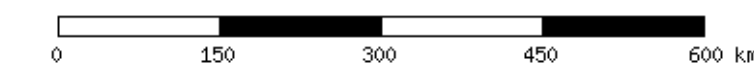


Atlas of Canada 6th Edition  
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Borderlands — Eastern Physiographic Regions

This map shows the location of the eastern physiographic regions which include the Appalachian Region and the St. Lawrence Lowlands.



Lambert Conformal Conic Projection. Standard Parallels 49°N and 77°N

**Eastern Physiographic Divisions**

**Appalachian Region**

- Mountains, Highlands, Hills
- Uplands
- Plains
- Lowlands

**St. Lawrence Lowlands**

- Lowlands

**The Shield**

- Shield Regions

**The Borderlands**

- Arctic Coastal Plain
- Arctic Lowlands
- Innuatian Region
- Cordilleran Region
- Interior Plains

**Populated Places**

- 1 - 4 999
- 5 000 - 49 999
- 50 000 - 99 999
- 100 000 and greater
- Provincial and Territorial Capital
- National Capital

**Boundaries**

- International
- Provincial / Territorial
- EEZ (200 mile)
- Canada / Kataahtit Nunaat dividing line

**Source(s):**

**Physiographic Regions**

Map. Physiographic Regions of Canada. 1254A. Scale 1:5M compiled by H.S. Bostock. 1967. Geological Survey of Canada.

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