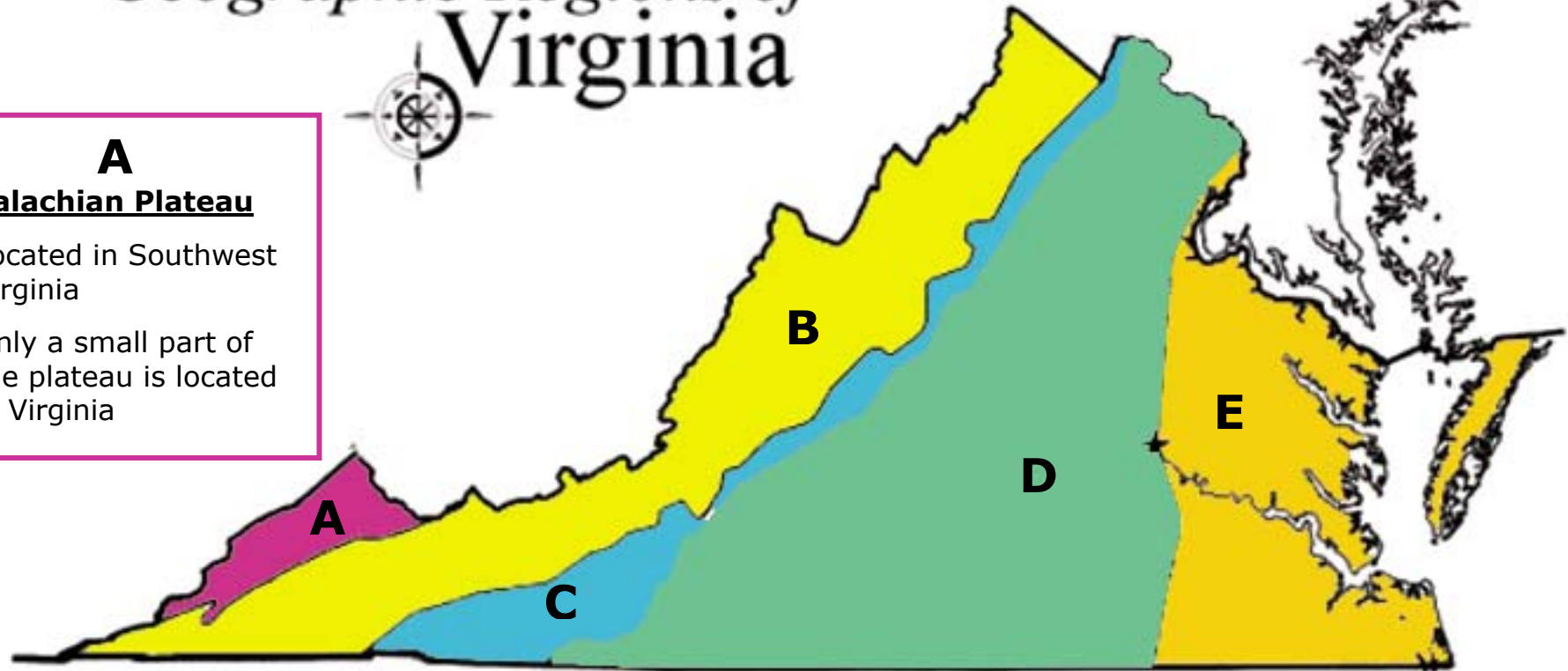


Geographic Regions of Virginia



A

Appalachian Plateau

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

A

B

Valley and Ridge

- Includes the Great Valley of Virginia and other valleys separated by ridges
- Located west of Blue Ridge Mountains

C

Blue Ridge Mountains

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

D

Piedmont

- Piedmont means "land at the foot of mountains"
- Rolling hills
- West of the Fall Line

E

Coastal Plain (Tidewater)

- Flat land
- Located near the Atlantic Ocean and the Chesapeake Bay
- Includes the Eastern Shore)