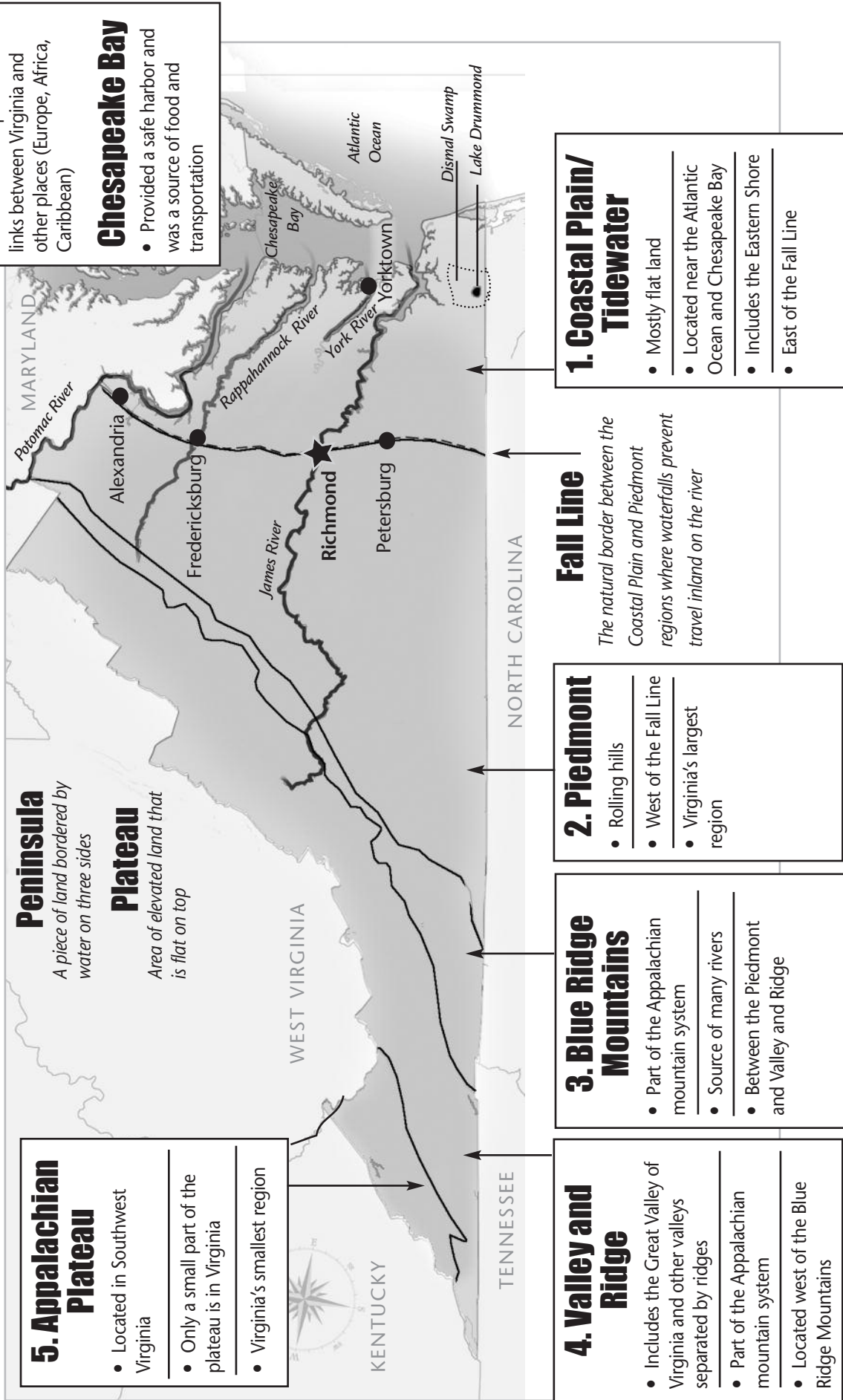


# CHAPTER 1 STUDY GUIDE



**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

**1. Coastal Plain/Tidewater**

- Mostly flat land
- Located near the Atlantic Ocean and Chesapeake Bay
- Includes the Eastern Shore
- East of the Fall Line

**Fall Line**

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

**2. Piedmont**

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

**3. Blue Ridge Mountains**

- Part of the Appalachian mountain system
- Source of many rivers
- Between the Piedmont and Valley and Ridge

**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

**Peninsula**  
*A piece of land bordered by water on three sides*

**Plateau**  
*Area of elevated land that is flat on top*

**5. Appalachian Plateau**

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