

Physical Regions of Canada

Landform Region	Geologic History How was the region formed?	Description of the Landscape of the Region	Type of Rock
Canadian Shield	<ul style="list-style-type: none"> > Canada's oldest rock > over 4 billion years old > surfaces on over ½ of Canada 	<ul style="list-style-type: none"> > rugged, rocky > rich in forests, minerals, water, wood 	Igneous & Sedimentary
Appalachian Mountains	<ul style="list-style-type: none"> > formed 300 million yrs ago when sedimentary rocks were uplifted & folded 	<ul style="list-style-type: none"> > uplands, varied landscape > forest covered 	Sedimentary & Igneous
Interior Plains	Sedimentary rock deposited by warm shallow seas > coral reefs (oil & gas)	<ul style="list-style-type: none"> > increases in elevation from east to west > Manitoba - flat > Saskatchewan - rolling > Alberta - hills & plains 	Sedimentary
Great Lakes - St. Lawrence Lowlands	<ul style="list-style-type: none"> > sedimentary rock > Great Lakes formed by glaciations > St. Lawrence formed by faulting 	<ul style="list-style-type: none"> > great Lakes - rolling > St. Lawrence - flat > good soil - farming 	Sedimentary
Arctic Lowlands	<ul style="list-style-type: none"> > cold desert > once covered by seas which deposited soil 	<ul style="list-style-type: none"> > series of islands > gentle rolling surface > permafrost 	Sedimentary
Hudson Bay Lowlands	<ul style="list-style-type: none"> > same as above 	<ul style="list-style-type: none"> > very flat > covered by swampy forest 	Sedimentary
Innuitian Mountains	<ul style="list-style-type: none"> > formed by the folding of sedimentary rocks 	<ul style="list-style-type: none"> > glacier clad mountains > broad flat plains > glaciers, permafrost 	Sedimentary
Western Cordilleran	<ul style="list-style-type: none"> > ancient lava flows > folded sedimentary rock 	<ul style="list-style-type: none"> > coast range > interior plateaus > rock mountains > fiords 	Igneous & Sedimentary