

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

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Canadian Shield	<ul style="list-style-type: none"> • >2 billion yrs old • great volcanic mts leveled by millions of yrs of erosion • covers >half of Canada • stretch of platform rocks from Labrador→Hudson Bay→James Bay→Great Lakes →Interior Plains 	<ul style="list-style-type: none"> • glaciers removed most of the soil→left barren rock • retreating glaciers affected drainage of the Shield • glacier debris dammed up rivers and changed flow→rivers, lakes, swamps and muskeg • elevation is 100m in N (centre) to 500m in S • Hudson Bay and James Bay are lowlands covered w/clay → most rivers flow into the bays 	<ul style="list-style-type: none"> • climate varies since the region is so big • the more N you are the winters become longer and colder...summers become shorter and cooler 	<ul style="list-style-type: none"> • mostly covered w/ Boreal forest (evergreen –spruce, pine, fir) due to thin sandy soil • some deciduous trees like poplar and birch • trees are small, weak better for pulp and paper not lumber • No trees N of the tree-line since growing season is too short, too little precipitation and permafrost
Western Cordillera	<ul style="list-style-type: none"> • runs along Wcoast of N America • ranges of mts separated by plateaus and valleys • Rockies are the most eastern range of mts →it veers into the continent in the US • coastal mts are volcanic mts • Rockies are fold mts 	<ul style="list-style-type: none"> • new mts not worn down • >2X higher than Appalachians • Rocky Mts form the Continental Divide: • rivers east of Rockies find outlets in Gulf of Mexico, Arctic Ocean, Hudson Bay and James Bay • rivers west of Rockies find outlet in Pacific Ocean 	<ul style="list-style-type: none"> • maritime climate • moist and mild →wettest region on Earth • winters usually above freezing due to Pacific Ocean and summers are cooler than interior of continent • valleys warmer than mt slopes • windward slopes are wetter than leeward slopes due to rain-shadow effect 	<ul style="list-style-type: none"> • vegetation varies one side of mt to other • windward slope: evergreens that are very old and large in size (Douglas fir, western Hemlock, Western red Cedar) • giant sequoia is largest tree in the world • at top of mts vegetation becomes similar to tundra • leeward slope: grasses and cactuses grow in dry valleys • farther south means less rain →no large evergreens

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Intermountain Region	<ul style="list-style-type: none"> • lies btwn the Rocky Mts and Coast Mts → interior plateau valleys of BC and YK • thinly populated • high plateaus • isolated mts • only deserts in US 	<ul style="list-style-type: none"> • streams and rivers don't reach the sea → flow into brackish lakes or disappear into desert sinks • some rivers do reach ocean • areas can be made productive with irrigation and in other parts cattle-ranching 	<ul style="list-style-type: none"> • climate is affected by location and elevation • in S region winters = short, warm w/little precipitation • in N region climate is moderate = moist winters and summers are hot and dry • Rain-shadow effect 	<ul style="list-style-type: none"> • sparse grassland to plants that can survive semi desert conditions • higher areas covered in thin pine forest
Arctic	<ul style="list-style-type: none"> • combination of lowlands and mts • lowlands are archipelago N of Hudson Bay • mts are in NW 	<ul style="list-style-type: none"> • mostly flat • mts were formed by folding and are covered by glaciers 	<ul style="list-style-type: none"> • climate is very severe because far from equator • winter is 10 months • summer is short and not warm • Arctic is desert (very little precipitation) 	<ul style="list-style-type: none"> • lichen is only thing that grows on mt • no trees → too cold and dry on tundra (very little thawing) • permafrost • small shrubs, mosses, lichen