Geographic Regions of Virginia

**Appalachian Plateau**
- 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
- East of the Fall Line

**Coastal Plain (Tidewater)**
- Flat land
- Location near Atlantic Ocean and Chesapeake Bay (includes the Eastern Shore)