Coastal Plain (Tidewater) - flat land located near the Atlantic Ocean and Chesapeake Bay (includes the Eastern Shore), EAST of the Fall Line

Piedmont - rolling hills, west of the Fall Line (land at the foot of the mountains)

Blue Ridge Mountains - old, rounded mountains, part of Appalachian Mountain system, located between Piedmont and Valley and Ridge regions, source of many rivers

Valley and Ridge - includes the Great Valley of Virginia and other valleys separated by ridges, located west of the Blue Ridge Mountains
Appalachian Plateau: A large area of elevated land that is flat on top, located in Southwest Virginia. Only a small part of the plateau is located in Virginia.

Peninsula: A piece of land bordered by water on three sides. The Eastern Shore is a peninsula bordered by the Chesapeake Bay and the Atlantic Ocean.

Atlantic Ocean: An ocean located on the East coast of the United States, which provided transportation links between Virginia and other places, such as Europe, Africa, and the Caribbean.

Chesapeake Bay: Provided safe harbor and was a source of food and transportation.
The Potomac River, a river that flows into the Chesapeake Bay, is located along the Potomac River.

The Rappahannock River, another river that flows into the Chesapeake Bay, is located on the Rappahannock River.

The York River, which also flows into the Chesapeake Bay, is located along the York River.

The James River, another river that flows into the Chesapeake Bay, is located along the James River.
Lake Drummond located in the Coastal Plain (Tidewater) region, shallow natural lake surrounded by the Dismal Swamp

Dismal Swamp located in the Coastal Plain (Tidewater) region, variety of wildlife live here, it was explored and surveyed by George Washington

Fall Line natural border between the Coastal Plain and Piedmont regions, where waterfalls prevent further travel on the river

There are five states that surround Virginia. Mustard with Ketchup Tastes Nasty. Maryland, West Virginia, Kentucky, Tennessee, North Carolina