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Highlands County

A FLORIDA COUNTY GUIDE · CENTRAL FLORIDA

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REGION

Central Florida

COMMUNITIES TO START WITH

**Sebring, Avon Park,
Lake Placid**

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A quieter Heartland county centered on lakes, agriculture, motorsports heritage and lower-density communities along U.S. 27.

Lifestyle: Small-town pace · Lakes · Heartland

Highlands County by the numbers

Population Census estimate	105,702	At the last full count 2020 Census	101,235
Median age	54.4	Aged 65 and over	36.0%
Under 18	16.7%	Median household income	\$54,897
Median home value what owners estimate	\$187,900	Homeownership	78.6%
People per household	2.22	Average commute	23.8 minutes

U.S. Census Bureau, American Community Survey, published January 2026, read September 19, 2026. Survey figures are estimates; median home value is what owners estimate their home is worth, not a sale price.

Communities to compare

Sebring

Start with Sebring to understand the established center, nearby services and everyday rhythm within Highlands County.

Avon Park

Use Avon Park to compare housing patterns, main-road access and the shopping or medical stops used during a normal week.

Lake Placid

Walk or drive through Lake Placid at different times of day to judge traffic, neighborhood character and access to outdoor space.

Places that reveal the county

Highlands Hammock State Park

One of Florida's first state parks, opened in 1931, holding old-growth hammock and the only Civilian Conservation Corps museum in the state.

Lake Placid Murals

More than 40 painted murals through a small town that also grows most of the world's caladium bulbs.

Lake June-in-Winter Scrub Preserve State Park

Eight hundred and forty-five acres of white-sand scrub with one of the highest concentrations of rare and endemic plants in North America.

Sebring Historical Society Museum

The museum of a town laid out in 1912 as a circle, copied from the plan of an ancient Egyptian city.

Secret Gardens Winery & Farm

A family winery on 33 acres at Sebring making muscadine and fruit wines, with a tasting room and golden retrievers on the premises.

Children's Museum of the Highlands

A hands-on museum in downtown Sebring built for children from one to twelve, open all day on one ticket.

Sebring International Raceway

A racing circuit laid out on a Second World War bomber training field, where the concrete runway seams still shake the cars apart.

Archbold Biological Station

A working research station on 5,192 acres of ancient scrub, holding 19 federally listed threatened species and 13 plants found nowhere else.

Lake Placid Historical Society Depot Museum

The 1927 Atlantic Coast Line depot at Lake Placid, now a museum with a caboose outside and a steam excursion that still calls here.

Lake Istokpoga

The fifth largest lake in Florida, ten miles long and five wide, and almost nowhere more than a few feet deep.

Toby's Clown School & Museum

A clown school and a museum of over 700 pieces of clown memorabilia, started by a man who began by entertaining hospital patients.

Where to check

Florida disaster preparedness maps · Official evacuation-zone, route and storm-surge planning maps.

floridadisaster.org

Florida school accountability reports · Current state school and district accountability information.

fldoe.org

Florida community health data · County-level public health indicators and community reports.

flhealthcharts.gov

Florida housing resources · State resources for homebuyers, renters and local assistance programs.

floridahousing.org
