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

![Map of North Carolina regions by county](image)

Click to see a large version

View the list of North Carolina counties.

North Carolina physical regions

![Map of North Carolina physical regions](image)

Physical boundaries that divide the regions
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