#1 of 10: Spread in Mean Commute Across the Market, in Minutes (2024)

Eagle Mountain Has the Widest Commute Spread in Utah

Eagle Mountain against Provo · U.S. Census Bureau 2024

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THE DATA

13.9

Spread in Mean Commute Across the Market, in Minutes (2024)

This is the difference in average commute times between the highest- and lowest-commuting cities in the Provo-Orem-Lehi metro.

The 13.9-minute spread reflects a growing divergence in daily travel patterns across the region. While Provo and Lehi maintain relatively balanced commutes, Eagle Mountain's average of 32.3 minutes is over nine minutes longer than Lehi's 23.7 minutes. This gap underscores how urban sprawl and infrastructure timing can create systemic inequality in access to opportunity.



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Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 · ALEX Intelligence computation
https://alex-companies.com/data/2026-11-21-provo-orem-lehi-commute-spread

01

Growth Without Integration

Eagle Mountain’s high commute spread reveals a pattern of isolated growth. Unlike Lehi or American Fork, which have evolved with transit corridors and mixed-use planning, Eagle Mountain’s development has prioritized sprawl over connectivity. This suggests that rapid population increases in edge cities are not inherently sustainable if they lack integrated transportation or employment hubs.

The data implies that future zoning and infrastructure investments should target connectivity—especially for outlying communities—rather than simply enabling more housing.

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02

The Commute Gap Is a Market Signal

A 13.9-minute spread isn't just a statistic—it's a market indicator. Communities with longer commutes face lower workforce retention and reduced appeal to remote-first professionals. Yet, Eagle Mountain's high spread coexists with strong home value growth, suggesting that buyers are prioritizing space over time.

This dichotomy signals a shift: the Provo-Orem-Lehi market is no longer just about proximity to work, but about time flexibility. The winners will be those who design for both access and autonomy—offering mobility options that reduce time cost without sacrificing livability.

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