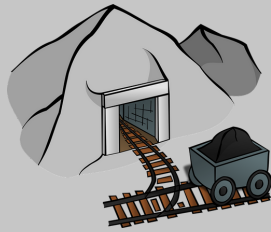


# Appalachian Plateau

- **Plateau: Area of elevated land that is flat on top**
- Located in Southwest Virginia
- Only a small part of the plateau is located in Virginia



Coal



Coal Mining

# Valley and Ridge

Includes the Great Valley of Virginia and other **valleys separated by ridges** (The Blue Ridge Mountains and the Valley and Ridge Regions are part of the Appalachian mountain system.)  
 Located west of Blue Ridge Mountains



Beef



Farming



Apple



Poultry



Dairy

# Blue Ridge Mountains

- **Old, rounded mountains**
- Part of Appalachian mountain system
- Located between the Piedmont and Valley and Ridge regions
- Source of many rivers



Apple



Farming



Hiking

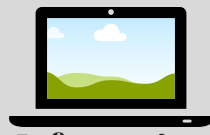
# Piedmont (land at the foot of mountains)

## Rolling hills

West of the Fall Line



Tobacco



Information Technology



Federal and State Government Jobs



Farming



Horse Industry

# Coastal Plain (Tidewater)

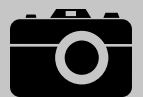
- **Flat land**
- Located near the Atlantic Ocean and Chesapeake Bay
- (includes Eastern Shore)
- East of the Fall Line



Shipbuilding



Military Bases



Tourism



Seafood



Peanuts

**Fall Line**  
 The natural border between the Coastal Plain (Tidewater) and Piedmont regions, where waterfalls prevent further travel on the river