



black spruce, balsam fir, jack pine, poplar and white birch are intermixed, and red spruce is abundant in certain central and eastern portions. This region extends in a westward direction into southeastern Manitoba but does not include the area north of Lake Superior.

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 and the boreal forest regions, which also has 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. Douglas fir is found throughout, but more particularly in the central and southern parts; lodgepole pine and trembling aspen are generally present, the latter particularly well represented in the north-central portions. Engelmann spruce and alpine fir from the subalpine forest region, together with white birch, are found 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 river valleys.