

## Virginia's Relative Location and Regions

1. Virginia is located on the East Coast of the United States. Its location can also be described in relative terms. Relative location shows connections between two places using words such as "next to," "near," and "bordering." Virginia has two large bodies of water that "border" it on the east. They are the Atlantic Ocean and the Chesapeake Bay. It also has five "bordering" states. They include Maryland on the north, West Virginia on the northwest, Kentucky on the west, Tennessee on the southwest, and North Carolina on the south.
2. Virginia is divided into five geographic regions. Each of these regions has unique characteristics.
3. Coastal Plain (Tidewater): This region stretches from the Atlantic Ocean on the east to a line of waterfalls and rapids called the Fall Line on the west. The Fall Line forms a natural border between the Coastal Plain and the Piedmont region. The land of the Coastal Plain is flat and includes a peninsula called the Eastern Shore. Four major rivers are also located here. They include the James, the York, the Rappahannock, and the Potomac. All four of these rivers flow into the Chesapeake Bay.
4. Piedmont (land at the foot of mountains): This region is located west of the Fall Line. The land of this region consists of rolling hills. The hilly land makes the rivers narrower and faster as they tumble over waterfalls and through rapids. These waterfalls and rapids, known as the Fall Line, prevent ships from traveling farther west on the four major rivers.
5. Blue Ridge Mountains: This region is made up of old, rounded mountains that are part of the Appalachian Mountain System. It is located between the Piedmont region and the Valley and Ridge region. Many of the major rivers in Virginia have their sources in these mountains.
6. Valley and Ridge: This region includes the Great Valley of Virginia and the Allegheny Mountain Ridge. This region is also a part of the Appalachian Mountain System. A valley is an area of land between mountains and a ridge is a line of mountains. The Valley and Ridge region is located west of the Blue Ridge Mountains.
7. Appalachian Plateau: This region is located in the southwestern part of Virginia. It is a plateau, which is an area of flat land that is higher than the land around it.