

Living in Salem

Despite being one of the largest cities in the state, Salem has a friendly, small-town feel. Its proximity to the ocean beaches to the west and the Cascade mountains to the east make its location ideal for those looking for an active, outdoor lifestyle. Salem has bountiful culinary diversity with fresh foods and delicious wines from Oregon's renowned Willamette Valley wineries and vineyards, as well as wonderful culture and rich heritage as the state's capital city.

Living options range from well established, historic neighborhoods to urban living, thanks to downtown revitalization. There is also easy access to quality and affordable healthcare. With an award-winning school system, abundant parks and recreational activities, mild climate, affordable living, and moderate pace of life, Salem is a great place to set down roots.

Located in both Marion and Polk counties, Salem is home to nearly 169,000 residents. The Mid-Willamette Valley is home to an awe-inspiring seven state parks, and the beautiful Willamette and Santiam rivers, along with numerous lakes, streams and creeks, provide ample opportunity for paddling, boating, and fishing year-round. Mountain snow sports are less than two hours away. Salem is also just 45 minutes from Portland and an hour from Oregon's beautiful coast.

With a vibrant Russian, Latinx, and German population and a French Canadian history, the Salem area captures heritage and culture.

