California was once home to the largest and most diverse indigenous populations in the Americas. Most people lived where fish, wildlife, and wood were plentiful—along the coast, the Central Valley, the Sierra foothills, San Francisco Bay, and the coastal plains of Southern California. Fewer people lived in arid and cold regions, such as northeast California, the Great Basin, and the southeastern deserts. Although groups living along the Colorado and Owens Rivers cultivated crops, most California Indians relied on hunting and gathering. The territory and trade routes for California Indians extended well beyond the borders that exist today with Oregon, Nevada, Arizona, and Mexico.