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

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.