NORTH AMERICA

Natural Resources Canada / Ressources naturelles Canada
Geomatics Canada / Géomatique Canada

NATIONAL ATLAS OF CANADA REFERENCE MAP SERIES

Produced by the **GeoAccess** Division, **http://atlas.gc.ca** , Canada Centre for Remote Sensing, Geomatics Canada, Earth Sciences Sector, Natural Resources Canada. Second edition. Printed 2000.

Scale 1:10 000 000

1 centimetre represents 100 kilometres / 1 inch represents 158 miles

kilometres 100 0 100 200 300 400 500 kilometres

miles 100 0 100 200 300 miles

Lambert Zenithal Equal Area Projection; centred at 45°00' N 95°00' W.

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Populated Places[1]

Capital Cities

⊛ **OTTAWA** ..... National Capital

ALBANY ..... Capital of a province, state or territory (for Canada, United States or Mexico), or of a dependency.

Other Populated Places

○ Inuvik ..... 1 - 9 999

▪ Lethbridge ..... 10 000 - 99 999

■ Moncton ..... 100 000 - 999 999

■ **Miami** ..... 1 000 000 - 2 999 999

■ **Los Angeles** ..... 3 000 000 or greater

Transportation Routes

Expressways (multi-lane, divided, limited access roads)

Other roads

Railways, selected

Ferries

Boundaries[2]

International

Provincial, state, territorial

Dividing line (Canada and Kalaallit Nunaat)

200-Mile Limit

(Shown only for Canada)

Hydrography

Glacier or icefield

Bathymetry

in metres: 0 (sea level); 200; 500; 2500 and below

[1] Populated place data usually refer to a single city. However, in order to give a better sense of the size of metropolitan areas, the population symbol for their principal cities is shown as if each of these cities contained the entire metropolitan area population. This procedure is only feasible when one city is overwhelmingly dominant in a metropolitan area; for most other cases (such as metropolitan areas whose names list two or more places), the population symbol just reflects the population of each individual city. For the United States, metropolitan area on this map means Metropolitan Statistical Areas, and Primary Metropolitan Statistical Areas. Population data are usually from the late 1990s.
Toponymic information supplied by the Geographical Names Section, Centre for Topographical Information (Ottawa), Geomatics Canada, Natural Resources Canada.

[2] The representation of political features on this map does not necessarily reflect the position of the Government of Canada on international issues of recognition, sovereignty or jurisdiction. Political status is as of January 2000.

Near Islands
Rat Islands
Andreanof Islands
Fox Islands
US ALEUTIAN ISLANDS (Alaska)
Same scale as main map

NORTH PACIFIC OCEAN
HAWAIIAN ISLANDS
HONOLULU
HAWAII US
HAVAII
The state of Hawaii also includes a number of small islands and reefs to the west of Nihau.
Same scale as main map

PHYSIOGRAPHY OF NORTH AMERICA
Scale 1:53 000 000
Elevations in metres
Mt. McKinley © 194
metres: 3 000; 2 000; 1 000; 500; 300; 200; 0; All ocean areas and major lakes
Source: U.S. Department of Commerce, National Oceanic and Atmospheric Administration, National Geophysical Data Center, 1994. Global Relief Data. CD-ROM. Washington, D.C.

Mexican States
1 AGUASCALIENTES
2 QUERÉTARO DE ARTEAGA
3 COLIMA
4 TLAXCALA
5 ESTADO DE MÉXICO
6 MORELOS
7 DISTRITO FEDERAL

Urban Centre	Population ('000)	Time Zone
St. John's	174	Newfoundland
Halifax	332	Atlantic
Boston	5 633	Eastern
Montréal	3 327	Eastern
Ottawa	1 010	Eastern
Toronto	4 264	Eastern
New York	20 124	Eastern
Washington, D.C.	7 285	Eastern
Atlanta	3 746	Eastern
Miami	3 656	Eastern
Detroit	5 456	Eastern
Chicago	8 810	Central
Minneapolis	2 831	Central
Winnipeg	667	Central
New Orleans	1 309	Central
Dallas	4 802	Central
Houston	4 408	Central
Monterrey	2 521	Central
México, D.F.	13 473	Central
Guadalajara	3 020	Central
Denver	2 365	Mountain
Phoenix	2 931	Mountain
Calgary	822	Mountain
Edmonton	863	Mountain
Vancouver	1 832	Pacific
Seattle	3 424	Pacific
San Francisco	6 816	Pacific
Los Angeles	15 781	Pacific
Anchorage	255	Alaska

