MY MEXICO MOVE

Monterrey Per-City Pack

The paid, printable companion to the free city profile

November 2026 edition | mymexicomove.com

Mexico's industrial northern metropolis. The 2020 census gave about 1.14 million people in the city and about 5.34 million in the metro area, which includes separate municipalities such as San Pedro Garza García across the Santa Catarina River. It sits at 540 m with the Cerro de la Silla mountain dominating the view. This is a big-city, business-led move, not a beach or colonial-town one.

How this pack was built

Every figure in this pack is taken from the free Monterrey profile at mymexicomove.com/cities/monterrey/, verified November 2026. This edition goes beyond the free profile: it adds a fill-in budget worksheet built on the profile's own figures, a first-30-days plan sequenced from the profile's own sections, a rental viewing checklist, Spanish phrases for renting and for healthcare visits, and the consulate and canje steps from the site's residency guides. Where the profile states a gap, this pack states the same gap, honestly, in the Honest gaps section and in the worksheet.

What is in this pack

- The snapshot: monthly totals, rents, climate and healthcare at a glance.
- Costs and rents, with the profile's own monthly totals and rent ranges.
- Neighbourhoods, streets, markets, healthcare and IMSS, Spanish, expat life, retirement fit, work, families and schools, food, and safety.
- Climate by the month, from the profile's own published source.
- Honest gaps: what the profile does not verify, stated plainly.
- New in this edition: a fill-in budget worksheet, a first-30-days plan for this city, a rental viewing checklist, Spanish phrases for renting and healthcare, and the consulate and canje steps.
- A printable, dated checklist for this city: what to check before you sign, and your first 30 days.

This pack is a PDF download. Buying the pack does not include platform membership. Your purchase carries the 14 day money back guarantee. Full refund on an email request within 14 days. Your purchase includes 3 downloads, and the download link expires in 7 days.

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The snapshot

The profile's own headline figures, as the profile prints them.

Figure	Value	Basis
Monthly total, one person	$1,482–$1,810	Single person, estimate
Rent, one-bedroom in the center	About $1,037	Per month, Numbeo, updated 8 November 2026
Rent, one-bedroom outside the center	About $709	Per month, Numbeo, updated 8 November 2026
Healthcare	Médical-tourism hub	Hospital San José TecSalud, Zambrano Hellion, CHRISTUS Muguerza

Travel advisory: Nuevo León is at Level 2 (Exercise Increased Caution) in the US State Department Mexico advisory dated 11 August 2026.

Costs and rents

Monthly total, one person: $1,482–$1,810 (Single person, estimate (Numbeo Mex$14,386.60 a month excluding rent, November 2026, plus one-bedroom rent $709–$1,037)).

No couple's monthly total is published in the Monterrey profile. The profile publishes a single-person estimate only.

Rents

Rent	Range	Note
One-bedroom in the center	About $1,037	Per month, Numbeo, updated 8 November 2026, 55 contributors
One-bedroom outside the center	About $709	Per month, Numbeo, updated 8 November 2026, 55 contributors
Three-bedroom in the center	About $1,982	Per month, Numbeo, updated 8 November 2026, 55 contributors

Expect San Pedro to sit above that range and the outer municipalities below it, but there are no verified rent figures by neighborhood, so check current listings in each area rather than trusting a city average. As in the rest of Mexico, landlords commonly ask for a deposit, a fiador or a guarantee, and a 12-month lease, and some ask for a CURP.

Utilities and daily prices

Item	Figure	Basis
Basic utilities	About $116	Per month, Numbeo, updated 8 November 2026
Broadband	About $26	Per month, Numbeo, updated 8 November 2026
Inexpensive restaurant meal	About $13	Numbeo, updated 8 November 2026
Monthly transport pass	About $31	Per month, Numbeo, updated 8 November 2026

Neighbourhoods

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San Pedro Garza García

Across the Santa Catarina River, the polished end of town: Valle Oriente and Del Valle hold the malls, offices and higher-priced apartments and houses, and this is where most expats and professionals settle.

Cumbres and Mitras

West of the centre, solid middle-class family areas with houses and gardens.

Obispado and Barrio Antiguo

Near the centre, suit people who want walkable streets, old houses and nightlife close by.

Contry and the south

Near the Tecnológico de Monterrey, suit students and younger professionals.

Streets and getting around

Monterrey is a car city with a metro underneath it. Driving is the default: the ring road and the avenues are wide, traffic is heavy at commuting hours, and parking is metered in the centre. The Metrorrey light rail runs three lines through the centre and the east and west of the city, and the Ecovía bus rapid transit runs its own corridor. Uber and Didi both operate and are the practical choice at night. Walking works in Barrio Antiguo, the Macroplaza and the centre, and in parts of San Pedro, but most of the metro is not walkable day to day. Cycling is limited. Monterrey International Airport sits about 30 minutes from the centre with direct flights to Houston, Dallas, Chicago, Atlanta, Los Ángeles, New York and Miami among others, and the highway to the Laredo and Nuevo Laredo crossings runs about 230 km, roughly two and a half hours. Do not drive the border highways after dark: the advisory warns of armed robberies and carjackings on them, even in daylight.

Markets and daily shopping

Daily shopping is easy. Mercado Juárez, in the centre, is the main traditional market for produce, meat, cheese and prepared food at local prices. For weekly shops the big chains are all here: H-E-B, Soriana, Costco and La Comer, with Walmart and Sam's Club as well, and most have delivery. The San Pedro side has the higher-end grocers and organic shops. What costs more here than in the central highlands is eating out in the polished districts and imported goods, so the market matters more to the monthly budget than the supermarket does.

Healthcare and IMSS

Monterrey is described as a popular destination for medical tourists from the US, and it has the hospital depth to match. For anything complex, this is the city in northern Mexico where you stay, rather than the city you leave. Three Monterrey hospitals are reported to hold Joint Commission accreditation, but the source does not name them, so ask each