The three landforms of North Carolina make up the three major geographic regions of the state: the Coastal Plain, the Piedmont, and the Mountains. The Coastal Plain Region is usually divided into two sub regions: the Outer Coastal Plain, commonly referred to as the Tidewater; and the Inner Coastal, which is less impacted by the effects of the ocean as it is located further inward.

North Carolina regions by county

![North Carolina regions by county](https://ncpedia.org)

View the list of North Carolina counties.

North Carolina physical regions

![North Carolina physical regions](https://ncpedia.org)

Physical boundaries that divide the regions

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[1] Reprinted with permission from the North Carolina Department of Public Instruction website.


[3] Physical boundaries that divide the regions.


[6] Click to see a large version.

Link to 1985 Geologic Map of North Carolina. From North Carolina Department of Environment and Natural Resources. [9]

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