Canada, arching atop North America, is the second largest country in the world and a land of diversity both in its natural and in its human resources. Its east-west extent sprawls 5,187 km and is so wide that it spans six time zones within its borders. Its population is over 31 million, about 85 percent of whom live within 300 km of the U.S. border. Huge tracts of uninhabited northern forests and vast tundras result in Canada having one of the lowest population densities in the world.

The name Canada is thought to have come from Kanata, the Huron-Iroquois word meaning village or community.

Canada has two official languages, English and French, which have equal status in affairs of the federal and provincial governments and federal courts. Reflecting the dual cultural heritage, Canada has developed a strong literary tradition in both languages. Canada has no official religion, however, the largest religious denomination is Roman Catholic with about 46% of the population adhering to that faith. The ethnic composition of the population today is a result of successive waves of immigration. Canada is proud of its multiculturalism, being a nation forged by immigrants.

The character of its people is more identifiable by region rather than by the culture as a whole. Ottawa, institutionally gracious, may be Canada’s capital but it’s not cut from the same national fabric as Newfoundland, with its sturdy, seafaring practicality, or Montreal—vibrant, French, original—or British Columbia, an amalgam of picturesque mountain scenes and oceanside cities blending British quaintness with Pacific muscle, or Alberta, with its western frontier flavour mixed with the high-power stakes of the oil and gas business.

Western Canada has colourful historical roots that have left a legacy of the rough and tumble west, the gold rush and the railway. Approximately eight million people from a diversity of cultural backgrounds are proud to call themselves Western Canadians.

Without question Western Canada is one of the most spectacular regions in North America. The provinces of British Columbia, Alberta and Saskatchewan offer a rich tapestry of exciting landscapes including the craggy mountains of the Canadian Rockies, the seacoast of the Pacific Ocean, stretches of golden prairie, wild rivers, serene lakes, cosmopolitan cities, small rural towns, and deserts filled with the bones of dinosaurs.

Canada Quick Facts

Land Area: 9,093,507 km²
Capital: Ottawa
Largest City: Toronto
Highest Mountain: Mount Logan, 5,959 m
Official Languages: English, French
Principal Trade Partners: U.S.A., Japan, United Kingdom
Currency: 1 dollar = 100 cents
Political Subdivisions: 10 provinces, 3 territories
Government: Federal/Provincial
1 Prime Minister, 13 Premiers
Parliament/Legislature
Post-Secondary Institutions: 284
Alberta, named after the fourth daughter of Queen Victoria, is Canada’s fourth largest province stretching 1,223 km north from Montana to the Northwest Territories. Six Englands can fit into the land mass of Alberta. Its landscape reflects a sweeping expanse of hummocky northern wilderness, towering mountain ranges, and cattle-crowded flatlands dotted with oil and gas wells.

Recreation and sports are spread throughout the province and include national and provincial parks. Wood Buffalo National Park in northernmost Alberta is Canada’s largest national park. Within its wilderness area, beside the buffalo, are the nesting grounds of the near extinct whooping crane. Resorts are especially popular in the mountain and foothills areas. Both Banff and Jasper town sites, favourite tourist destinations, are found in the Banff and Jasper National Parks. These areas provide a myriad of activities including skiing, both downhill and cross-country, hiking, caving, canoeing, mountain climbing, swimming in hot springs, heli-skiing, wild life watching, golf, ice fishing, skating and much more. On the wild side, Banff National Park is the home to hundreds of big horn sheep, grizzly bears and elk. Jasper, the home of the Columbia Icefields, which is the Rockies largest accumulation of ice, feeds three great river systems, the Athabasca, flowing to the Arctic, the Saskatchewan, emptying into Hudson Bay, and the Columbia tumbling into the Pacific. The area around Drumheller, known as the Badlands, is the place where the first skull of the dinosaur Albertosaurus, the close cousin to the Tyrannosaurus, was discovered by Joseph Burr Tyrrell. The Royal Tyrrell Museum in Dinosaur Provincial Park makes a fascinating visit for those interested in paleontology.

No description of Alberta would be complete without reference to the West Edmonton Mall which is noted for being the world’s largest mall. Located in the city of Edmonton, it has over 800 stores, and seven theme park attractions, including an amusement park, a water park, an ice palace, and the world’s largest indoor triple loop roller coaster.

Head-Smashed-In Buffalo Jump, near Fort MacLeod, is the site of one of the largest and best preserved buffalo jumps in North America. Used for more than 5,500 years, at the base of the cliff is an eleven metre (approx.) thick layer of bones from buffalo killed there up to the early nineteenth century.

Alberta Quick Facts

- **Land Area:** 661,190 sq. km.
- **Capital:** Edmonton
- **Largest City:** Calgary
- **Population:** 2,974,807 (2001)
- **Weekly Newspapers:** 152
- **Daily Newspapers:** 9
- **Universities:** 4

Alberta is the only province in Canada which has no provincial sales tax.

**Climate:** Low Humidity, Summer temperatures between 15°C and 25°C, Winter temperatures between 8°C and –26°C.

**Transportation:** Major Airlines that service Alberta include Air Canada, Northwest, Delta, American, United, KLM, Lufthansa, Air North, Continental, Martinair, Northwest, Westjet and Horizon Air.

Railroads that service Alberta are: Canadian National Railway and Canadian Pacific Railway.

**Floral Emblem of Alberta**

The Wild Rose (*Rosa acicularis*) was designated the Floral Emblem of Alberta in 1930. The wild rose grows almost everywhere in the province, brightening the countryside with flashes of pink.
Calgary Points of Interest

A  The University of Calgary is located in the northwest quadrant of the city. It’s accessible by bus or LRT. The cost of a one way fare is $1.75.

B  Calgary International Airport is a 25 minute taxi ride to the University; cost is approximately $18–$20.

C  Stampede Park is the site of the Greatest Outdoor Show on Earth. The Calgary Stampede, which takes place every year in early July. It is also the site of the Pengrowth Saddledome, which is the home of our National Hockey League team, the Calgary Flames.

D  The Calgary Zoo, Botanical Gardens and Prehistoric Park is a world class zoological institution filling roles in public education, wildlife conservation, research, captive breeding of endangered species and public recreation.

E  Heritage Park Historical Village is Canada’s largest living historical village. Turn of the century town, steam trains, and vintage vehicles. Ride the stern-wheeler “S.S. Moyie” around the waters of the Glenmore Reservoir.

F  Mount Royal College, Calgary’s community college, offers an innovative blend of educational opportunities including diplomas, certificates, degrees, and university transfer programs.

G  SAI.T. The Southern Alberta Institute of Technology is known worldwide for its quality technical education and hands-on training. The Alberta College of Art and Design is also on this site.

H  Fort Calgary Site, the historic origins of the city. It is now a 40-acre riverside park.

I  Canada Olympic Park. Capture the Olympic spirit and visit the ski jump tower or the Olympic Hall of Fame. Day and evening skiing is available. Check out the bobsled run.

J  The Golf Dome at Fox Hollow. This year-round golf driving range has two levels.

K  The Southern Alberta Jubilee Auditorium is a multi-purpose performance space opened in 1957 to commemorate Alberta’s 50th anniversary as a province.

L  The Glenbow Museum houses exhibition space as well as an archives and library. It has permanent displays of Western Canadian history.

M  Alberta Science Centre. Learn about the wonders of science and visit the Discovery Dome.