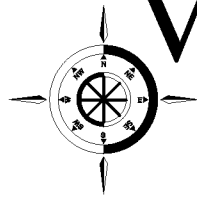


# Geographic Regions of Virginia



## Appalachian Plateau

(Plateau: Area of elevated land that is flat on top)

- ▶ Located in Southwest Virginia
- ▶ Only a small part of plateau located in Virginia

West Virginia

Kentucky

Tennessee

Maryland

Washington, D.C.

Richmond

Chesapeake Bay

Atlantic Ocean

North Carolina

## Valley and Ridge

- ▶ Includes the Great Valley of Virginia and other valleys separated by ridges. (The Blue Ridge Mountains and the Valley and Ridge Regions are part of the Appalachian mountain system.)
- ▶ Located west of Blue Ridge Mountains

## Blue Ridge Mountains

- ▶ Old, rounded Mountains
- ▶ Part of Appalachian mountain system
- ▶ Located between the Piedmont and Valley and Ridge regions
- ▶ Source of many rivers

## Piedmont Land at the foot of mountains

- ▶ Rolling hills
- ▶ West of the Fall Line

## Fall Line:

The natural border between the Coastal Plain (Tidewater) and Piedmont regions, where waterfalls prevent further travel on the river

## Coastal Plain (Tidewater)

- ▶ Flat land
- ▶ Location near Atlantic Ocean and Chesapeake Bay (includes the Eastern Shore)
- ▶ East of the Fall Line