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

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