

U.S. GEOGRAPHY

This is a template for U.S. geography labels to be printed on clear return-address labels and pasted to the map of your choice:

There are two great options for reviewing your U.S. Geography in Cycle 3:

1. A large, single map of the US. Go here: <http://yourchildlearns.com/megamaps/print-usa-maps.html> and select the following: "USA with Alaska and Hawaii", 2 x 2 (4 pages). Print and glue together.
2. Print two separate maps – one for the states and capitals, and one for the Physical Features (these maps would mimic the maps on the last two pages of the foundation guide) for States and Capitals map, print either of these:
http://www.eduplace.com/ss/maps/pdf/uscap_nl.pdf
<http://yourchildlearns.com/megamaps/print-usa-maps.html> , select "USA with Alaska and Hawaii", 1 x 1 Page
For Physical Features Map, use a blank one above and draw the features, or print at:
<http://www.yourchildlearns.com/make-your-own-usa.html>
3. **Print the labels below on Avery 5667 (pages 2-3) or Avery 5195 (pages 4-6) clear return address labels!**
(Or cut and paste on map) Color the map, and place your labels – wow, that sounds easy..... 😊

Label for the outside of your U.S. Map! (for option 1)



Augusta, ME	Concord, NH	Boston, MA	Providence, RI
Hartford, CT	Montpelier, VT	Albany, NY	Trenton, NJ
Harrisburg, PA	Dover, DE	Annapolis, MD	Richmond, VA
Charleston, WV	Raleigh, NC	Columbia, SC	Atlanta, GA
Tallahassee, FL	Montgomery, AL	Jackson, MS	Baton Rouge, LA
Lansing, MI	Columbus, OH	Indianapolis, IN	Frankfort, KY
Nashville, TN	Madison, WI	Springfield, IL	Des Moines, IA
Jefferson City, MO	Little Rock, AR	St. Paul, MN	Bismarck, ND
Pierre, SD	Cheyenne, WY	Lincoln, NE	Topeka, KS
Oklahoma City, OK	Austin, TX	Denver, CO	Santa Fe, NM
Salt Lake City, UT	Phoenix, AZ	Carson City, NV	Sacramento, CA
Honolulu, HI	Helena MT	Boise, ID	Olympia, WA
Salem, OR	Juneau, AK	<i>Adirondack Mountains</i>	<i>Allegheny Mountains</i>
<i>The Great Valley</i>	<i>Blue Ridge Mountains</i>	<i>Great Smoky Mountains</i>	<i>Cumberland Mountains</i>
<i>Mt. Mitchell</i>	<i>White Mountains</i>	<i>Green Mountains</i>	<i>Rocky Mountains</i>
<i>Pikes Peak</i>	<i>Sierra Nevadas</i>	<i>Mt. Whitney</i>	<i>Mt. Elbert</i>
<i>Cascade Mountains</i>	<i>Mt. Rainier</i>	<i>Mt. St. Helens</i>	<i>Mt. McKinley</i>
<i>Lake Huron</i>	<i>Lake Ontario</i>	<i>Lake Michigan</i>	<i>Lake Erie</i>
<i>Lake Superior</i>	<i>Niagara Falls</i>	<i>Chesapeake Bay</i>	<i>Hudson Bay</i>
<i>San Francisco Bay</i>	<i>Puget Sound</i>	<i>Pamlico Sound</i>	<i>St. Lawrence River</i>

Ohio River

Mississippi River

Missouri River

Arkansas River

Colorado River

Red River

Rio Grande River

Great Salt Lake

CUMBERLAND ROAD

SANTA FE TRAIL

MORMON TRAIL

GILA TRAIL

OLD SPANISH TRAIL

CALIFORNIA TRAIL

OREGON TRAIL

Erie Canal

Pennsylvania Canal

Chesapeake & Ohio Canal

Ohio and Erie Canal

Miami and Erie Canal

**EASTERN
WOODLANDS
TRIBES**

**PLAINS
TRIBES**

**PLATEAU
TRIBES**

**NORTHWEST
COAST
TRIBES**

**CALIFORNIA
TRIBES**

**GREAT BASIN
TRIBES**

**SOUTHWEST
TRIBES**

Mohave Desert

*Sonoran
Desert*

*Colorado
Desert*

*Painted
Desert*

*Great Salt
Lake Desert*

Grand Canyon

Black Hills

Ozark Highlands

Okefenokee Swamp

Olympic Rainforest

Mississippi Delta

Mammoth Cave

San Andreas Fault

**GULF OF
MEXICO**

Augusta, ME	Concord, NH	Boston, MA	Providence, RI
Hartford, CT	Montpelier, VT	Albany, NY	Trenton, NJ
Harrisburg, PA	Dover, DE	Annapolis, MD	Richmond, VA
Charleston, WV	Raleigh, NC	Columbia, SC	Atlanta, GA
Tallahassee, FL	Montgomery, AL	Jackson, MS	Baton Rouge, LA
Lansing, MI	Columbus, OH	Indianapolis, IN	Frankfort, KY
Nashville, TN	Madison, WI	Springfield, IL	Des Moines, IA
Jefferson City, MO	Little Rock, AR	St. Paul, MN	Bismarck, ND
Pierre, SD	Cheyenne, WY	Lincoln, NE	Topeka, KS
Oklahoma City, OK	Austin, TX	Denver, CO	Santa Fe, NM
Salt Lake City, UT	Phoenix, AZ	Carson City, NV	Sacramento, CA
Honolulu, HI	Helena, MT	Boise, ID	Olympia, WA
Salem, OR	Juneau, AK	<i>Adirondack Mountains</i>	<i>Allegheny Mountains</i>
<i>The Great Valley</i>	<i>Blue Ridge Mountains</i>	<i>Great Smoky Mountains</i>	<i>Cumberland Mountains</i>
<i>Mt. Mitchell</i>	<i>White Mountains</i>	<i>Green Mountains</i>	<i>Rocky Mountains</i>

Pikes Peak

Sierra Nevadas

Mt. Whitney

Mt. Elbert

Cascade Mountains

Mt. Rainier

Mt. St. Helens

Mt. McKinley

Lake Huron

Lake Ontario

Lake Michigan

Lake Erie

Lake Superior

Niagara Falls

Chesapeake Bay

Hudson Bay

San Francisco Bay

Puget Sound

Pamlico Sound

St. Lawrence River

Ohio River

Mississippi River

Missouri River

Arkansas River

Colorado River

Red River

Rio Grande River

Great Salt Lake

CUMBERLAND ROAD

SANTA FE TRAIL

MORMON TRAIL

GILA TRAIL

OLD SPANISH TRAIL

CALIFORNIA TRAIL

OREGON TRAIL

Erie Canal

Pennsylvania Canal

Chesapeake & Ohio Canal

Ohio and Erie Canal

Miami and Erie Canal

**EASTERN
WOODLANDS
TRIBES**

**PLAINS
TRIBES**

**PLATEAU
TRIBES**

**NORTHWEST
COAST
TRIBES**

**CALIFORNIA
TRIBES**

**GREAT BASIN
TRIBES**

**SOUTHWEST
TRIBES**

Mohave Desert

*Sonoran
Desert*

*Colorado
Desert*

*Painted
Desert*

*Great Salt
Lake Desert*

Grand Canyon

Black Hills

Ozark Highlands

Okefenokee Swamp

Olympic Rainforest

Mississippi Delta

Mammoth Cave

San Andreas Fault

**GULF OF
MEXICO**

