

Canada is a vast and rugged land. From north to south it spans more than half the northern hemisphere. From east to west it stretches almost 4,100 miles (7,560 kilometers) across six time zones. It is the second largest country in the world, but it has only one-half of one percent of the world's population. Canada features black-blue lakes, numerous rivers, majestic western mountains, rolling central plains, and forested eastern valleys. The Canadian Shield, a hilly region of lakes and swamps, stretches across northern Canada and has some of the oldest rocks on Earth.