These two maps show the current (A) and potential future (B) distributions of grizzly bears in the contiguous United States and adjacent portions of Canada. Dark green shows current core distributions; light green shows peripheral distributions. Current US Recovery Areas are delineated in red in (A). Two existing or potential future populations are highlighted in bright green in (B): the **Heart of the Grizzly Bear Nation**, approximating the current Northern Continental Divide Ecosystem, and **Grizzly Bear Promised Land**, encompassing the considerable potential yet currently unoccupied habitat in central and northern Idaho. The **Heart** is a critical source for dispersers and colonizers through figurative connective arteries, whereas the **Promised Land**—is just that for grizzlies. If all the potential suitable habitat in this region were occupied by grizzlies there would be a contiguous interbreeding population in excess of 9000 bears, sufficient to insure long-term viability.