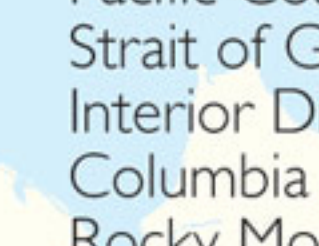


Western Mountains

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1. Pacific Coast Mountains
 2. Strait of Georgia Lowlands
 3. Interior Dry Plateau
 4. Columbia Mountains
 5. Rocky Mountains
 6. Northern Coast Mountains
 7. Northern Interior Plateaux and Mountains
 8. Mackenzie Mountains
 9. Northern Yukon

Interior Plains

10. Mackenzie Delta
11. Northern Boreal Plains
12. Southern Boreal Plains and Plateaux
13. Prairie Grasslands
14. Manitoba Lowlands

Canadian Shield

15. Tundra Hills
16. Central Tundra
17. Northwestern Boreal Uplands
18. Central Boreal Uplands
- 19a. West Great Lakes –
St. Lawrence Precambrian Region
- 19b. Central Great Lakes –
St. Lawrence Precambrian Region
- 19c. East Great Lakes –
St. Lawrence Precambrian Region
20. Laurentian Boreal Highlands

21. East Coast Boreal Region
22. Boreal Lake Plateau
23. Whale River
24. Northern Labrador Mountains
25. Ungava Tundra Plateau
26. Northern Davis Region

Hudson Bay Lowlands

27. Hudson-James Lowlands
28. Southampton Plain

St. Lawrence Lowlands

- 29a. West St. Lawrence Lowland
29b. Central St. Lawrence Lowland
29c. East St. Lawrence Lowland

Appalachian Region

30. Notre Dame – Megantic Mountains
31. Maritime Acadian Highlands
32. Maritime Plain
33. Atlantic Coast Uplands
34. Western Newfoundland Highlands
35. Eastern Newfoundland Atlantic Region

Arctic Lowlands

36. Western Arctic Lowlands
37. Eastern Arctic Lowlands

High Arctic Islands

38. Western High Arctic
39. Eastern High Arctic

