

PHYSIOGRAPHIC REGIONS

- Shield Boundary
- Region Boundary
- System Boundary
- Division Boundary
- 500 Bathymetric contour-500 metres

INNUITIAN REGION

- MOUNTAINS
- PLATEAUX
- UPLANDS
- LOWLANDS

THE BORDERLANDS

- 1 Grant Land Mountains
- 2 Victoria and Albert Mountains
- 3 Axel Heiberg Mountains
- 4 Parry Plateau
- 5 Eureka Upland
- 6 Sverdrup Lowland

CORDILLERAN REGION

- MOUNTAINS, HIGHLANDS, FOOTHILLS
- PLATEAUX
- BASINS
- PLAINS, COASTAL PLAINS
- LOWLANDS
- TRENCHES
- CENOZOIC VOLCANOES

Eastern System

- 7 Richardson Mountains
- 8 Porcupine Ranges
- 9 Taiga Ranges
- 10 Wernecke Mountains
- 11 Mackenzie Mountains
- 12 Franklin Mountains
- 13 Northern Rocky Mountains
- 14 Southern Rocky Mountains
- 15 Rocky Mountain Foothills
- 16 Liard Plateau
- 17 Porcupine Plateau
- 18 Old Crow Plain
- 19 Eagle Plain
- 20 Mackenzie Plain

Interior System

- 21 British Mountains
- 22 Old Crow Range
- 23 Ogilvie Mountains
- 24 Selwyn Mountains
- 25 Pelly Mountains
- 26 Cassiar Mountains
- 27 Skeena Mountains
- 28 Omineca Mountains
- 29 Hazelton Mountains
- 30 Columbia Mountains
- 31 Columbia Highlands
- 32 Interior Plateau
- 33 Stikine Plateau
- 34 Yukon Plateau
- 35 Hyland Plateau
- 36 Liard Plain
- 37 Nass Basin
- 38 Fraser Basin
- 39 Southern Rocky Mountain Trench
- 40 Northern Rocky Mountain Trench
- 41 Tintina Trench
- 42 Shawkaw Trench

Western System

- 43 Klunene Ranges
- 44 Ice Field Ranges
- 45 Queen Charlotte Ranges
- 46 Vancouver Island Ranges
- 47 Coast Mountains
- 48 Cascade Mountains
- 49 Estevan Coastal Plain
- 50 Fraser Lowland
- 51 Nanaimo Lowland
- 52 Georgia Lowland
- 53 Nahwilt Lowland
- 54 Hecate Lowland
- 55 Queen Charlotte Lowland

APPALACHIAN REGION

- MOUNTAINS, HIGHLANDS, HILLS
- UPLANDS
- PLAINS
- LOWLANDS

- 56 Notre Dame Mountains
- 57 Sutton Mountains
- 58 Mégalantic Hills
- 59 New Brunswick Highlands
- 60 Nova Scotia Highlands
- 61 Newfoundland Highlands
- 62 Atlantic Uplands of Newfoundland
- 63 Atlantic Uplands of Nova Scotia
- 64 Chaleur Uplands
- 65 Eastern Quebec Uplands
- 66 Maritime Plain
- 67 Annapolis Lowland
- 68 Newfoundland Central Lowland

ARCTIC LOWLANDS

- MOUNTAINS
- PLATEAUX
- PLAINS
- LOWLANDS

- 69 Shaler Mountains
- 70 Lancaster Plateau
- 71 Foxe Plain
- 72 Boothia Plain
- 73 Victoria Lowland

ARCTIC COASTAL PLAIN

- COASTAL PLAINS, DELTAS

- 74 Island Coastal Plain
- 75 Mackenzie Delta
- 76 Yukon Coastal Plain

INTERIOR PLAINS

- HILLS
- PLATEAUX
- PLAINS
- LOWLANDS

- 77 Cypress Hills
- 78 Colville Hills
- 79 Peel Plateau
- 80 Alberta Plateau
- 81 Peel Plain
- 82 Anderson Plain
- 83 Horton Plain
- 84 Great Bear Plain
- 85 Great Slave Plain
- 86 Alberta Plain
- 87 Saskatchewan Plain
- 88 Manitoba Plain
- 89 Fort Nelson Lowland
- 90 Peace River Lowland

