

## - 8 Regions of the United States | SOL USI. 2b

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### 1. Coastal Plain

- Located along the Atlantic Ocean and Gulf of Mexico
- Broad lowland providing many excellent **harbors**.

### 2. Appalachian Highlands

- Located west of the Coastal Plain extending from eastern Canada to Western Alabama; includes the Piedmont.
- **Old**, eroded **mountains** (oldest mountain range in North America)

### 3. Canadian Shield

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

### 4. Interior Lowlands

- Located west of the Appalachian Mountains and east of the Great Plains
- Rolling flatlands with many **rivers**, valleys, and grassy hills.

### 5. Great Plains

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

### 6. Rocky Mountains

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

### 7. Basin and Range

- Located west of the Rocky Mountains and east of the Coastal Plain
- Varying elevations containing **isolated** mountains ranges and **Death Valley**, the lowest point in North America.

### 8. Coastal Range

- Rugged mountains along the Pacific Coast with **fertile** valleys.

**Essential Understanding:** Regions have distinctive characteristics.