The Appalachian subregions are contiguous regions of relatively homogeneous characteristics (topography, demographics, and economics) within Appalachia. This classification was developed in the early history of the ARC and provides a basis for subregional analysis. ARC revised the classification in November 2009 by dividing the Region into smaller parts for greater analytical detail and by using current economic and transportation data.

Subregions
- Northern
- North Central
- Central
- South Central
- Southern

Map Created: November 2009.