The窄 Bruce Peninsula is a continuation of the Niagara Escarpment; dolomitic limestone capping rock separates the calm sandy shores of Lake Huron from the rugged cliffs above Georgian Bay. Above these sharp cliffs lie flat dry plains called alvars, where unusual plants cope with harsh conditions. Nearby in depressions are calcareous fens, and boreal forests of balsam fir, cedar and birch. The diversity of orchids and habitat-specialist plants is remarkable. This is one of the world's prime areas for field botany.