



Geography of Canada

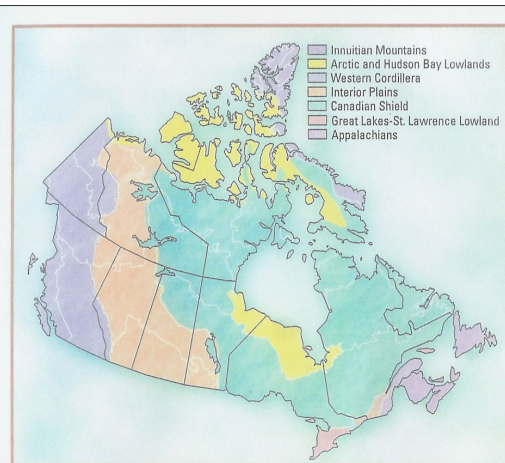
Highland Regions of Canada



Highland Regions of Canada

- Canada consists of the following highland regions:

- Appalachian Mountains
- Innuitian Mountains
- Western Cordillera





Appalachian Mountains

- Stretch from the state of Georgia to the province of Newfoundland and Labrador.
- The **oldest highland region in Canada** (300 million years old).
- Natural resources include **iron**, **zinc** and **coal**.
- Million of years of **erosion** have reduced the Appalachian's high jagged peaks to rolling mountains and hills
- Glaciation aided in the formation of **wide glacial valleys** and **drowned coastlines** by eroding the valleys below sea level.
- Sometimes referred to as "**rolling hills**".



Appalachian Mountains





Western Cordillera

- Located along the western edge of Canada and referred to as the “**western wall**”.
- Tend to be very high and have a rugged appearance.
- Geologically young, these mountains formed when the **North American Plate** and the **Pacific Plate** collided.
 - This resulted in **folding, faulting** and **volcanic activity**.
 - Plates are moving approximately **2 cm per year**.
 - Tends to be the most active earthquake region in Canada
- Mountains run in a **north-south direction** causing problems for transportation routes that must run in an **east-west direction**.
- Four major divisions:
 - **Coast Mountains**
 - **Interior Plateau**
 - **Eastern Mountains**
 - **Rocky Mountains**



Western Cordillera





Innuitian Mountains

- Located in Canada's north measuring over 2500 metres in height.
- Formed during the Mesozoic Era.
- Composed of **igneous**, **sedimentary** and **metamorphic rocks**.
- Are younger than the Appalachian Mountains (erosion has not had time to reduce to hills)
- Are barren due to the extreme cold conditions.
- The remoteness of the region makes any development too costly and difficult.
- Referred to as "icy watchtowers"



Innuitian Mountains





Homework

- Textbook: Read pages 139-143, Questions #1-5 on page 143.

