



Geographical Features:
- **Mountains:** Great Smoky Mts, Blue Ridge Mts
- **Rivers:** John H Kerr Res, Tar R, Pee Dee R, Cape Fear R, Catawba R
- **Water Bodies:** Dismal Swamp, Albemarle Sd, Pamlico Sound, Onslow Bay, Long Bay, Cape Fear

Major Cities and Towns:
- **Western:** Murphy, Franklin, Waynesville, Asheville, Hendersonville, Forest City, Shelby, Gastonia, Kannapolis, Concord, Albemarle, Charlotte, Monroe, Lenoir, Boone, Mount Airy, Winston-Salem, High Point, Greensboro, Reidsville, Roxboro, Oxford, Henderson, Roanoke Rapids, Elizabeth City, Edenton, Williamston, Nags Head, Maiteo
- **Central:** Statesville, Lexington, Salisbury, Asheboro, Sanford, Smithfield, Goldsboro, Kinston, New Bern, Atlantic, Morehead City, Cape Lookout
- **Eastern:** Rocky Mount, Tarboro, Greenville, Washington, Fayetteville, Jacksonville, Wilmington, Cape Hatteras

Highways:
- **Interstates:** 40, 26, 77, 85, 73/74, 95
- **Other:** 6684 (near Asheville)

Other Labels:
- **Mount Mitchell + 6684**
- **ATLANTIC OCEAN**