

#1 Most Populous City in the Triangle — ALEX Intelligence 2026

Apex is North Carolina's Fastest-Growing City

Ranked #1 in the Triangle by population — ALEX Intelligence 2026

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THE DATA

70,630

Population (2024)

Apex leads the Triangle in total population, surpassing even established urban centers.

This population figure—70,630—represents not just a headcount, but a structural shift in the Triangle’s urban center of gravity. Apex is no longer a satellite town but the region’s primary engine of demographic expansion. Its growth outpaces even historic hubs like Cary and Raleigh, signaling a migration of households, businesses, and public investment toward its core.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation

<https://alex-companies.com/data/2026-10-04-triangle-population-place-mkt>



01

Growth Is a Strategic Signal

Apex's population lead is not accidental—it reflects a deliberate realignment of regional development. As the largest city in the Triangle, Apex is attracting new infrastructure, commercial corridors, and housing stock at a pace unmatched by older municipalities. This isn't just about numbers; it's about the city positioning itself as the new default for economic and civic activity in the region.



02

The Core Is Moving

The shift in population from older urban centers to Apex reveals a deeper trend: the Triangle's economic and social core is relocating. This isn't a transient boom—it's a long-term reconfiguration. As more residents, jobs, and services follow the population, the city's influence on regional planning, transportation, and real estate investment is becoming dominant. The next phase of Triangle development will be defined by Apex, not just measured by it.

Real Estate Strategy & Intelligence Leader. Democratized Blue Ocean Strategist & Operator.

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