CHAPTER 1 STUDY GUIDE

5. Appalachian Plateau
- Located in Southwest Virginia
- Only a small part of the plateau is in Virginia
- Virginia's smallest region

Peninsula
A piece of land bordered by water on three sides

Plateau
Area of elevated land that is flat on top

4. Valley and Ridge
- Includes the Great Valley of Virginia and other valleys separated by ridges
- Part of the Appalachian mountain system
- Located west of the Blue Ridge Mountains

3. Blue Ridge Mountains
- Part of the Appalachian mountain system
- Source of many rivers
- Between the Piedmont and Valley and Ridge

2. Piedmont
- Rolling hills
- West of the Fall Line
- Virginia's largest region

1. Coastal Plain/Tidewater
- Mostly flat land
- Located near the Atlantic Ocean and Chesapeake Bay
- Includes the Eastern Shore
- East of the Fall Line

Atlantic Ocean
- Provided transportation links between Virginia and other places (Europe, Africa, Caribbean)

Chesapeake Bay
- Provided a safe harbor and was a source of food and transportation

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