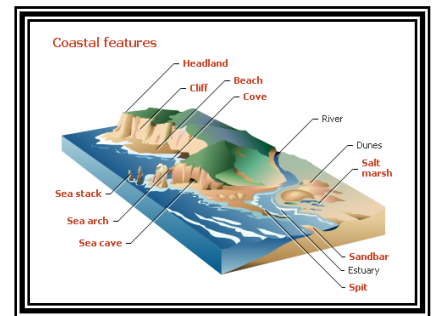


# Your Name Here

**C**oast, geographical term that refers to the zone of contact between a land surface and a large body of water. The term is usually applied to a land area that borders a sea or an ocean, such as the Atlantic coast or the Pacific coast. In common usage, the term coast is frequently interchanged with the term shore. However, shore is also applied to the land bordering smaller bodies of water such as a lake shore, where use of the term coast would be inappropriate.



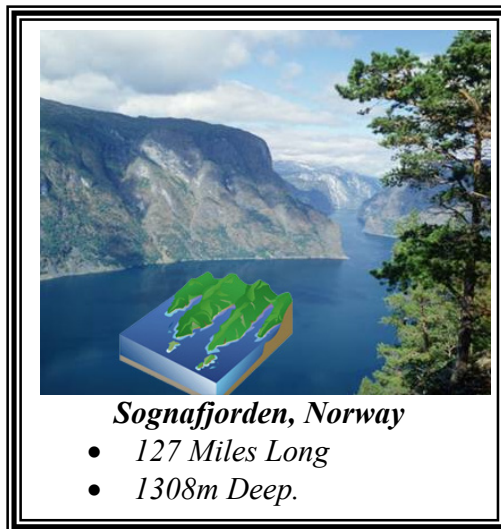
**C**oastal terrain may be composed of many types of material, among which are silt, sand and clay, sandstone, basalt, and granite. It may vary in elevation from a sea-level swamp or beach to a high cliff.

**F**jord or Fiord (Old Norse Fjörthr), inlet of the sea, or a narrow bay, extending far inland between steep walls of rock. Fjords usually have branches that jut from the main body of water. The walls of a fjord extend deep below the surface of the water. Fjords tend to be most shallow near the mouth, and deepest inland.

Iceland, Greenland, Nova Scotia, Maine, southern Argentina, and New Zealand. Inlets called sea lochs, or firths, which mark the coast of Britain, are similar to fjords.

Most geologists believe that fjords were formed when glaciers carved deep grooves in the coastline. Later these grooves filled with water as the sea level rose. Many fjords began as river mouths and were deepened by glaciers.

**A** fjord (also spelled fiord) is a narrow inlet of the sea situated between cliffs or steep slopes. Fjords exist where glaciers once formed on mountains bordering coastal areas. The glaciers carved out glacial valleys downslope. Later, when temperatures warmed, the glaciers melted and the sea level rose, flooding the valleys. Fjords frequently exceed 300 m (1,000 ft) below sea level in depth, and they may be more than 6 km (4 mi) wide and more than 161 km (100 mi) long. If the water of a fjord were drained, a



**Sognefjorden, Norway**

- 127 Miles Long
- 1308m Deep.

**M**any of the world's fjords are located along the coast of Norway. Sognefjorden, Norway's longest fjord, extends inland for 204 km (127 mi) and attains a depth of 1,308 m (4,291 ft). Fjords are also found along the coasts of British Columbia, Alaska,

typical glacier-carved U-shaped valley with steep rock walls would be revealed.