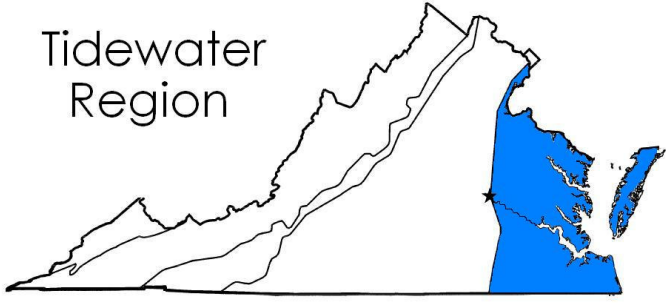
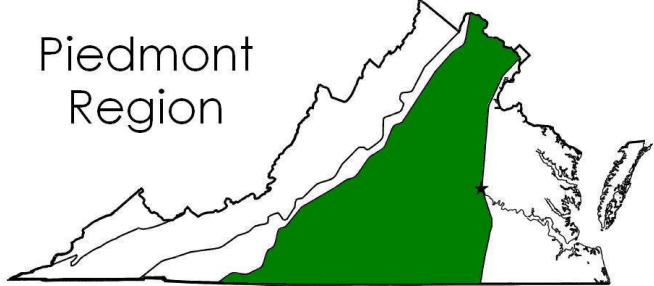
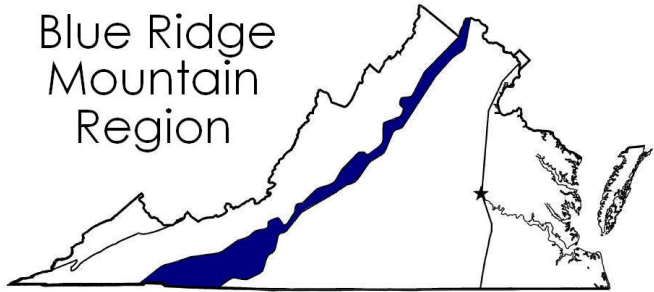
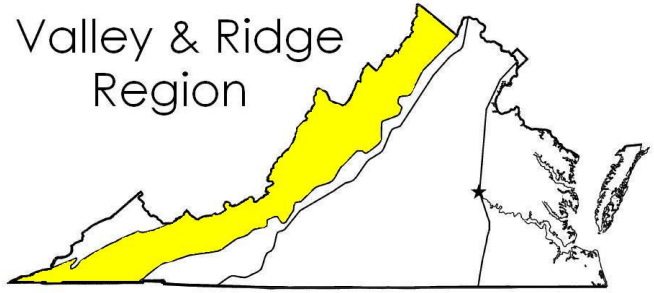



Geographic Regions (East to West)	Characteristics
<p data-bbox="175 226 407 331">Tidewater Region</p> 	<ul data-bbox="846 191 1398 457" style="list-style-type: none"> • Also known as the Coastal Plain • Flat land • Location near Atlantic Ocean and Chesapeake Bay • Includes Eastern Shore • East of the Fall Line
<p data-bbox="175 583 396 688">Piedmont Region</p> 	<ul data-bbox="846 537 1357 663" style="list-style-type: none"> • Land at the Foot of Mountains • Rolling hills • West of the Fall Line
<p data-bbox="175 905 418 1052">Blue Ridge Mountain Region</p> 	<ul data-bbox="846 884 1463 1104" style="list-style-type: none"> • Old, rounded mountains • Part of Appalachian mountain system • Located between the Piedmont and Valley and Ridge regions • Source of many rivers
<p data-bbox="152 1251 483 1356">Valley & Ridge Region</p> 	<ul data-bbox="846 1230 1479 1398" style="list-style-type: none"> • Includes the Great Valley of Virginia and other valleys separated by ridges • Part of Appalachian mountain system • Located west of Blue Ridge Mountains
<p data-bbox="159 1598 456 1745">Appalachian Plateau Region</p> 	<ul data-bbox="846 1577 1406 1692" style="list-style-type: none"> • Located in Southwest Virginia • Only a small part of the plateau is located in Virginia