

# Harlingen, Texas

## City Guide

*“Capital of the Rio Grande Valley”*

Harlingen is a city in the heart of the Rio Grande Valley of south Texas, about 30 miles from the coast of the Gulf of Mexico. It is also the city with the least expensive cost of living in the United States. In 2002, the University of Texas Health Science Center at San Antonio opened the Regional Academic Health Center (RAHC) in Harlingen. Third and fourth-year medical students from the San Antonio campus can complete their clinical rotations in the Rio Grande Valley based at the RAHC. Harlingen’s palms, parrots and picture perfect tropical weather welcome all for year around golf and fabulous bird watching, fishing, and hunting. Harlingen’s Historic Downtown brims with boutiques, antique shops, and restaurants. Today an ecotourism magnet and the home of a major medical complex, Harlingen is a South Texas crossroads where progress is measured by quality of life. For more information visit [www.visitharlingentexas.com](http://www.visitharlingentexas.com).

[12 Rio Grande Valley High Schools](#) recognized among best in Nation.



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