

CENTRAL AMERICAN RAINFOREST BOUNDARIES

Ecosystem Classification & Zonal Distribution Guide

Reference ID: CR-FOR-2024 Region: Neotropical Central America Metric: Meters Above Sea Level (MASL)

Lowland Rainforest	0 - 700m	High humidity, evergreen latifoliate trees	45 - 60m
Premontane Forest	700 - 1,400m	Transition zone, increased epiphytes	30 - 40m
Lower Montane (Cloud Forest)	1,400 - 2,500m	Persistent mist, mosses, ferns, oak species	20 - 30m
Upper Montane Forest	2,500 - 3,200m	Stunted growth, cold-tolerant species	10 - 15m
Subalpine Paramo	3,200m +	Grasslands and shrubs above timberline	< 3m

Field Observations & Boundaries Notes

Use this space to record specific latitudinal shifts or micro-climate variations observed during site surveys.

Template for Educational and Field Research Purposes Only. Data based on Holdridge Life Zones.