

## Our State Geography in a Snap: Landforms <sup>[1]</sup>

### 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](#) <sup>[3]</sup>, the [Piedmont](#) <sup>[4]</sup>, and the [Appalachian Mountains](#) <sup>[5]</sup>.

- The [Coastal Plain](#) <sup>[6]</sup> 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](#) <sup>[7]</sup>, <sup>[8]</sup> characterized by hilly, rolling land, borders the Coastal Plain. The Piedmont extends from Virginia to Alabama.
- The [Appalachian Mountains](#) <sup>[9]</sup>, the largest range in the eastern United States, stretch from Canada to northern Alabama.

**Regions:** <sup>[10]</sup> The three landforms of North Carolina make up the three major geographic regions of the state: the [Coastal Plain](#) <sup>[11]</sup>, the [Piedmont](#) <sup>[4]</sup>, and the [Mountains](#) <sup>[12]</sup>. 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> <sup>[13]</sup> (accessed March 27, 2012).

#### Subjects:

[Geography](#) <sup>[14]</sup>

[Natural resources](#) <sup>[15]</sup>

[Regions](#) <sup>[10]</sup>

#### Authors:

[Anonymous](#) <sup>[16]</sup>

#### Origin - location:

[Coastal Plain](#) <sup>[17]</sup>

[Mountains](#) <sup>[18]</sup>

[Piedmont](#) <sup>[19]</sup>

#### From:

[NC Department of Public Instruction](#). <sup>[20]</sup>

1 January 2012 | Anonymous

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#### Links

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