Road distances (in kilometres) between selected urban centres
(example: TORONTO to EDMONTON is 3506 kilometres)

	ST. JOHN'S	HALIFAX	BOSTON	MONTREAL	OTTAWA	TORONTO	NEW YORK	WASHINGTON, D.C.	ATLANTA	MIAMI	DETROIT	CHICAGO	MINNEAPOLIS	WINNIPEG	NEW ORLEANS	DALLAS	HOUSTON	MONTERREY	MÉXICO, D.F.	GUADALAJARA	DENVER	PHOENIX	CALGARY	EDMONTON	VANCOUVER	SEATTLE	SAN FRANCISCO	LOS ANGELES	ANCHORAGE
St. John's		975	1789	814	1233	1621	1190	1506	1755	2033	1058	490	2208	1233	2621	1717	2692	1717	856	545	400	2879	2655	2258	3446	2047	1619	1476	1892	2121	1413	1667	1987	2955	2614	2116	1141	338	598	650	723
Halifax	332		1789	814	1233	1621	1190	1506	1755	2033	1058	490	2208	1233	2621	1717	2692	1717	856	545	400	2879	2655	2258	3446	2047	1619	1476	1892	2121	1413	1667	1987	2955	2614	2116	1141	338	598	650	723
Boston	5 633	1789		1058	490	621	190	400	1100	1378	1058	1233	1621	1717	1717	1717	1717	1717	1717	1717	1717	1717	1717	1717	1717	1717	1717	1717	1717
Montréal	3 327	814	1058		1233	1621	1190	1506	1755	2033	1058	490	2208	1233	2621	1717	2692	1717	856	545	400	2879	2655	2258	3446	2047	1619	1476	1892	2121	1413	1667	1987	2955	2614	2116	1141	338	598	650	723
Ottawa	1 010	1233	490	1233		1621	1190	1506	1755	2033	1058	490	2208	1233	2621	1717	2692	1717	856	545	400	2879	2655	2258	3446	2047	1619	1476	1892	2121	1413	1667	1987	2955	2614	2116	1141	338	598	650	723
Toronto	4 264	1621	621	1621	1621		1190	1506	1755	2033	1058	490	2208	1233	2621	1717	2692	1717	856	545	400	2879	2655	2258	3446	2047	1619	1476	1892	2121	1413	1667	1987	2955	2614	2116	1141	338	598	650	723
New York	20 124	1190	190	1190	1190	1190		1506	1755	2033	1058	490	2208	1233	2621	1717	2692	1717	856	545	400	2879	2655	2258	3446	2047	1619	1476	1892	2121	1413	1667	1987	2955	2614	2116	1141	338	598	650	723
Washington, D.C.	7 285	1506	400	1506	1506	1506	1506		1755	2033	1058	490	2208	1233	2621	1717	2692	1717	856	545	400	2879	2655	2258	3446	2047	1619	1476	1892	2121	1413	1667	1987	2955	2614	2116	1141	338	598	650	723
Atlanta	3 746	1755	1100	1755	1755	1755	1755	1755		2033	1058	490	2208	1233	2621	1717	2692	1717	856	545	400	2879	2655	2258	3446	2047	1619	1476	1892	2121	1413	1667	1987	2955	2614	2116	1141	338	598	650	723
Miami	3 656	2033	1378	2033	2033	2033	2033	2033	2033		1058	490	2208	1233	2621	1717	2692	1717	856	545	400	2879	2655	2258	3446	2047	1619	1476	1892	2121	1413	1667	1987	2955	2614	2116	1141	338	598	650	723
Detroit	5 458	1858	1108	899	775	365	966	810	1121	2194	DETROIT																																
Chicago	8 810	2267	2292	1537	1317	1190	794	1260	1084	1072	2127	428	CHICAGO																												
Minneapolis	2 831	3758	2783	2032	1803	1618	1272	1879	1732	1711	2794	994	648	MINNEAPOLIS																											
Winnipeg	667	4234	3259	2639	2737	2610	2214	2664	2513	2545	3617	1845	1394	736	WINNIPEG																										
New Orleans	1 309	4270	3295	2436	2615	2477	2081	2097	1747	796	1390	1716	1487	2088	2779	NEW ORLEANS																										
