

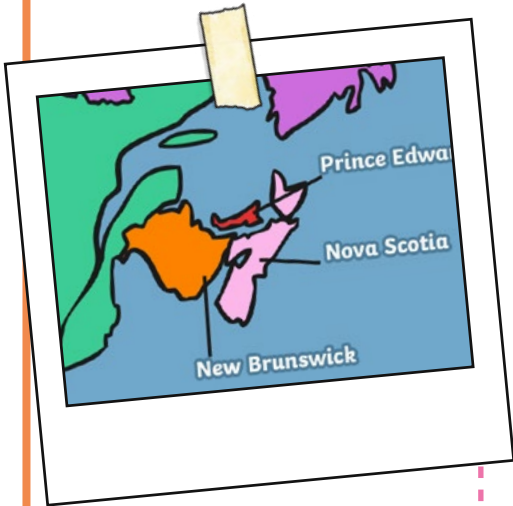
Nova Scotia

Fast Facts:

- **Motto:** "One defends and the other conquers"
- **Population:** 979,449
- **Geographic size:** 52,942km²
- **Capital city:** Halifax
- **Largest city:** Halifax
- **Provincial animal:** Brook trout
- **Provincial flower:** Mayflower
- **Provincial tree:** Red spruce

Location:

Nova Scotia is one of three maritime provinces located in the Atlantic region of Canada. It shares a border with New Brunswick to its north, and is otherwise surrounded by the Atlantic Ocean. In addition to the mainland, Cape Breton Island and Sable Island are also part of Nova Scotia.



Flag:

The name Nova Scotia is Latin for "New Scotland," so not surprisingly, the provincial flag is also inspired by Scotland's flag. While Scotland's flag features a white St. Andrew's cross or saltire on a blue field, Nova Scotia's flag is reversed with a blue saltire on a white field. Centred on the flag is not the provincial coat of arms, but instead, the royal arms of Scotland. Nova Scotia's flag dates back to before Confederation.



Geography:

Despite its relatively small size, Nova Scotia has a varied landscape. The province has mountains, hills, lakes, rivers, forests, and both rocky and sandy beaches.

Indigenous Peoples:

The Mi'kmaq are the predominant Indigenous group in Nova Scotia. They have occupied the land for thousands of years and have a rich and long history in the area. The Mi'kmaw nation is made up of 13 Mi'kmaq First Nations. There are 42 reserves located throughout Nova Scotia, but in recent years, a growing number of Mi'kmaq have relocated to Halifax.

Did you know?

- Nova Scotia was among the first four provinces that joined Confederation in 1867.
- One of the province's biggest tourist attractions is the Bay of Fundy, which is in between Nova Scotia and New Brunswick. Twice daily, roughly 160 billion tonnes of seawater flows in and out of the area, creating some of the highest tides in the world. Depending on the time of the year, the difference in tides can reach three or more storeys! It is one of the seven wonders of North America.
- Nova Scotia boasts an incredible 13 000km of coastline. In fact, no point in Nova Scotia is more than 60km from the ocean.
- During the summer months, whale watching is a popular activity, as roughly 12 whale species are known to frequent the area. Most common whales are: the minke whales, pilot whales, fin whales and the North Atlantic right whales.
- Nova Scotia has the most lighthouses of any province or territory. The most famous of them all is Peggy's Cove Lighthouse, which is one of the most photographed lighthouses in the world.



Check for Understanding

1. What is the population of Nova Scotia?
2. Which province does Nova Scotia share a border with?
3. Which country's flag inspired the design of Nova Scotia's flag?
4. How many kilometers of coastline does the province of Nova Scotia have?
5. What is the name of the most photographed lighthouse in the world?