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

7.2 Minutes: The Triad's Commute Spread

Source: ALEX Intelligence · Published November 26, 2026

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THE DATA

7.2

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

This is the difference between the longest and shortest average commute times among cities in the Greensboro-Winston-Salem-High Point MSA.

The 7.2-minute spread reflects a growing spatial inequality in daily mobility. This gap is not just about distance; it points to uneven infrastructure investment, job clustering, and housing accessibility.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 · ALEX Intelligence computation
https://alex-companies.com/data/2026-11-26-greensboro-commute-spread

01

Commute Inequality Drives Housing Demand

Cities with shorter commutes, like Oak Ridge and Walkertown, are becoming increasingly desirable for professionals seeking time efficiency. This is creating a wedge in housing value growth: areas with better connectivity are seeing stronger appreciation, while longer-commute zones face stagnation despite similar economic fundamentals. This suggests that commute time is now a primary filter in real estate decisions, not just a secondary metric.

02

The Triad’s Mobility Paradox

Despite strong employment growth and population expansion, the widening commute spread signals a failure in regional planning. The fact that the MSA’s average commute time varies by over seven minutes across its core cities reveals a lack of coordinated transit or mixed-use development. This inconsistency undermines the region’s branding as a unified, accessible hub, and may deter future investment in areas with poor connectivity.

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