

Cities population as of 2019:

Salinas has a population of **158,000**

Seaside has a population of **33,930**

Monterey has a population of **28,289**

Soledad has a population **26,013**

Marina has a population of **19,718**

Greenfield has a population **17,648**

Pacific Grove has a population of **15,401**

King City has a population of **14,023**

Gonzales has a population of **8,382**

Carmel has a population of **3,913**

Del Rey Oaks has a population of **1,669**

Sand City has a population of **371**