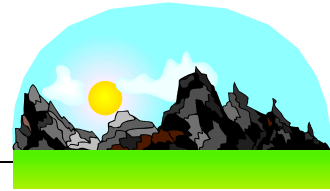


# Landforms

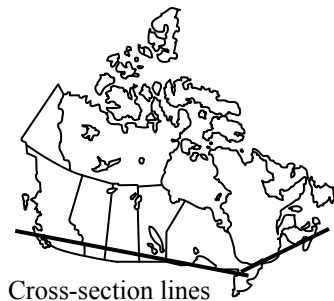


Using page 13 of *Geography Now*, list the landform regions found in each province and territory in a table in your notebook like the one below. Note that provinces and territories can have up to three landform regions!

Provinces and Territories	Landform Regions
Alberta	<ul style="list-style-type: none"> <li>• Western Cordillera</li> <li>• Interior Plains</li> <li>• Canadian Shield</li> </ul>
British Columbia	<ul style="list-style-type: none"> <li>• Western Cordillera</li> </ul>
...	...

Use the graph on the back to draw a profile (a cross-section view) of the landforms of Canada. The *Distances* below are the distance from Vancouver going to the east. The *Elevations* are how high the land is above the sea or ocean level.

Distance (km)	Elevation (m)
0	sea level
120	2550
240	2100
300	2200
340	1950
350	2200
410	2200
430	1950
530	2400
720	3600
960	1050
1440	780
1470	720
1920	600
2080	270
2400	540
2800	240
3310	630
3840	450
4320	210
4400	sea level
4750	sea level
4800	600
5120	sea level



After you have finished drawing, connect the points with a smooth line.

Mark the boundaries of the landform regions below and shade them in. Label them in the space below the profile.

*Western Cordillera*  
*Interior Plains*  
*Canadian Shield*  
*Appalachians*

# Cross Canada Profile Exercise

Vertical Scale:  
0 200 400 600 800 1000 km

