

Regions and sub-regions of North Carolina (Teacher Guide)

Region or sub-region	Physical features	Major cities	Climate	Economics
Mountains	<ul style="list-style-type: none"> - Mountainous; Blue Ridge Mountains are part of the Appalachian Mountain chain - 1500 to 6684 feet elevation - Mount Mitchell is the highest peak in the eastern U.S. - Major rivers: French Broad, Pigeon, New, Little Tennessee - Eastern Continental Divide 	Asheville	<p>Precipitation 44” – more than 52”</p> <p>Freeze Sept. 18/Nov. 2 – Apr. 11/May 11</p> <p>Winter temp. Less than 36 to 40°</p> <p>Summer temp. Below 76°</p>	<p>Tourism</p> <p>Timber</p>
Piedmont	<ul style="list-style-type: none"> Rolling hills Rapid rivers Hard rock and clay soil Monadnocks 300 feet to 1500 	<ul style="list-style-type: none"> Cary Charlotte Durham Greensboro High Point 	<p>Precipitation 44” – 48”</p> <p>Freeze Oct. 18/Nov 2 - Mar 27/Apr. 11</p> <p>Winter temp. 36 to 44°</p> <p>Summer temp. 76 to 80°</p>	<p>Manufacturing / Industry</p> <p>Colleges / Universities</p> <p>Research Triangle Park</p> <p>Banking / Finances</p>

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	feet elevation Major rivers: Pee Dee, Catawba, Yadkin, Neuse, and Cape Fear	Raleigh Winston-Salem		
Inner Coastal Plain	<ul style="list-style-type: none"> - Fall line border with Piedmont - Elevation is near sea level to 300 feet - Sandhills - Generally flat - Soft rocks; sandy and loose soil - Wetland areas - Inner and Outer Coastal Plain is about 45% of land area in NC - Major rivers: Neuse, Cape Fear, and Tar 	Fayetteville	<p>Precipitation 48" – more than 52"</p> <p>Freeze Nov 2/17 – Mar 12/Apr 11</p> <p>Winter temp. 40 to above 44°</p> <p>Summer temp. 78 to above 80°</p>	Agriculture
Outer Coastal Plain or Tidewater	Outer Banks or Barrier Islands Wetlands &	Wilmington	<p>Precipitation More than 52"</p> <p>Freeze Nov 2/Dec 17 –</p>	Tourism Fishing

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	<p>estuaries</p> <p>Pamlico Sound & Albemarle Sound</p> <p>Elevation: Sea level to less than 20 feet</p> <p>Extends 20 to 30 miles inland</p>		<p>Feb 25/Mar 27</p> <p>Winter temp. 40 to above 44°</p> <p>Summer temp 78 to above 80°</p>	