



Canada

46° N

Maine

Penobscot River

44° N

ATLANTIC OCEAN

0 50 miles

- ★ State capital
- Major city
- ▲ Mountain peak



42° N

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The Appalachian Mountains, a major feature of this region, are among the oldest mountains on Earth.

APPALACHIAN MOUNTAINS

Vermont

New Hampshire

Massachusetts

Connecticut

Rhode Island

Cape Cod Bay

Connecticut River

Long Island Sound

Burlington
Montpelier

Mount Washington

★ Augusta

Portland

★ Concord

Manchester

★ Boston

Springfield

Hartford

Providence
Cranston

New Haven