



SECTIONS	SUB-DIVISIONS
(1) Green Mountains	(1A) Sutton Mountains
(2) White Mountains	(2A) Megantic Hills
(3) Notre Dame Mountains	(3A) Notre Dame Mountains (3B) Shickshock Mountains
(4) New Brunswick Highlands	(4A) Miramichi Highlands (4B) St. Croix Highlands (4C) Caledonian Highlands
(5) Nova Scotia Highlands	(5A) Cobequid Mountains (5B) Antigonish Highlands (5C) Cape Breton Highlands (5Ca) Craignish Hills (5Cb) Boisdale Hills
(6) Newfoundland Highlands	(6A) Long Range Mountains (6B) Serpentine Range (6C) Anguille Mountains (6D) Long Range (6E) Topsail Hills (6F) Dunamagon Highland (6Ba) Lewis Hills (6Ea) Hodges Hill



HIGHLANDS



UPLANDS



LOWLANDS

SECTIONS	SUB-DIVISIONS
(7) Eastern Quebec Uplands	
(8) New England Uplands	
(9) Chaleur Uplands	
(10) Atlantic Uplands of Nova Scotia	
(11) Belle Isle Coastal Belt	(11A) Port au Port Upland
(12) Atlantic Uplands of Newfoundland	
(13) Gulf of St. Lawrence Plain	(13A) New Brunswick Lowland (13B) Prince Edward Island Lowland (13C) Cumberland Lowland (13D) Annapolis Lowland (13E) Cape Breton Lowlands (13Da) Annapolis Valley (13Db) Minas Lowland (13Ea) Inverness Lowland (13Eb) St. Peter's Lowland (13Ec) Sydney Lowland
(14) St. Georges Lowland	
(15) Central Lowland of Newfoundland	(15A) Grand Lake Lowland (15B) Notre Dame Lowland (15C) Baie D'Espoir Lowland

Figure 40. Physiographic divisions of the Appalachian Region of Canada

To accompany Economic Geology Series No. 1, Fourth edition

Figure 40

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by scanning the original publication.

Ce document est le produit d'une
numérisation par balayage
de la publication originale.