



ELEVATION MAP
EUROPE

Meters Above Sea Level	Feet Above Sea Level
Over 3000	Over 10,000
1500 to 3000	5,000 to 10,000
600 to 1500	2,000 to 5,000
300 to 600	1,000 to 2,000
150 to 300	500 to 1,000
0 to 150	0 to 500
Below sea level	Below sea level

Scale
1:20,800,000

0 125 250 375 500 miles
0 125 250 375 500 kilometers
1 in. to 328 mi.
1 cm to 208 km

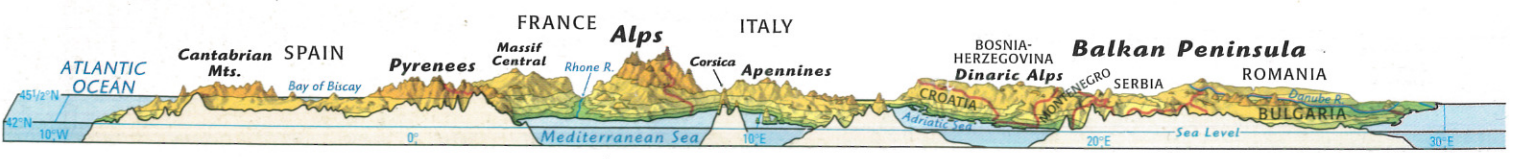
Detailed legend on page 6 Lambert Equal Area Projection



Area shown on cross section

CROSS SECTION

Vertical exaggeration 40 to 1
Scale at 42°N: 1 in. to 291 mi., 1 cm to 184 km





RECLAIMED LAND IN THE NETHERLANDS

Polder (reclaimed land)

Dam Canal

Elevation

Land above sea level sea level

Land below sea level ocean

About 27 percent of the Netherlands is below sea level. **Polders**, land that has been reclaimed from the sea or marsh, now cover much of this lowland.

Life Beneath the sea

For centuries the Dutch have reclaimed land from the North Sea. Dikes hold the sea back, while canals and pumps drain the water. Windmills once powered the pumps, but today they run on diesel and electricity. In 1986 the most recent Dutch province, Flevoland, was created entirely from reclaimed land.



In the central Swiss Alps, green Lauterbrunnen Valley sits 11,000 feet (3353 meters) below the mountain Jungfrau. Jungfrau has an elevation of 13,641 feet (4158 meters) and is snow-capped year-round.