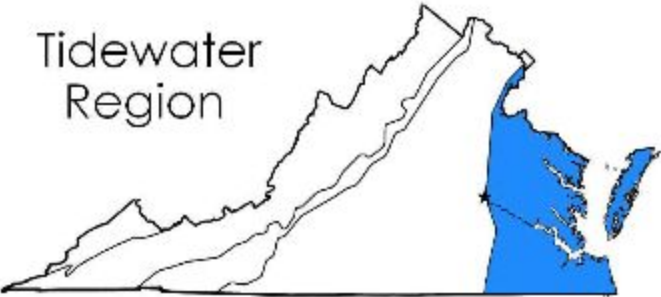
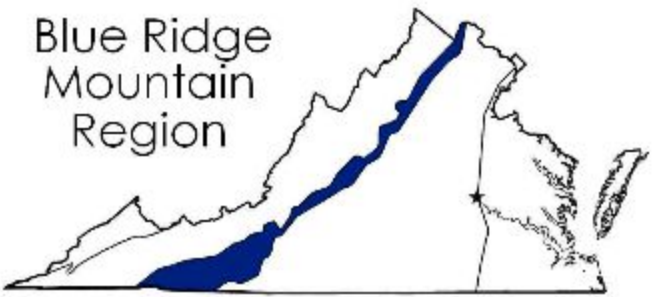


Geographic Regions (East to West)	Characteristics
Tidewater Region 	• Also known as the Coastal Plain • Flat land • Location near Atlantic Ocean and Chesapeake Bay • Includes Eastern Shore • East of the Fall Line
Piedmont Region 	• Land at the Foot of Mountains • Rolling hills • West of the Fall Line
Blue Ridge Mountain Region 	• Old, rounded mountains • Part of Appalachian mountain system • Located between the Piedmont and Valley and Ridge regions • Source of many rivers
Valley & Ridge Region 	• Includes the Great Valley of Virginia and other valleys separated by ridges • Part of Appalachian mountain system • Located west of Blue Ridge Mountains
Appalachian Plateau Region 	• Located in Southwest Virginia • Only a small part of the plateau is located in Virginia