



WINSTON-SALEM, NC

Quality of Life

Winston-Salem offers newcomers cosmopolitan amenities with the charm of southern hospitality, and with over 100 community events per year, it's easy to form the meaningful connections that will make Winston-Salem home.

With a cost of living 9% below the national average, Winston-Salem stands out for its affordability when compared to other major metros. Winston-Salem is an extremely active community with over 3,500 acres of parks and recreation and over 200 sunny days per year to enjoy them. Just minutes from the foothills of the Blue Ridge Mountains and a few hours' drive from the coast, Winston has endless opportunities to explore. Winston-Salem provides urban, suburban, and rural lifestyle options, all within an average commute time of 20-minutes.

[Watch our community overview video HERE.](#)



FAST FACTS

- 1.7M** POPULATION IN WINSTON-SALEM/GREENSBORO CSA
- 36** MANUFACTURING HEADQUARTERS OPERATIONS IN THE REGION, INCLUDING HANESBRANDS, DEEREHITACHI, GARNER FOODS, REYNOLDS AMERICAN
- 6** COLLEGES & UNIVERSITIES
- 2** MAJOR HEALTHCARE SYSTEMS EMPLOYING OVER 30K PEOPLE
- 7.8%** POPULATION GROWTH RATE

ACCOLADES

[SOUTHERN LIVING: SOUTH'S BEST CITIES ON THE RISE](#)
[#3 BEST CITIES TO WORK FROM HOME](#)
[#3 MOST AFFORDABLE DOWNTOWN](#)

[#5 BEST CITY FOR FIRST TIME HOMEBUYERS](#)
[FORBES: INDUSTRY HILL IN WINSTON-SALEM](#)
[FORBES: BEST PLACES TO RETIRE](#)
[FORBES: BEST PLACES TO TRAVEL](#)



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QUALITY OF LIFE METRICS

COST OF LIVING INDEX (100= NATNL AVERAGE)	90.7
AVERAGE DAYS ABOVE 90°F	28 (NAT'L AVG: 37.9)
AVERAGE DAYS BELOW 32°F	85 (NAT'L AVG: 88)
NET MIGRATION	1,130 (YEAR: 2018)
AVERAGE COMMUTE	20 MINUTES
HOUSING AFFORDABILITY INDEX	200
PHYSICIANS PER CAPITA	19 ABOVE NAT'L AVG
SAFETY RANKING	#26 SAFEST CITY IN AMERICA





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RECREATIONAL AMENITIES

Seated just 25 miles from the Foothills of the Blue Ridge Mountains, Winston-Salem offers endless opportunity for hiking, mountain biking, and rock climbing. In town, retreat to Old Town’s nationally renowned golf course, or enjoy the ample greenway that stretches from Salem Lake through downtown’s Innovation Quarter. For an effortless getaway, drive just two hours west and enjoy a weekend of skiing or three hours east to dip your toes in the Atlantic Ocean.

216 SUNNY DAYS A YEAR

19 GOLF COURSES

25 MILES OF GREENWAY & TRAILS

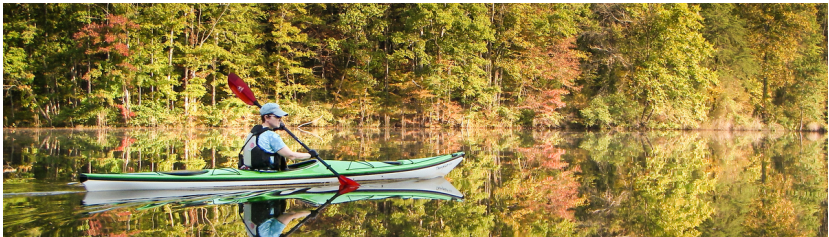
79 PARKS, SPANNING 3500 ACRES

25 MILES FROM THE FOOTHILLS

OF THE BLUE RIDGE MOUNTAINS

2 HOURS FROM SKI SLOPES

3 HOURS FROM ATLANTIC OCEAN



UNIQUE EATS & DRINKS

With more than 75 restaurants and 30 bars and breweries to enjoy in Winston-Salem’s walkable downtown, there’s always something new to discover. Enjoy a latte at Moji, a coffeehouse dedicated to employing and empowering people with different abilities, or tour Divine Llama Vineyards, home to the state’s largest llama farm and an award-winning selection of wine.

34 COFFEE SHOPS

17 BREWERIES & DISTILLERIES

44 WINERIES AND VINEYARDS

120 DOWNTOWN RESTAURANTS & SHOPS