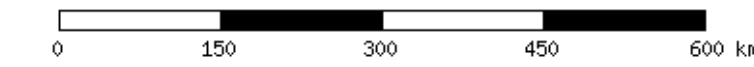


Atlas of Canada 6th Edition  
(archival version)  
Physiographic Regions

Canada's landscape is very diversified and comprises several distinctive areas, called physiographic regions, each of which has its own topography and geology. The physical geography of Canada comprises two great parts: the Shield and the Borderlands. The Shield consists of a core of old, massive, Precambrian crystalline rocks. The Borderlands areas are formed by younger rocks and surround the Shield like two rings. The inner ring comprises a chain of lowlands, plains and plateaus of generally flat-lying sedimentary rocks. The outer ring consists of discontinuous areas of mountains and plateaus in which the younger rocks are deformed. Each of these areas is divided into regions, each of which comprises many smaller subdivisions that are distinctive based on their topography and geology. This map shows the location of these physiographic regions.



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

**Physiographic Regions**

**The Shield**

- Shield Regions

**The Borderlands**

- Arctic Coastal Plain
- Arctic Lowlands
- Innuittian Region
- Cordilleran Region
- Interior Plains
- Appalachian Region
- St. Lawrence Lowlands

**Shield Regions**

- Shield Regions

**Borderland Regions**

- Borderland Regions

**Other Features**

- Major Cenozoic Volcanoes

**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 / Kalaallit Nunaat dividing line

Note: The original map of the physiographic regions was published by the Geological Survey of Canada in 1967. As the map has not been updated since it was first published, the Atlas of Canada has reproduced the original map online using the same terminology used in 1967.

**Source(s):**  
Physiographic Regions of Canada. 1254A. Scale 1:5M compiled by H.S. Bostock. 1967. Geological Survey of Canada.  
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