High Shoals, North Carolina.

Current market data.

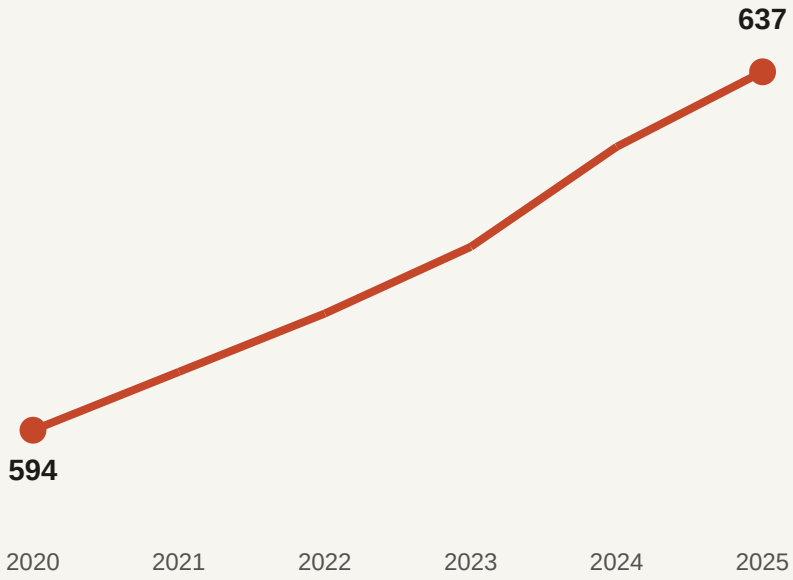
10 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

Growing. Up 7.2% since 2020.

637

people, the 393rd-largest of North Carolina's cities and towns.



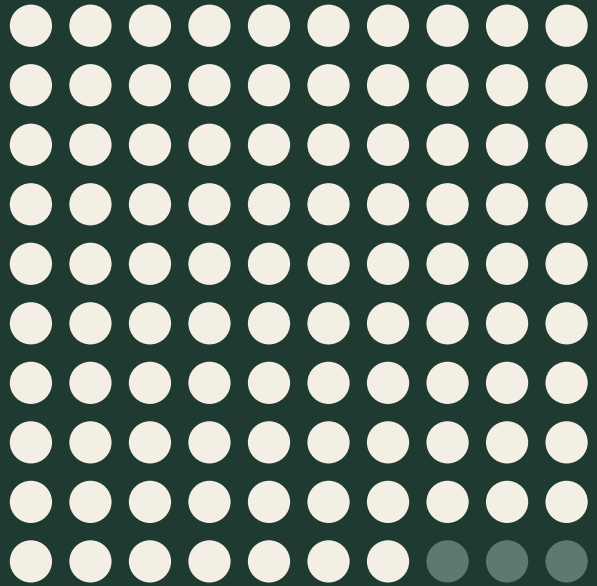
Source: Census Population Estimates, 2025

THE WORKDAY

Nearly every job here goes to someone who lives somewhere else.

96.6%

of 29 jobs located in High Shoals are filled by in-commuters.



Each dot is 1% of jobs. Filled: held by in-commuters.

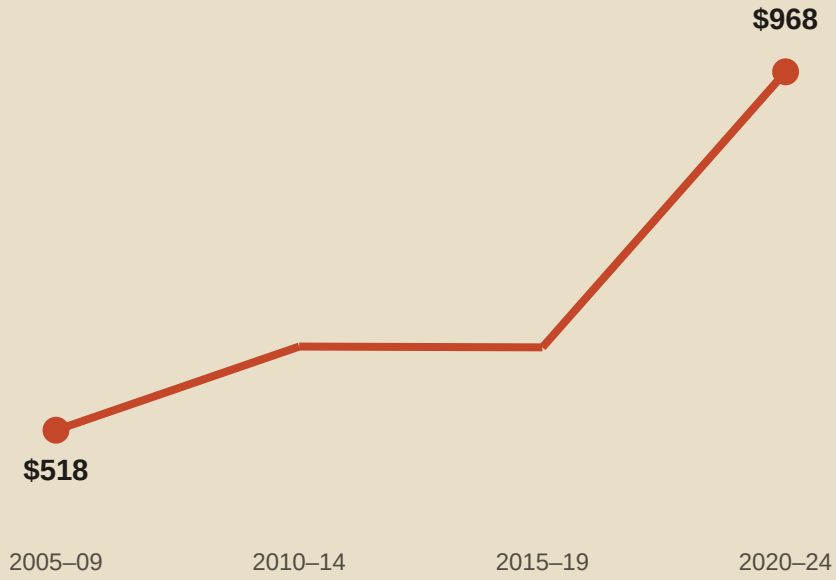
Source: Census LEHD LODES, 2023

RENT

Median rent is up 87% since the 2005–2009 survey, before inflation.

