

# Rocky Mountains

The Rocky Mountains stretch some 3,000 miles from British Columbia and Alberta in Canada through Idaho, Montana, Wyoming, Colorado and down to New Mexico in the U.S. The range offers dramatic wilderness, diverse wildlife and alpine lakes. Colorado's Rocky Mountain National Park is traversed by 300 miles of hiking trails and famously scenic Trail Ridge Road.

# Mount McKinley

Mount McKinley or Denali is the highest mountain peak in North America, with a summit elevation of 20,321 feet above sea level. At some 18,000 feet, the base-to-peak rise is considered the largest of any mountain situated entirely above sea level.

# Sierra Nevada mountains

The Sierra Nevada is a mountain range in the western United States, between the Central Valley of California and the Basin and Range Province. Elevation: 14,505' (4,421 m)

Highest point: Mount Whitney

# Cascade mountains

The Cascade Range is a major mountain range of western North America, extending from southern British Columbia through Washington and Oregon to Northern California. Elevation: 14,409' (4,392 m)  
Cascades in Washington, with Mount Rainier, the highest mountain in the range, standing at 14,411 ft (4,392 m)

# Central Valley

California's Central Valley is a large, flat valley that dominates the geographical center of the U.S. state of California. Location California, United States. Width 40 to 60 miles (64 to 97 km)

# Willamette Valley

Willamette University is a private liberal arts college located in Salem, Oregon, United States. Founded in 1842, it is the oldest university in the Western United States. Address: 900 State St, Salem, OR 97301.

# Great Basin

In the shadow of 13,063-foot Wheeler Peak, 5,000 year old bristlecone pine trees grow on rocky glacial moraines. Come to Great Basin National Park to experience the solitude of the desert, the smell of sagebrush after a thunderstorm, the darkest of night skies, and the beauty of Lehman Caves. Far from a wasteland, the Great Basin is a diverse region that awaits your discovery.

# Great salt lake

The Great Salt Lake, located in the northern part of the U.S. state of Utah, is the largest salt water lake in the Western Hemisphere, and the fourth-largest terminal lake in the world.

# Alaska

Alaska, northwest of Canada, is the largest and most sparsely populated U.S. state. It's known for its dramatic, diverse terrain of wide-open spaces, mountains and forests, with abundant wildlife and many small towns. It's a destination for outdoor activities including skiing, mountain biking and kayaking. Massive Denali National Park, home to Mt. McKinley (aka Denali), North America's highest peak, is a site of animal-viewing tours.

# Hawai'i

Hawai'i, a U.S. state, is an isolated volcanic archipelago in the Central Pacific. Its islands are renowned for their rugged landscapes of cliffs, waterfalls, tropical foliage and beaches with gold, red, black and even green sands. Of the 6 main islands, Oahu has Hawai'i's only big city, Honolulu, home to crescent Waikiki Beach and the Pearl Harbor memorials.