

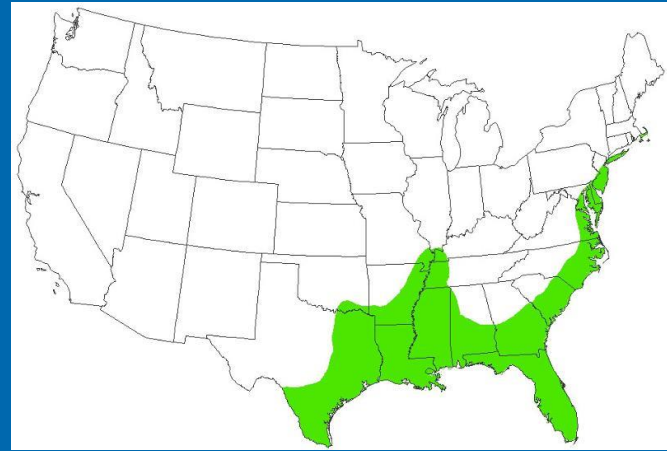
# Regions of the United States

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# Coastal Plain

- Located along the Atlantic Ocean and Gulf of Mexico
- Broad lowland with many excellent harbors



# Appalachian Highlands

- Located west of the Coastal Plain from Canada to Alabama (includes the Piedmont)
- Old, eroded mountains, (Oldest range in the U.S.)



# Canadian Shield

- Wrapped around the Hudson Bay in a horseshoe shape
- Hills worn by erosion and hundreds of lakes caused by glaciers



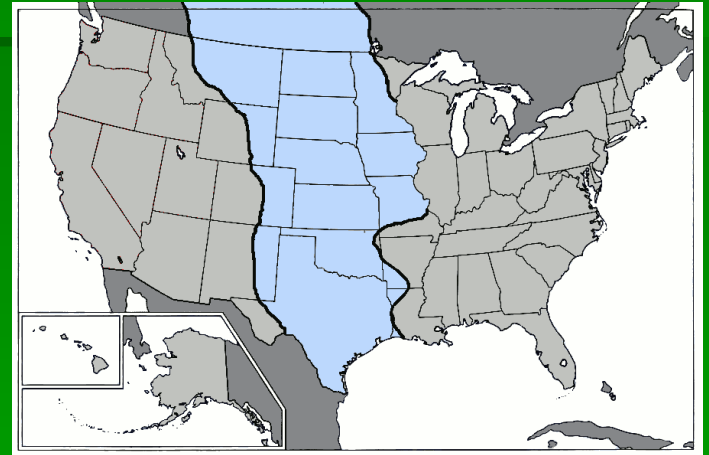
# Interior Lowlands

- Located west of the Appalachian Highlands and east of the Great Plains
- Rolling flatlands with many rivers, broad river valleys, and grassy hills



# Great Plains

- Located west of Interior Lowlands and east of the Rocky Mountains
- Flat land that gradually increases in elevation westward
- Grasslands



# Rocky Mountains

- Located west of the Great Plains and east of the Basin and Range
- Rugged mountains stretching from Alaska almost to Mexico
- High elevations
- Contains the Continental Divide, which determines the directional flow of rivers



# Basin and Range

- ◆ Located west of Rocky Mountains and east of the Coastal Range
- ◆ Area of varying elevations containing isolated mountain ranges and Death Valley, the lowest point in North America





# Coastal Range

- Rugged mountains along the Pacific Coast that stretch from California to Canada
- Contains fertile valleys
- Includes Sierra Nevada and the Cascades

