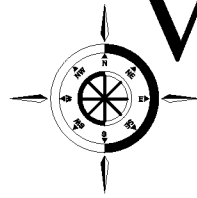


# Geographic Regions of Virginia



**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

Richmond

Maryland

Washington, D.C.

Chesapeake Bay

Atlantic Ocean

Kentucky

Tennessee

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