

Our State Geography in a Snap: Landforms ^[1]

Our State Geography in a Snap: landforms and regions

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Landforms: There are three distinct landforms of the Southeast and of North Carolina: the [Coastal Plain](#) ^[3], the [Piedmont](#) ^[4], and the [Appalachian Mountains](#) ^[5].

- The [Coastal Plain](#) ^[6] is low, flat to gently sloping land that extends along the Atlantic Ocean and the Gulf of Mexico. Much of the Southeast lies within in the Coastal Plain.
- The [Piedmont](#) ^[7], ^[8] characterized by hilly, rolling land, borders the Coastal Plain. The Piedmont extends from Virginia to Alabama.
- The [Appalachian Mountains](#) ^[9], the largest range in the eastern United States, stretch from Canada to northern Alabama.

Regions: ^[10] The three landforms of North Carolina make up the three major geographic regions of the state: the [Coastal Plain](#) ^[11], the [Piedmont](#) ^[4], and the [Mountains](#) ^[12]. 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.



Sources:

"Social Studies:: Elementary Resources:: Student Sampler:: Geography," *North Carolina Department of Public Instruction Website*. <https://www.dpi.nc.gov> ^[13] (accessed March 27, 2012).

Subjects:

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Authors:

[Anonymous](#) ^[16]

Origin - location:

[Coastal Plain](#) ^[17]

[Mountains](#) ^[18]

[Piedmont](#) ^[19]

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1 January 2012 | Anonymous

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