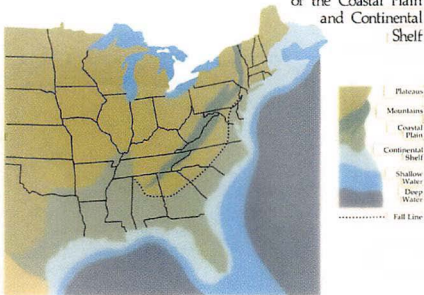


Physical Geography

Physiographic Map
of the Coastal Plain
and Continental
Shelf



**Captain John Smith
Chesapeake National
Historic Trail**



Physical Geography

Physical geography is the science of the land, water, and atmosphere. Let's discuss some physical geography terms from the Chesapeake Bay. First, what is a bay? A bay is a body of water surrounded by land with a wide entrance to the ocean. A watershed is an area of land whose water all flows into the same place. In the Bay's watershed, water flows down from a mountainous region called the Appalachian highlands. It passes through the middle piedmont region before reaching the Atlantic coastal plain and draining into the Bay.