

After pandemic migration, Denver experiences growth and renewed interest



Sara B. Hansen

After people fled cities for more space during the pandemic, metros like Denver are

Homeowners who are downsizing also seek lock-and-leave homes that allow them to travel, she said.

Metro growth outpaces population growth overall

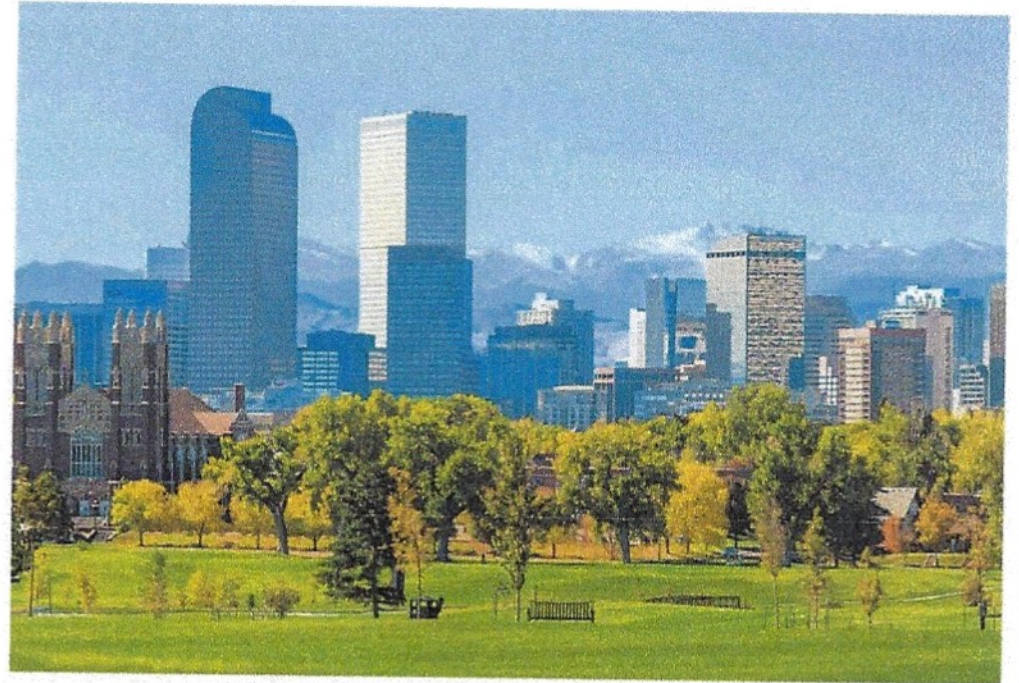
According to the Census Bureau, the population of people living in U.S. metropolitan areas grew by nearly 3.2 million from 2023 to 2024. In contrast, the overall U.S. population increased by just 1% during the same period.

Meanwhile, nearly 90% of metropolitan areas in the United States experienced population growth from 2023 to 2024.

The Denver metro area, six counties around Colorado's capital city, experienced 2.8 percent growth from 2020 to 2024, adding approximately 82,000 residents, according to census estimates.

Most of the population growth in the metro area is attributed to approximately 56,500 international immigrants.

There were also more births than deaths, resulting in a natural increase of approximately 46,000 people.



However, the area lost about 14,000 residents who moved to other parts of the country, according to Census estimates.

Denver metro remains popular

Denver is a popular destination for many reasons.

Its proximity to the Rocky Mountains offers a range of outdoor activities year-round, from hiking to skiing.

The city boasts a robust economy, offering numerous job opportunities in technology, healthcare, and finance.

Culturally, Denver is vibrant, featuring numerous museums,

professional sports teams, a world-class zoo, and a diverse culinary scene full of innovative restaurants and breweries.

With beautiful mountain views and an active lifestyle, it's an appealing place to live.

Sara B. Hansen has been an editor and writer for more than 20 years. Her professional background includes editing positions at The Denver Post, The Des Moines Register, The Fort Collins Coloradoan, and At Home with Century 21. She's also the founder and editor of DogsBestLife.com and the author of "The Complete Guide to Cocker Spaniels."

experiencing a resurgence.

According to the National Association of Realtors, the percentage of people moving to cities climbed to 16% in 2024. That's the biggest increase in a decade.

This urban revival is fueled by a vibrant culture, the convenience of living close to work, and easy access to essential services.

"The Denver urban center has always been a great area for high walkability," said Christine Dupont-Patz, broker and co-owner of RE/MAX Cherry Creek in Denver.

"During COVID there was a rush out to the suburbs for more space for home offices and a yard for the new dog. Now with more workers going back to the office, we're seeing a desire for shorter commute times and less yard maintenance."

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