

Oldest Cities in the High Country — ALEX Intelligence 2026

Steamboat Springs Is the Oldest City in the High Country

Median age of 44 years — ALEX Intelligence 2026

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THE DATA

44 years

Median Resident Age (2024)

Steamboat Springs and Aspen share the highest median age in the Colorado High Country.

This data point from the 2024 American Community Survey reflects a region where long-term residency, deep community roots, and institutional memory are not anomalies — they are the baseline. The high median age is not a sign of stagnation but a marker of stability in a volatile mountain economy. These communities are not just attracting new residents; they are preserving legacy, continuity, and local expertise.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation
<https://alex-companies.com/data/2026-09-16-high-country-median-age-place-mkt>



01

Aging Is a Competitive Moat

The high median age is not a liability — it is a form of embedded capital. These communities are not just places to live; they are places where life cycles are measured in decades, not seasons. This depth of tenure supports long-term real estate value, reduces turnover risk, and strengthens local economic cohesion.



02

Legacy Drives Innovation

An older population does not resist change; it shapes it. With deep ties to place, residents prioritize sustainability, affordability, and long-term stewardship over short-term speculation. This creates a unique feedback loop: aging communities attract and retain people who value permanence, which in turn fuels innovation that preserves character while adapting to modern needs.

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