Eagle Mountain — #1 of 10: Mean Commute to Work by City, in Minutes (2024)

Eagle Mountain Has Longest Commute in Utah

Source: ALEX Intelligence, 2024

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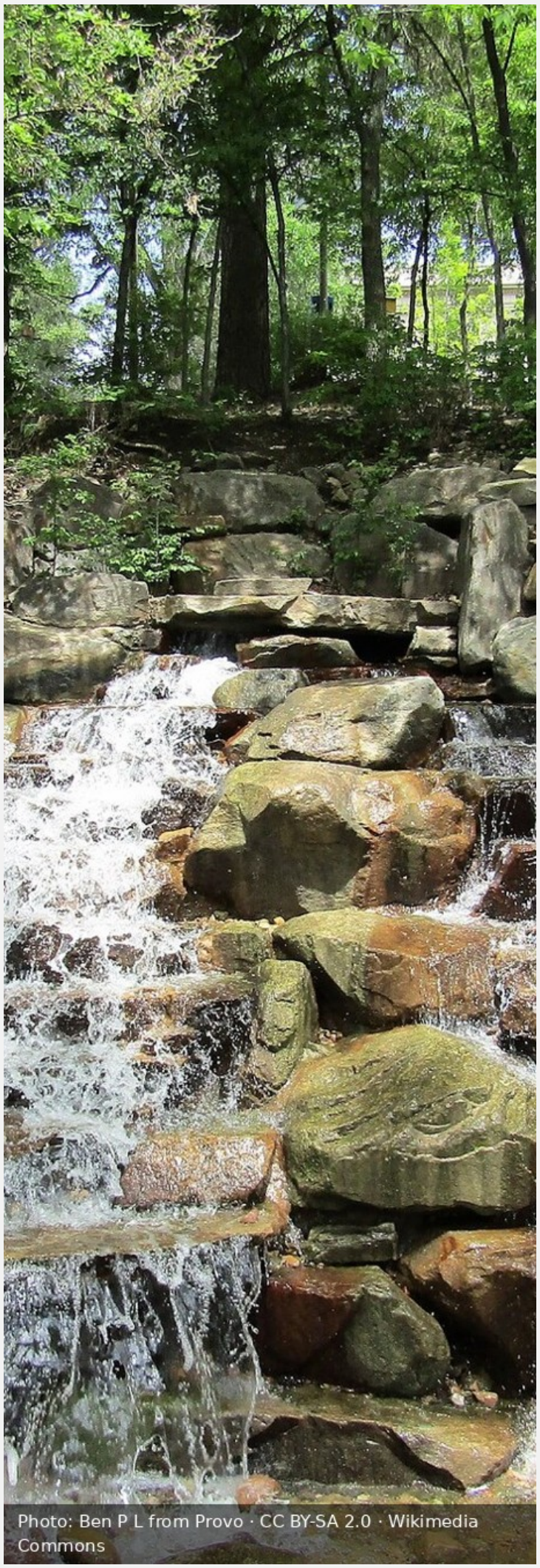
THE DATA

32.3

Mean Commute to Work by City, in Minutes (2024)

Eagle Mountain leads the Provo-Orem-Lehi metro in average commute time.

This 32.3-minute average reflects a growing divide between where people live and where they work. The data suggests that suburban expansion is outpacing transit and infrastructure development, particularly in newer communities like Eagle Mountain. As housing continues to grow in the outer edges of the metro, the cost of daily travel is becoming a structural feature of the region's development model.



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Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 · ALEX Intelligence computation
https://alex-companies.com/data/2026-11-18-provo-orem-lehi-commute-place-long

01

Commuting Is the New Suburban Tax

The 32.3-minute commute in Eagle Mountain isn’t just a number—it’s a cost of place. For residents, time lost to transit is equivalent to a financial burden, reducing discretionary time and increasing stress. This hidden tax disproportionately affects lower- and middle-income households, who lack the flexibility to work remotely or relocate closer to employment hubs. As remote work adoption plateaus, this time cost becomes a key determinant of long-term livability and equity in the region’s growth trajectory.

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02

Growth Without Transit Is Incomplete

The fact that Eagle Mountain leads in commute time while being a rapidly growing city signals a mismatch between urban form and mobility infrastructure. This is not a transient issue—it's a structural one. Without investment in transit corridors, bike networks, or mixed-use zoning, the region risks entrenching car dependency, worsening congestion, and undermining the very quality of life that attracts new residents. The next wave of development must prioritize connectivity over sprawl to avoid locking in decades of inefficiency.

George Arnold Alexander III, MPA

Partner, ALEX Companies
Associate Broker, Alexander Tiffany Southwest, LLC
Licensed Broker in TX, CO, NC, AL

george@alex-companies.com · +1 713.918.9951

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