



**Alberta Health
Services**

**CROSS-CANADA
RENAL FITNESS CHALLENGE**
Places & Faces

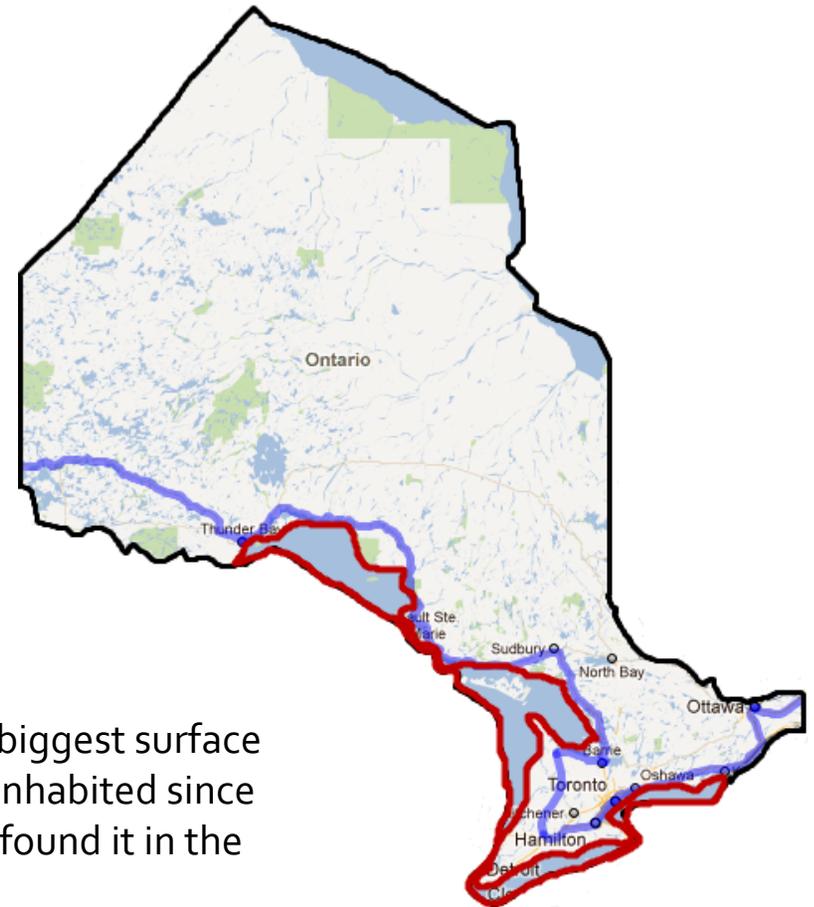
The Great Lakes

The five Great Lakes — Superior, Huron, Michigan, Erie, and Ontario — form the largest chain of lakes in the world. Together they have 21 percent of all the world's fresh surface water.

There are 35,000 islands in the Great Lakes. Most of them (30,000) are in Georgian Bay, on the north end of Lake Huron. Manitoulin Island is the biggest island found in the middle of a lake in the entire world. Manitoulin Island by itself has 108 smaller lakes on it, and some of these smaller lakes have their own smaller islands as well.

Niagara Falls, the waterfall system with the highest flow rate in the world, connects Lake Erie and Lake Ontario.

The largest of the Great Lakes is Lake Superior, which has the biggest surface area of any freshwater lake in the world. Its shores have been inhabited since 10,000 years ago, and it was named by French Explorers who found it in the 1600s.



The north shoreline is made of ancient lava flows and rocky cliffs.