

Approximate elevation in feet.

Green Timber plateau.....	3,800
Bonaparte plateau.....	4,000
Arrowstone hills.....	5,000—5,500
Porcupine plateau.....	4,800
Kukwaus plateau	4,500
Red plateau.	4,000
Timbered hills.....	5,000—5,500
Little Timbered hills.....	4,500—5,000
Douglas plateau.....	3,500—4,500
Adams plateau.....	6,000

The strength of the relief in the belt is further indicated by the water levels in the chief drainage system:

Feet above sea-level (approximate).

Shuswap lake.....	1,140
Kamloops lake.....	1,120
Thompson river at Ashcroft.....	900