

The Interior Plains region is in general a rolling country with broad undulations and a slope eastward and northward of a few feet per mile, descending from an elevation of 3,000 to 5,000 feet near the mountains on the west to less than 1,000 feet at its eastern border. The elevation of the Canadian Pacific Railway at Calgary is 3,439 feet and at Winnipeg 772 feet. The rolling character of the area is relieved by several flat-topped hills—erosion remnants rising hundreds of feet above the surrounding country, by flat areas that formed the beds of lakes of considerable extent, and by deeply incised river valleys. A striking feature is the broken escarpment of western Manitoba and eastern Saskatchewan, marking the rise of 400 to 1,000 feet from the Manitoba lowland to the upland of the west. A lowland of considerable extent stretches for some distance into Ontario and Manitoba from the south shore of Hudson bay.

The Arctic archipelago consists of large islands, many of which rise prominently from the sea as sloping table lands while others are comparatively low.

The Appalachian and Acadian regions occupy practically all that part of Canada lying east of the St. Lawrence, with the exception of the lowland west of a line joining Quebec city and lake Champlain. The Appalachian region is a continuation northward into the province of Quebec of three chains of the Appalachian system of mountains. The most westerly of these ranges stretches northeast into Gaspé peninsula, where it forms flat-topped hills over 3,000 feet high. Mount Jacques Cartier or Tabletop mountain has an elevation of 4,350 feet. The Acadian region, which includes New Brunswick, Nova Scotia, and Prince Edward Island, is an alternation of uplands and lowlands. The northwest part of New Brunswick is an upland with hills and ridges rising to 2,500 feet or higher. Adjacent to the bay of Fundy is a series of ridges rising in places to an elevation of 1,200 feet or more. Between these two New Brunswick uplands, which converge towards the southwest, is a lowland forming the whole eastern part of the province. This lowland extends east so as to include Prince Edward island, the western fringe of Cape Breton island and the mainland of Nova Scotia north of the Cobequid mountains, which have an elevation of 800 to 1,000 feet. South of them lies a long narrow lowland stretching from Chedabucto bay to Minas basin and along the Cornwallis-Annapolis valley between North and South mountains. South of this is a highland sloping to the Atlantic coast and having an elevation at its highest part of about 700 feet. The northern part of Cape Breton island is a tableland 1,200 feet high, with its central part rising to an elevation considerably in excess of this, one point at the headwaters of Clyburn and Cheticamp rivers being 1,747 feet above sea-level.

The Cordilleran region, the mountainous area bordering the Pacific, extends northward from the United States through Canada into Alaska, and embraces nearly all of British Columbia and Yukon, and the western edge of Alberta and the Northwest Territories. The eastern part of the Cordillera is occupied by the Rocky mountains. They consist of overlapping chains with peaks rising to heights of 10,000 to 12,000 feet. They extend northwest and fall away towards the Liard river. North of this river the mountains with a similar trend lie 100 miles farther east and are known as the Mackenzie mountains. The western part of the Cordillera is occupied by the Coast range and the mountains of Vancouver and Queen Charlotte islands. The Coast range rises to heights of 7,000 to 9,000 feet. Between the Rocky mountains and the Coast range lies a vast plateau system having elevations of 3,000 to 4,000 feet, and cut by deep river valleys. The plateau region merges into rugged mountain ranges as it approaches the Rocky mountains; it also breaks into mountains in northern British Columbia, but becomes subdued to a plateau