

Coastal Plain (Tidewater) Region

The Coastal Plain region of Virginia is also known as the Tidewater region. It is an area of low, flat land that lies along large bodies of water, the **Chesapeake Bay** and the Atlantic Ocean. The Chesapeake Bay separates mainland Virginia and the Eastern Shore. The Chesapeake Bay provided a safe harbor and was a source of food and transportation for early settlers. Located to the east of the Eastern Shore is the **Atlantic Ocean**. The Atlantic Ocean provided transportation links between Virginia and other countries of the world.

The Coastal Plain region has 4 **peninsulas**, or pieces of land bordered by water on three sides. These peninsulas are the Northern Neck, the Middle Peninsula, the Peninsula, and the Eastern Shore. The peninsulas lie between and separate 4 well-known rivers of Virginia that flow into the Chesapeake Bay. From northern Virginia to southern Virginia these rivers are the Potomac River, the Rappahannock River, the York River, and the James River. We can easily remember these rivers in order from north to south with this sentence: Please (Potomac) remember (Rappahannock) your (York) jacket (James)! Each of these rivers was a source of food and provided a pathway for exploration and settlement for early settlers.

Please remember your jacket!

There are several important cities that are located along these Virginia rivers: Alexandria is located on the Potomac River, Fredericksburg is located on the Rappahannock River, Yorktown is located on the York River, and Richmond and Jamestown are located along the James River.