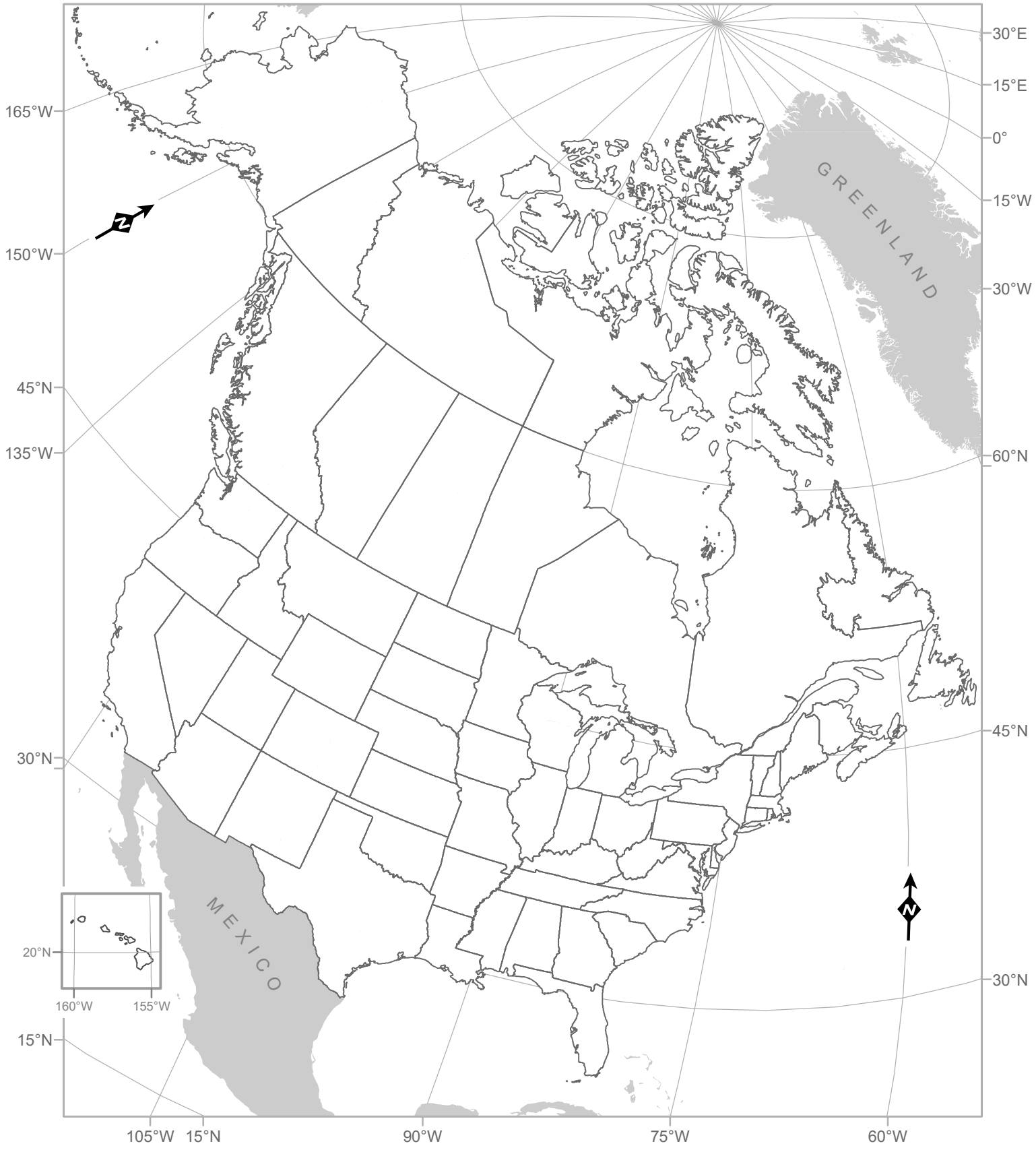

Generalized basemap of the United States & Canada

Map study guide: Political regions and major metropolitan areas

10 Provinces	3 Territories	9 Major metros
Alberta	Northwest Territories	Toronto
British Columbia	Nunavut	Montréal
Manitoba	Yukon Territories	Vancouver
New Brunswick		Ottawa
Newfoundland & Labrador		Calgary
Nova Scotia		Edmonton
Ontario		Québec City
Prince Edward Island		Winnipeg
Québec		Halifax
Saskatchewan		

50 States and the District of Columbia		20 Major metros
Alabama	Nebraska	New York City
Alaska	Nevada	Los Angeles
Arizona	New Hampshire	Chicago
Arkansas	New Jersey	Washington-Baltimore
California	New Mexico	San Francisco
Colorado	New York	Boston
Connecticut	North Carolina	Dallas-Fort Worth
Delaware	North Dakota	Philadelphia
Florida	Ohio	Miami
Georgia	Oklahoma	Houston
Hawaii	Oregon	Atlanta
Idaho	Pennsylvania	Detroit
Illinois	Rhode Island	Seattle-Tacoma
Indiana	South Carolina	Phoenix
Iowa	South Dakota	Minneapolis-St. Paul
Kansas	Tennessee	Cleveland
Kentucky	Texas	Denver
Louisiana	Utah	San Diego
Maine	Vermont	Portland
Maryland	Virginia	Orlando
Massachusetts	Washington	
Michigan	West Virginia	
Minnesota	Wisconsin	
Mississippi	Wyoming	
Missouri		
Montana	District of Columbia	