

REGION	DESCRIPTION	TOPOGRAPHY	CLIMATE	VEGETATION
Appalachian	<ul style="list-style-type: none"> • Mountainous • 2400km N-S (NL → Alabama and Georgia) • 160 – 240 km wide • fold mts (2 plates coming together) 	<ul style="list-style-type: none"> • many different mt ranges • 300millions yr old • low mt ranges because eroded down to rolling mts and hills 	<ul style="list-style-type: none"> • affected by 2 ocean currents • Labrador Current is cold water from N → winters are cold in northern parts • Gulf Stream is warm water from Caribbean • where the 2 currents meet is ideal for fish • fishing region is called Grand Banks off the coast of Canada 	<ul style="list-style-type: none"> • used to be heavily forested with mixed coniferous and deciduous trees • mt soil is unproductive • soil in plateaus and river valleys more productive
Coastal Plains	<ul style="list-style-type: none"> • lowland, stretches 3200km • Cape Cod to Mexico and Gulf of Mexico extends 50 – 100km inland from ocean • streams from Appalachian Mts become rapid on Coastal Plains →important for industry 	<ul style="list-style-type: none"> • avg elevation is <200m above sea level • flat or gently rolling • more than half of Coastal Plains is <30m above sea level • swamps & marshes • land gradually sinks...lots of water inland • Mississippi Delta is fertile agricultural land • transportation routes, farm land • important source of shellfish and aquatic life forms 	<ul style="list-style-type: none"> • climate varies in this region • northern region: cold snowy winters & hot humid summers • southern region: subtropical climate & mild warm winters • southern region has hurricanes • hurricane season is late summer to early winter 	<ul style="list-style-type: none"> • very sandy soil • lush jungles developed • originally pine forests

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Great Lakes – St. Lawrence Lowland	<ul style="list-style-type: none"> • smallest region • includes L Huron, Ont and Eerie • Niagara Escarpment (cliffs) • region is split into 2 areas by Cdn Shield • Cdn Shield to N and Appalachians to S 	<ul style="list-style-type: none"> • rolling landscape made by glaciation • flat plains, hills and deep river valleys • St. L R have flat plains on both sides of river • Plains gradually rise into Cdn Shield and Appalachians 	<ul style="list-style-type: none"> • humid due to Grt Lakes • continental climate (no influence from oceans) • Grt Lakes cook the temp in summer and warm the temp in the winter • winters are cool to cold • summers are warm to hot 	<ul style="list-style-type: none"> • originally very fertile → lots of trees • used to be Canada's largest broad-leafed forest • elsewhere it was mixed forest • deciduous and coniferous
Interior Plains	<ul style="list-style-type: none"> • vast sweeping plain, not necessarily flat → mostly gently rolling hills and deep river valleys • In the US it is in between the Appalachian Mts and the Rocky Mts. • In Canada it is in between the Rocky Mts and the Canadian Shield • extends from Gulf of Mexico to Arctic Ocean • very diverse 	<ul style="list-style-type: none"> • Interior Plains is divided into Central Lowland and Great Plains • Central Lowland boundary in the N is Canadian Shield, Great Lakes and St. Lawrence River • Great Plains are higher at 600 – 1500m above sea level • In Canada the plains have 3 elevations separated by escarpments 	<ul style="list-style-type: none"> • continental climate = far from ocean • long hot summers • cold winters • little precipitation • in N winters are longer and colder, summers shorter and cool 	<ul style="list-style-type: none"> • Central Lowlands (E of Mississippi R): mixed deciduous trees and scattered evergreens • Great Plains (W of Mississippi R): very tall prairie grass • in Canada: prairies are grasslands, trees are in river valleys • in North: boreal forest gradually becoming tundra in Arctic

REGION	DESCRIPTION	TOPOGRAPHY	CLIMATE	VEGETATION
Canadian Shield				
Western Cordillera				
REGION	DESCRIPTION	TOPOGRAPHY	CLIMATE	VEGETATION
Intermountain Region				
Arctic				

