

Inland Empire Subregions

The Inland Empire is a vast region spanning over 27,000 square miles and includes both San Bernardino and Riverside counties. Due to the geographic size, sprawl and diversity of the region, IEHP Foundation designates the following as subregions of the Inland Empire:

- High Desert
- Low Desert/Coachella Valley
- Mohave Valley
- Palo Verde Valley
- Riverside Metro
- San Bernardino Metro
- West Riverside
- West San Bernardino

Cities in each subregion include:

- **High Desert**
 - Adelanto
 - Apple Valley
 - Baker
 - Barstow
 - Daggett
 - Fort Irwin
 - Helendale
 - Hesperia
 - Hinkley
 - Lucerne Valley
 - Ludlow
 - Lytle Creek
 - Newberry Springs
 - Oro Grande
 - Phelan
 - Pinon Hills
 - Red Mountain
 - Trona
 - Victorville
 - Wrightwood
 - Yermo
 - Yucca Valley
- **Low Desert/Coachella Valley:**
 - Cathedral City
 - Coachella
 - Desert Hot Springs

- Indian Wells
- Indio
- La Quinta
- Mecca
- North Palm Springs
- Palm Desert
- Palm Springs
- Rancho Mirage
- Thermal
- Thousand Palms
- Whitewater
- Amboy
- Joshua Tree
- Landers
- Morongo Valley
- Twentynine Palms
- **Mohave Valley**
 - Cima
 - Earp
 - Essex
 - Mountain Pass
 - Needles
 - Nipton
 - Parker Dam
- **Palo Verde Valley**
 - Blythe
 - Desert Center
 - Vidal
- **Riverside Metro**
 - March Air Reserve Base
 - Moreno Valley
 - Nuevo
 - Perris
 - Riverside
 - Jurupa Valley
 - Eastvale
- **San Bernardino Metro**
 - Angelus Oaks
 - Big Bear City
 - Big Bear Lake
 - Bloomington
 - Blue Jay
 - Bryn Mawr
 - Cedar Glen

- Cedarpines Park
- Colton
- Crestline
- Fawnskin
- Fontana
- Forest Falls
- Grand Terrace
- Green Valley Lake
- Highland
- Lake Arrowhead
- Loma Linda
- Mentone
- Redlands
- Rialto
- Rimforest
- Running Springs
- San Bernardino
- Skyforest
- Sugarloaf
- Twin Peaks
- Yucaipa
- **West Riverside**
 - Aguanga
 - Anza
 - Corona
 - Hemet
 - Homeland
 - Idyllwild
 - Lake Elsinore
 - Menifee
 - Mira Loma
 - Mountain Center
 - Murrieta
 - Norco
 - Quail Valley
 - San Jacinto
 - Sun City
 - Temecula
 - Wildomar
 - Winchester
- **West San Bernardino**
 - Chino
 - Chino Hills
 - Montclair

- Ontario
- Rancho Cucamonga
- Upland