



United States
(Alaska)

Yukon

★ Whitehorse

Northwest Territories

★ Yellowknife

Nunavut

★ Iqaluit

Greenland

Newfoundland
&
Labrador

British Columbia

Alberta

★ Edmonton

Saskatchewan

Manitoba

★ Regina

★ Winnipeg

Ontario

Québec

Appalachian
Uplands

Prince
Edward
Island

New
Brunswick

★ Fredericton

★ Halifax

Nova Scotia

★ St. John's

★ Charlottetown

United States

Québec

Ottawa

Toronto



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- National Capital
- ★ Provincial Capital