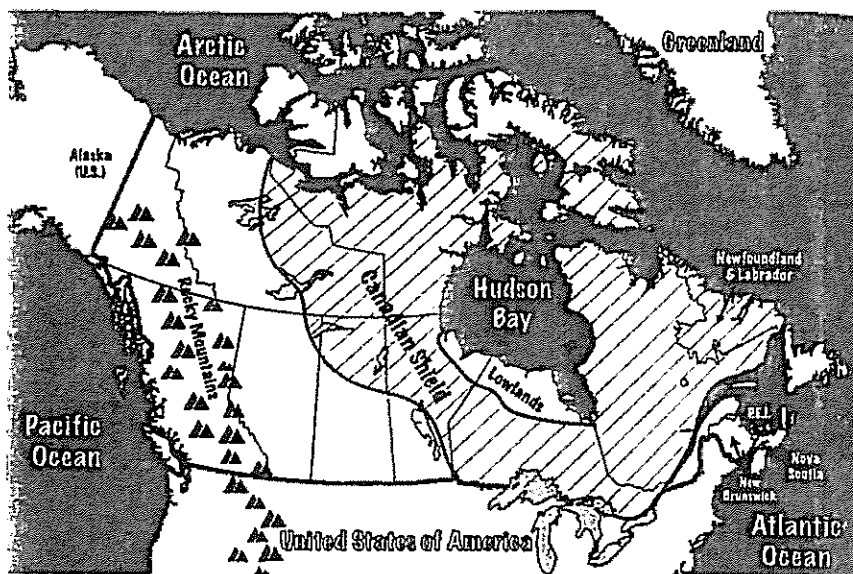


Major Land Features of Canada

Canada is dominated by two major landforms—the Canadian Shield in the east and the Rocky Mountains in the west. In between these two major landforms lies the Interior Plains (an extension of the Great Plains).

The Canadian Shield is a large geological region that covers most of eastern and southern Canada. It wraps like a horseshoe around the Hudson Bay. This region has a rocky, rolling landscape with thin soil. Much of the Canadian Shield is covered by vast forests and has an abundance of mineral resources, such as iron ore, nickel, and silver. The region also contains thousands of lakes made by glacier movements millions of years ago.



The Rocky Mountains run all the way from New Mexico in the United States up through western Canada. Why are they called the “rocky” mountains? Because they are very rough, jagged mountains, of course! The Rocky Mountains in Canada are often called the “Canadian Rockies.” They are home to many forests, wildlife, and large deposits of minerals, including coal. They are also a popular destination for tourists looking to hike and camp. Most of the Canadian Rockies are now protected as national parks.



Fascinating Fact

The Rocky Mountains are more than 70 million years old, and much of the mountain range has been protected as a national park. Many tourists visit different areas of the Rockies to enjoy the mountain range’s beautiful scenery.



Quick Review

16-8RH2, 16-8RH7

Use the map of Canada’s land features to answer the questions.

1. What major landform covers most of eastern and southern Canada? _____
2. What body of water does the Canadian Shield wrap around? _____
3. What mountain range runs from New Mexico to western Canada? _____
4. What natural resources are found in the Canadian Shield and Rocky Mountains?
