

## Counties and Cities in the Four Virginias

| <u>Capital Region</u> | <u>Northern</u>    | <u>Shenandoah</u>    | <u>Tidewater</u>    |
|-----------------------|--------------------|----------------------|---------------------|
| Amelia                | Alexandria City    | Albemarle            | Accomack            |
| Caroline              | Arlington          | Alleghany            | Chesapeake City     |
| Charles City          | Fairfax County     | Amherst              | Emporia City        |
| Chesterfield          | Fairfax City       | Appomattox           | Essex               |
| Cumberland            | Falls Church City  | Augusta              | Franklin City       |
| Dinwiddie             | Fauquier           | Bath                 | Gloucester          |
| Fluvanna              | Loudoun            | Bedford              | Greensville         |
| Fredericksburg City   | Manassas City      | Bedford City         | Hampton City        |
| Goochland             | Manassas Park City | Botetourt            | Isle of Wright      |
| Hanover               | Prince William     | Brunswick            | James City County   |
| Henrico               | Stafford           | Buckingham           | King and Queen      |
| Hopewell City         |                    | Buena Vista City     | Lancaster           |
| King George           |                    | Campbell             | Mathews             |
| King William          |                    | Carroll              | Middlesex           |
| Louisa                |                    | Charlotte            | Newport News City   |
| New Kent              |                    | Charlottesville City | Norfolk City        |
| Nottaway              |                    | Clarke               | Northampton         |
| Petersburg City       |                    | Covington City       | Northumberland      |
| Powhatan              |                    | Craig                | Poquoson City       |
| Prince George         |                    | Culpeper             | Portsmouth City     |
| Richmond City         |                    | Danville City        | Richmond County     |
| Spotsylvania          |                    | Floyd                | Southampton         |
|                       |                    | Franklin             | Suffolk City        |
|                       |                    | Frederick            | Surry               |
|                       |                    | Greene               | Sussex              |
|                       |                    | Halifax              | Virginia Beach City |
|                       |                    | Harrisonburg City    | Westmoreland        |
|                       |                    | Henry                | Williamsburg City   |
|                       |                    | Highland             | York                |
|                       |                    | Lexington City       |                     |
|                       |                    | Lunenburg            |                     |
|                       |                    | Lynchburg City       |                     |
|                       |                    | Madison              |                     |
|                       |                    | Martinsville City    |                     |
|                       |                    | Mecklenburg          |                     |
|                       |                    | Montgomery           |                     |
|                       |                    | Nelson               |                     |
|                       |                    | Orange               |                     |
|                       |                    | Page                 |                     |
|                       |                    | Patrick              |                     |
|                       |                    | Pittsylvania         |                     |
|                       |                    | Prince Edward        |                     |
|                       |                    | Rappahannock         |                     |
|                       |                    | Roanoke County       |                     |
|                       |                    | Roanoke City         |                     |
|                       |                    | Rockbridge           |                     |
|                       |                    | Rockingham           |                     |
|                       |                    | Salem City           |                     |
|                       |                    | Shenandoah           |                     |
|                       |                    | Staunton City        |                     |
|                       |                    | Warren               |                     |
|                       |                    | Waynesboro City      |                     |
|                       |                    | Winchester City      |                     |

**Source:** "The Four Virginias," Robert E. Lang and Dawn Dhavale, Metropolitan Institute at Virginia Tech