

Subalpine Forest Region. This is a coniferous forest located on the mountain uplands of Alberta and British Columbia, from the Rocky Mountain range through the interior of British Columbia to the Pacific Coast inlets. The characteristic species are Engelmann spruce, alpine fir and lodgepole pine. There is a close relationship between the Subalpine Forest Region and the Boreal Forest Region, which also shares black spruce, white spruce and trembling aspen. There is also some penetration of interior Douglas-fir from the Montane forest, and western hemlock, western red cedar and amabilis fir from the coastal forests. Other species are western larch, whitebark pine, limber pine and, on the Coast Mountains, yellow cypress and mountain hemlock.

Montane Forest Region. The Region occupies a large part of the interior uplands of British Columbia, as well as a part of the Kootenay Valley and a small area on the east side of the Rocky Mountains. It is a northern extension of the typical forest of much of the western mountain system in the United States, and comes in contact with the Coast, Columbia, and Subalpine Forest Regions. Ponderosa pine is a characteristic species of the southern portions. Interior Douglas-fir is found throughout, but more particularly in the central and southern parts; lodgepole pine and trembling aspen are generally present, the latter being particularly well represented in the north-central portions. Engelmann spruce and alpine fir from the Subalpine Forest Region, together with white birch, are important constituents in the northern parts. White spruce, although primarily Boreal in affinity, also grows here. Extensive prairie communities of bunch-grasses and herbs are found in many of the river valleys.

Coast Forest Region. This Region is part of the Pacific Coast forest of North America. Essentially coniferous, it consists principally of western red cedar and western hemlock, with Sitka spruce abundant in the north and Douglas-fir in the south. Amabilis fir and yellow cypress are represented throughout the Region and, together with mountain hemlock and alpine fir, are common at the higher altitudes. Western white pine is found in the southern parts, while western yew is in widely scattered groups. Deciduous trees, such as black cottonwood, red alder and bigleaf maple, have a limited distribution. Arbutus and Garry oak grow only on the southeast coast of Vancouver Island, the adjacent islands and mainland. The arbutus is a broadleaved evergreen. Both are species whose centres of population lie southward in the United States.

Acadian Forest Region. Over the greater part of the Maritime Provinces there is a forest closely related to the Great Lakes - St. Lawrence forest and, to a lesser extent, to the Boreal forest. Red spruce is a characteristic though not exclusive species, and associated with it are balsam fir, yellow birch and sugar maple, with some red pine, eastern white pine, jack pine and eastern hemlock. Beech was formerly a more important forest constituent than at present, but beech bark disease has drastically reduced its representation in Nova Scotia, Prince Edward Island and southern New Brunswick. Other species of wide distribution are white spruce, black spruce, red oak, white elm, black ash, red maple, white birch, grey birch and poplars. Eastern white cedar, although present in New Brunswick, is extremely rare elsewhere and jack pine is apparently absent from the upper St. John Valley and the western half of Nova Scotia.

Columbia Forest Region. A large part of the Kootenay Valley, the upper valleys of the Thompson and Fraser Rivers and the Quesnel Lake area of British Columbia contain a coniferous forest, called the Columbia Forest Region, which closely resembles the Coast Forest Region. Western red cedar and western hemlock are the characteristic species in this interior "wet belt". Associated trees are the interior Douglas-fir which has general distribution and, in the southern parts, western white pine, western larch, grand fir and western yew. Engelmann spruce from the Subalpine Forest Region is important in the upper Fraser Valley and is found to some extent at the upper levels of the forest in the remainder of the Region. At lower elevations in the west and in parts of the Kootenay Valley, the forest merges with the Montane Forest Region and in a few places borders directly on grassland.

Deciduous Forest Region. A small portion of the deciduous forest, which is widespread in the United States, extends into southwestern Ontario between Lakes Huron, Erie and Ontario. Here, with the deciduous trees common to the Great Lakes - St. Lawrence Forest Region, such as sugar maple, beech, white elm, basswood, red ash, white oak and butternut, are scattered a number of other deciduous species which have their northern limits in this locality. Among these are the tulip-tree, cucumber-tree, pawpaw, red mulberry, Kentucky coffee-tree, redbud,