

Appalachian Plateau

The Appalachian Plateau, also known as the Allegheny Plateau, is Virginia's smallest physical region. It is located in the southwestern part of the state. Only a small part of the plateau is located in Virginia. A plateau is an area of elevated land that is flat on top, however; the Appalachian Plateau is a mountainous area covered with thick forests. Over millions of years, streams have cut deep, narrow valleys into the land.

The most important industry in the Appalachian Plateau is coal mining. Miners go deep underground into coal mines to dig out the black coal rocks, which can be burned to provide heat energy.