$968

a month. North Carolina's median is $1,228.

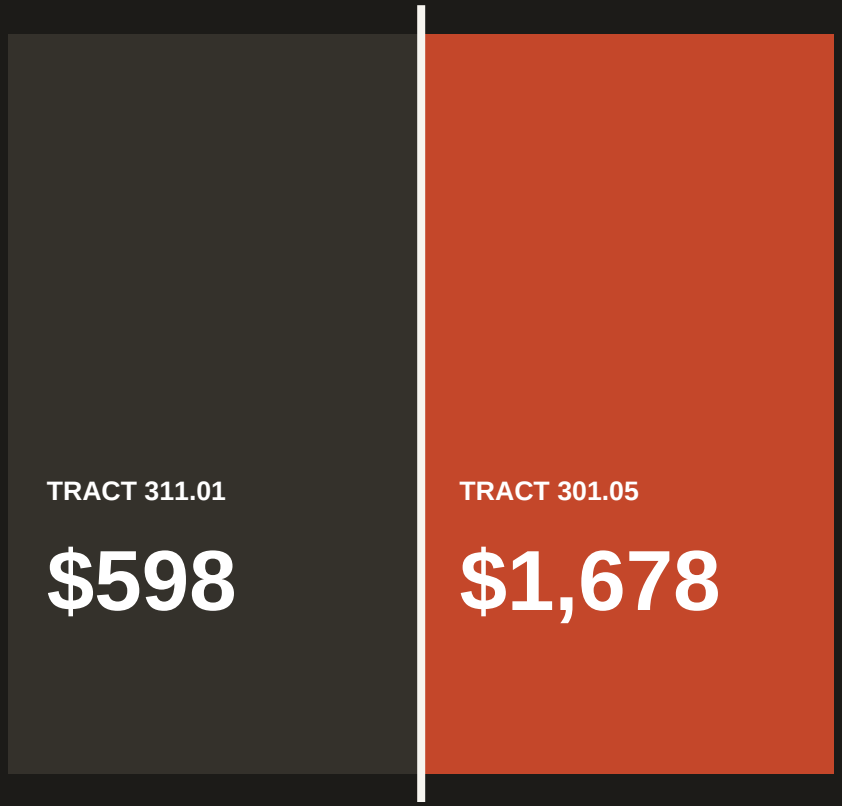


Source: Census ACS 5-year, 2020-2024

THE SEAM

Cross one tract line and median rent doubles.

A $1,080 gap between neighbors, the sharpest rent edge between adjacent tracts in Gaston County.



Source: Census ACS 5-year, 2020-2024

ROOM TO BUILD

The median rent sits inside what local wages can carry.

is the monthly rent range local workforce wages support.

Source: Computed by the Almanac, 2023; Census ACS 5-year, 2020-2024

BUILDING

Most of the housing here is older than 2000.

78%

of all homes were built before 2000

Source: Census ACS 5-year, 2020-2024

UNITS NEEDED

Closing the gap would add 0–0.9% to the 233 homes here.

0–2

is the estimated number of missing housing units, from the lowest to the highest of three estimates.

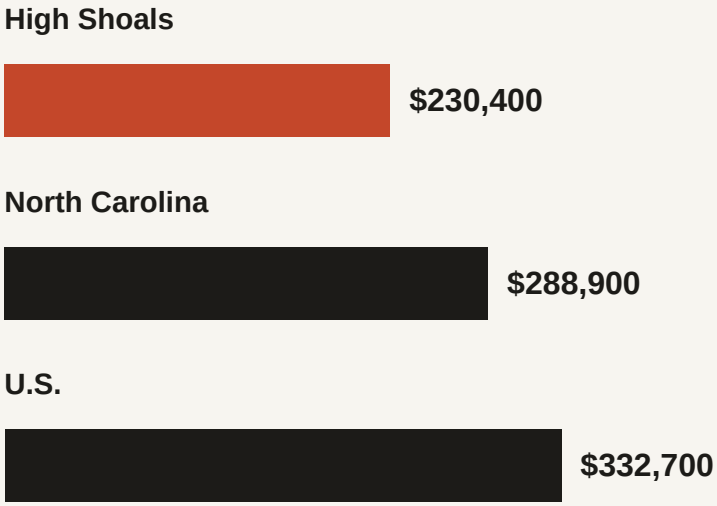
Source: Computed by the Almanac, 2023

HOME VALUE

A median home costs 20% less than North Carolina's.

$230,400

median home value in High Shoals.



Source: Census ACS 5-year, 2020-2024

THAT WAS HIGH SHOALS'S 2026

Every number came from a public source, with its date.

New Census data usually lands in December. The next Edition follows it.

See this Edition at **almanacdata.ai/e/nc/high-shoals/**