

# Blue Ridge Region

The Blue Ridge Mountains are a narrow strip of high land, located west of the Piedmont. They are old, rounded mountains that are part of a much larger mountain range known as the Appalachian Mountains. The Appalachian Mountain range stretches from northern Alabama to Canada. Due to the high land in the Blue Ridge, this region is the source of many rivers which flow downhill, east towards the Chesapeake Bay.



In the Blue Ridge, many people make money by farming. Apples are produced on these farms. **Recreation** activities, like hiking, fishing, camping, and canoeing are also popular here.



Recreation