Dallas	4 802	4636	3661	2834	2787	2660	2264	2505	2136	1259	2191	1899	1482	1595	2089	837	DALLAS																										
Houston	4 408	4709	3734	2930	2992	2865	2469	2618	2269	1277	1911	2104	1738	1900	2473	558	384	HOUSTON																								
Monterrey	2 521	5430	4455	3650	3724	3590	3200	3467	3053	2062	2696	2835	2468	2487	2981	1342	913	794	MONTERREY																						
México, D.F.	13 473	6170	5195	4402	4577	4449	4143	4085	3722	2731	3365	3778	3385	3403	3898	2011	1813	1456	928	MÉXICO, D.F.																					
Guadalajara	3 020	6188	5213	4636	4441	4314	3918	4135	3772	2780	3414	3549	3187	3206	3700	2061	1632	1503	730	533	GUADALAJARA																				
Denver	2 365	4889	3914	3177	2948	2815	2424	2879	2655	2258	3446	2047	1619	1476	1892	2121	1413	1667	1987	2955	2614	DENVER																			
Phoenix	2 931	6069	5094	4367	4368	4265	3875	3942	3773	2972	3810	3505	3078	2936	3351	2457	1713	1898	2054	2512	1957	1462	PHOENIX																		
Calgary	822	5527	4552	3944	4003	3876	3480	3930	3778	3882	4947	3110	2660	2002	1328	3992	3157	3542	3738	4707	4414	1753	2457	CALGARY																	
Edmonton	863	5619	4644	4029	4030	3902	3506	3956	3805	3837	4990	3137	2686	2038	1310	4071	3461	3846	4042	5006	4715	2057	2000	301	EDMONTON															
Vancouver	1 832	6509	5534	4793	4891	4763	4368	4818	4666	4520	5586	3998	3547	2889	2287	4593	3758	4143	4310	4761	4614	2354	2652	965	1162	VANCOUVER													
Seattle	3 424	6339	5364	4672	4673	4546	4150	4600	4449	4303	5369	3781	3330	2672	2645	4376	3541	3925	4080	4531	4384	2137	2424	1081	1278	230	SEATTLE											
San Francisco	6 816	6857	5882	4952	4767	4639	4243	4908	4652	4035	5019	3865	3438	3235	3207	3668	2922	3107	3098	3721	3166	2004	2209	2122	2580	1531	1303	SAN FRANCISCO								
Los Angeles	15 781	6495	5520	4807	4582	4448	4059	4517	4294	3625	4464	3681	3253	3110	3321	3111	2310	2495	2651	3165	2554	1638	596	2512	2816	2068	1835	614	LOS ANGELES							
Anchorage	255	8637	7662	7047	7142	7014	6618	7069	6917	6949	7961	6249	5922	5140	4422	8044	6619	7044	7158	8135	7563	5161	6026	3404	3112	3487	3604	4905	5431	ANCHORAGE						

Population data and Sources

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All the urban centres are metropolitan areas. For reasons of space, only the first name in the metropolitan area name is listed here.

CODES OF THE INTERNATIONAL ORGANIZATION FOR STANDARDIZATION (ISO) FOR SELECTED COUNTRY NAMES

ISO CODE	COUNTRY NAME
CO	Colombia
CR	Costa Rica
DK	Denmark
FR	France
GB	United Kingdom
HN	Honduras
MX	Mexico
NI	Nicaragua
NL	Netherlands
NO	Norway
US	United States of America
VE	Venezuela

Principal Sources:

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Bathymetric data are derived from GEBCO files provided by the Canadian Hydrographic Service, Department of Fisheries and Oceans, Government of Canada.

Canada