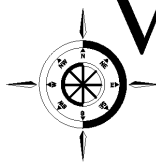


Geographic Regions of Virginia



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

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Kentucky

West Virginia

Richmond

Maryland

Washington, D.C.

Chesapeake Bay

Atlantic Ocean

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