade. It is also the most mountainous province.

**Northern Region** This region lies to the north of the provinces and reaches far into the Arctic Ocean. It includes Canada's three territories: the Yukon Territory, the Northwest Territories, and Nunavut. Nunavut, which means "our land," was carved from the Northwest Territories as a homeland for the Inuit people.