ST. LAWRENCE LOWLANDS

- LOWLANDS

- 91 West St. Lawrence Lowland
- 92 Central St. Lawrence Lowland
- 93 East St. Lawrence Lowland

THE SHIELD

- MOUNTAINS, HIGHLANDS, HILLS
- PLATEAUX
- UPLANDS
- PLAINS, COASTAL PLAINS
- LOWLANDS

KAZAN REGION

- 94 Coronation Hills
- 95 Bathurst Hills
- 96 East Arm Hills
- 97 Boothia Plateau
- 98 Wager Plateau
- 99 Kazan Upland
- 100 Bear-Slave Upland
- 101 Athabasca Plain
- 102 Theilon Plain
- 103 Back Lowland

DAVIS REGION

- 104 Davis Highlands
- 105 Labrador Highlands
- 106 George Plateau
- 107 Melville Plateau
- 108 Frobisher Upland
- 109 Hall Upland
- 110 Bear Upland
- 111 Baffin Coastal Lowland
- 112 Whale Lowland

HUDSON REGION

- 113 Richmond Hills
- 114 Belcher Islands
- 115 Southampton Plain
- 116 Hudson Bay Lowlands

JAMES REGION

- 117 Port Arthur Hills
- 118 Penokean Hills
- 119 Mississini Hills
- 120 Labrador Hills
- 121 Povungnituk Hills
- 122 Sagouoc Plateau
- 123 Larch Plateau

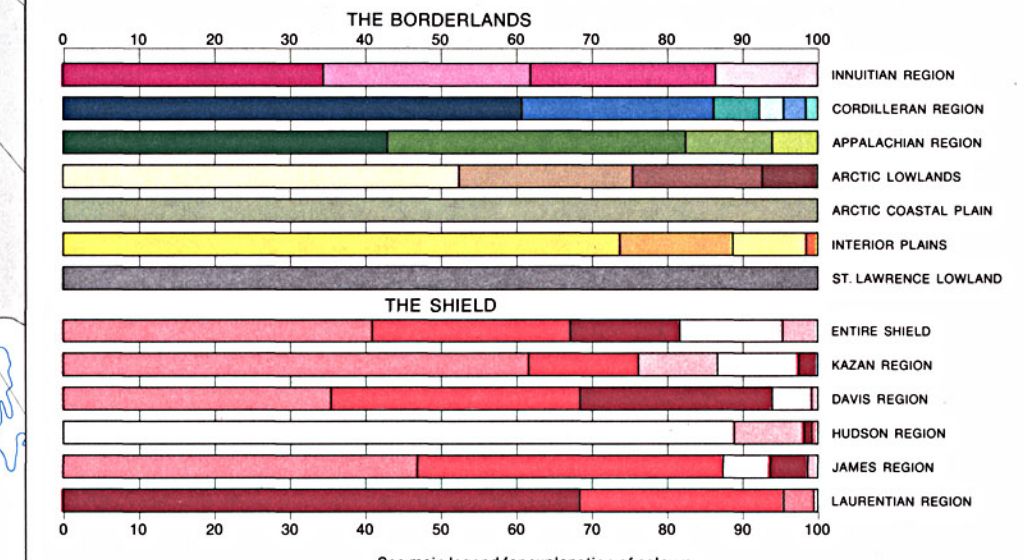
LAURENTIAN REGION

- 124 Caniapiscau Plateau
- 125 Lake Plateau
- 126 Abitibi Upland
- 127 Severn Upland
- 128 Nipigon Plain
- 129 Cobalt Plain
- 130 Eastmain Lowland

LAURENTIAN REGION

- 131 Laurentian Highlands
- 132 Mealy Mountains
- 133 Mecatina Plateau
- 134 Hamilton Plateau
- 135 Hamilton Upland
- 136 Melville Plain
- 137 Lake St. Jean Lowland

MAP-AREA OF LANDFORMS BY PERCENTAGE



See main legend for explanation of colours.