Why We Study Regions
North Carolina has three regions. Studying and comparing them helps people to understand the state as a whole. The Mountain region is part of the Appalachians, which stretch from Canada to Alabama. The Piedmont region is part of a hilly plateau that runs from New York to Georgia. The Coastal Plain is part of flat land that stretches from New York to Florida.

The Coastal Plain makes up nearly half of North Carolina. It has two sections, the Inner Coastal Plain near the Piedmont, and the Tidewater near the ocean. The Tidewater is made up of flat land, wetlands, sounds, and beaches. It is a popular recreation spot. The Cape Hatteras and Cape Lookout areas are National Seashores preserved for recreation and wildlife study.

People use the Tidewater region to ship goods around the world. Ships stop at ports such as Morehead City and Wilmington. The United States Marines, Coast Guard, and Air Force all have bases in the Tidewater.

Inner Coastal Plain
The Inner Coastal Plain is between the Tidewater and the Piedmont. Wetlands and high ground swamps called pocosins dot the region. The Inner Coastal Plain is the most rural part of North Carolina. Fort Bragg Army Base and Pope Air Force Base are near Fayetteville. Fayetteville is the region's largest city and urban area.

The Inner Coastal Plain's fertile soil is good for farming. Peanuts, tobacco, and soybeans grow well there. Pines and other trees cover half of the region. Wood from the pines is used to make paper and furniture. The demand for wood from North Carolina has grown. Logging companies are cutting down more trees. Conservation groups help protect the environment from too much logging.

The Sandhills lies in the southern part of the state near the fall line. The soil is sandy, and most crops do not grow well there. Peaches, however, thrive. People come to the Sandhills to golf, relax at resorts, or raise horses.