

# Demographics

## Population Estimates, July 1, 2025 Capital Region



	2020 Pop'n Estimate	2021 Pop'n Estimate	2022 Pop'n Estimate	2023 Pop'n Estimate	2024 Pop'n Estimate	2025 Pop'n Estimate	2025 Pop'n %
Central Saanich	18,014	17,989	18,149	18,139	18,150	18,184	3.7%
Colwood	19,330	19,798	20,896	21,572	22,151	22,794	4.6%
Esquimalt	18,515	18,298	18,777	19,125	19,302	19,512	3.9%
Highlands	2,527	2,581	2,600	2,628	2,618	2,753	0.6%
Langford	46,333	49,199	53,120	55,525	58,320	59,664	12.1%
Metchosin	5,203	5,252	5,298	5,291	5,331	5,207	1.1%
North Saanich	12,248	12,623	13,158	13,350	13,340	12,986	2.6%
Oak Bay	18,465	18,533	18,864	18,828	18,813	18,626	3.8%
Saanich	122,584	122,889	123,979	124,667	125,436	126,011	25.5%
Sidney	12,531	12,614	13,049	13,219	13,288	13,445	2.7%
Sooke	15,236	15,712	16,475	16,897	17,128	17,248	3.5%
Victoria	96,399	96,277	98,315	100,539	102,856	103,888	21.0%
View Royal	11,885	12,062	12,458	12,516	12,619	12,795	2.6%
Unincorporated Areas	28,828	29,502	30,247	30,739	30,965	30,969	6.3%
Juan De Fuca E.A.	5,626	5,716	5,883	5,987	5,930	5,883	1.2%
Salt Spring Is. E.A.	11,764	11,974	12,215	12,398	12,448	12,429	2.5%
Southern Gulf Is. E.A.	5,892	6,246	6,424	6,532	6,645	6,691	1.4%
First Nation Reserves	5,546	5,566	5,725	5,822	5,942	5,966	1.2%
<b>CAPITAL REGION</b>	<b>428,098</b>	<b>433,329</b>	<b>445,385</b>	<b>453,035</b>	<b>460,317</b>	<b>495,051</b>	<b>100.0%</b>

Source: Statistics Canada, Table 17-10-0142-01 and 17-10-0139-01

Note: Population estimates are as of July 1st. All estimates based on the 2021 Census adjusted for net undercoverage. Since all components of population change aren't available when the estimates are produced, 2024 estimates are preliminary, 2023/22 are updated and 2020/21 are final estimates. This release cycle balances the need for timeliness and accuracy of the estimates.

Factsheet Updated: January 2025



Making a difference...together

625 Fisgard St. PO Box 1000 Victoria BC V8W 2S6

250.360.3160

[www.crd.bc.ca](http://www.crd.bc.ca)