

# PHYSIOGRAPHIC REGIONS OF NEW YORK STATE

NAME	LOCATION	PRINCIPAL ROCK TYPE	SLOPE	SPECIAL CHARACTERISTICS
St. Lawrence Lowland	North, between the Adirondacks and Laurentian Highlands of Canada	Sedimentary (limestone and sandstone)	Level to gentle	Part of the lowland corridor from the Great Lakes to the Atlantic Ocean. The St. Lawrence River traverses it. The Thousand Islands are a remnant of the link between the Adirondacks and the Laurentians.
Adirondack Highlands	Northeast	Igneous and metamorphic	Moderate to very steep	Oldest rocks in NYS. Highest elevations. Related to the Canadian Shield, the core area of North America.
Champlain Lowland	Northeast, between the Adirondacks and the New England Upland (Green Mts. section)	Sedimentary (limestone)	Level	Occupied mainly by Lake Champlain. Links the Hudson Lowland to the St. Lawrence Lowland.
New England Upland	East	Igneous and metamorphic	Steep	Barely extends into eastern NYS as the Taconic Mts. The Reading Prong cuts across SE NYS as the Hudson Highlands; forms the gorge of Hudson at West Point. Southern Prong forms Manhattan island.
Black River Valley Lowland	North central, between the Adirondacks and Tug Hill.	Sedimentary (limestone)	Level to gentle	This area was as once occupied by a glacial lake.
Tug Hill Upland	North central between the Black River Valley and the Ontario lake plain.	Sedimentary (sandstone)	Moderate	Capped by resistant sandstone; forms a cuesta that is sloped from east to west. Area of poor drainage.
Erie-Ontario Plain Lowland	Northwest bordering Lake Erie and Lake Ontario.	Sedimentary (sandstone, shale and limestone)	Level to gentle	Part of the Interior Plain of North America. Characterized by weak rock formations with some resistant outcrops (as the Niagara dolomite). Covered by thick glacial drift; some poor drainage. Drumlins between Rochester and Syracuse.
Mohawk Valley Lowland	East central, between the Adirondacks and the Appalachian Highlands.	Sedimentary (shale)	Level to moderate	Drained by the Mohawk River. Waterfall at Little Falls is where the glacial melt water broke through the pre-glacial drainage divide.
Appalachian Upland (Allegheny Plateau and the Catskill Mountains)	South central	Sedimentary (sandstone, shale and limestone)	Gentle to moderate on the Allegheny Plateau. Moderate to steep in the Catskills.	Largest physiographic region of NYS. Northern end of the Great Appalachian Plateau that extends north from Alabama. Resistant beds on north and east form escarpments (as the Helderberg). The Finger Lake basins, deeply scoured by glaciers, are the lowest parts of the plateau. The Catskills are not mountains but a severely eroded (dissected) raised portion of the plateau. The Allegheny Hills region in the southwest is the only part of the upland that was not glaciated.
Hudson Valley Lowland	East, between the Appalachian and New England Uplands.	Sedimentary (limestone and shale)	Level to moderate	Part of the Ridge and Valley Province of North America (folded Appalachians) that extends north from Alabama. The Hudson River is at sea level until Troy. Southern section is drained by the Walkkill River.
Triassic Lowland or New York Lowland	Southeast, between the Palisades and the Reading Prong of New England Uplands.	Sedimentary (sandstone)	Gentle	Smallest region of NYS; was once occupied by a glacial lake.
Long Island Coastal Lowland	Southeast	Unconsolidated material	Level to gentle	Northern portion of the Atlantic Coastal Plain that extends from Cape Cod to Florida. Terminal moraine and outwash plain features present.