Regions Study Guide
COASTAL PLAIN
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Location: along the Atlantic Ocean & Gulf of Mexico

Physical Characteristics: broad lowland providing many excellent harbors
APPALACHIAN MOUNTAINS

**Location:** west of the Coastal Plain; extends from eastern Canada to western Alabama

**Physical Characteristics:** old eroded mountains—oldest mountain range in North America
CANADIAN SHIELD
CANADIAN SHIELD

Location: wraps around the Hudson Bay in a horseshoe shape

Characteristics: worn by erosion & hundreds of lakes carved by glaciers; some of the oldest rock formations in North America
INTERIOR LOWLANDS
LOCATION: west of the Appalachian Mountains & east of the Great Plains

CHARACTERISTICS: rolling flatlands with many rivers, broad river valleys, & grassy hills
GREAT PLAINS
GREAT PLAINS

Location: west of the Interior Lowlands & east of the Rocky Mountains

Characteristics: flat land that gradually increases in elevation as you go west; it has grasslands
ROCKY MOUNTAINS
ROCKY MOUNTAINS

Location: west of the Great Plains & east of the Basin & Range

Characteristics: rugged mountains stretching from Alaska to Mexico with high elevations; contains the Continental Divide which determines the flow of rivers
BASIN & RANGE

ex. of basin
**BASIN & RANGE**

**Location:** west of the Rocky Mtns., east of the Sierra Nevada Mtns., & the Cascade Mtns.

**Characteristics:** an area of different elevations containing isolated mountain ranges and Death Valley, the lowest point in North America
COASTAL RANGE
COASTAL RANGE

Location: rugged mountains located along the Pacific Coast that stretch from California to Canada

Characteristics: contains many fertile valleys (land good for growing crops)