Piedmont, Alameda, and Hayward, constituting a thickly settled area with well-defined business, industrial, and residential sections. Located near San Pablo and Suisun Bays are some of the heavier industries such as the oil refineries at Richmond, Avon, and Oleum, high explosive manufacturing plants at Nitro, Giant, and Hercules, sugar refineries at Crockett, steel mills at Pittsburg, and United States Navy shipbuilding yards at Vallejo.

Beyond the Bay Region to the east is the Great Central Valley of California, the northern portion of which is generally referred to as the Sacramento Valley, and the southern portion as the San Joaquin Valley. Lying between the Coast Range and the Sierra Nevada, this great interior valley has an average width of 30 miles and extends a length of 425 miles. It is the largest continuous area of tillable land in the State, and is one of the important fruit-producing and agricultural regions of the world. Sacramento, Stockton, and Fresno are the principal cities of this section.

At the southern end of this valley are the Kettleman, Sunset-Midway, and other important oilfields, while in the foothills to the east are gold mining districts made famous in the "Days of '49," many of which continue in active production today. The mountainous regions in the background have extensive timber, water, and hydro-electric power resources.