

Internet and Remote Work in Southern Oregon: What to Expect

A practical guide for remote workers considering a move to the Rogue Valley | Jamie Eldrett
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Internet access is no longer a secondary consideration for a lot of people moving here. If your income depends on a reliable connection, this guide tells you what the Rogue Valley actually offers - by zone, by provider, and by property type - so you know what you are working with before you buy.

The short version: in-town Grants Pass and Medford have solid, competitive internet infrastructure comparable to most mid-size American cities. Rural and semi-rural areas are where it gets complicated. The gap between a property with fiber access and one with satellite-only service is significant enough to be a real factor in your buying decision if you work from home.

IN-TOWN INTERNET: GRANTS PASS AND MEDFORD

Grants Pass has more internet options than most people expect from a city its size. Eleven providers serve the area, with six offering fiber, three cable, three DSL, and full satellite coverage across the city. Fiber covers roughly 53% of Grants Pass addresses. Cable (primarily Spectrum) covers about 74%. For most in-town addresses, you will have at least two viable high-speed options.

Hunter Communications

FIBER

The primary fiber provider in Grants Pass. Symmetrical upload and download speeds - the feature that matters most for video calls, large file uploads, and cloud-based work. Plans start around \$40/month. Where Hunter is available, it is the best option for remote workers.

Spectrum

CABLE

The widest coverage in the valley - available to about 74% of Grants Pass addresses. Cable speeds are strong for downloads but asymmetric: upload speeds are slower than fiber. For most video conferencing and general remote work, Spectrum is adequate. Less ideal for heavy upload workflows.

Starlink

SATELLITE

Available everywhere in the valley with a clear view of the sky. The go-to backup option for remote workers in areas where fiber and cable don't reach. Speeds and latency have improved considerably and it handles video calls and general remote work well. Worth having as a backup even if your primary connection is fiber or cable.

Other Providers

FIBER / FIXED WIRELESS / DSL

Additional fiber and fixed wireless providers serve portions of Grants Pass and the surrounding area. Availability varies by address. Run a specific address check on BroadbandSearch.net or CompareInternet.com before committing to a property if internet is a deciding factor.

Before you make an offer: Check the specific address - not the zip code, not the neighborhood, the address - on BroadbandSearch.net or Hunter Communications' availability tool. Provider coverage maps are approximate. A property half a mile from a fiber-served street may not have fiber service. Verify before you are under contract.

RURAL AND SEMI-RURAL INTERNET: THE REAL PICTURE

This is where the honest answer requires a zone-by-zone breakdown rather than a single verdict.

SEMI-RURAL - NEAR TOWN

- Merlin, Rogue River, Murphy, Wilderville
- Cable or fixed wireless usually available
- Hunter fiber expanding into some areas
- Verify by address

RURAL - FURTHER OUT

- Applegate Valley, Williams, Selma, Takilma
- Fixed wireless where available
- Starlink is the primary option for many properties
- DSL where it exists is often too slow for remote work

REMOTE - OFF-GRID AREAS

- Far Illinois Valley, remote Siskiyou areas
- Starlink only in most cases
- Cell signal may be limited or absent
- Test signal on-site before buying



Starlink has genuinely changed the calculus for rural remote work in Southern Oregon. Properties that were effectively off-limits for remote workers five years ago are now workable, and Starlink's performance for video calls and cloud-based work is solid in most conditions. What it is not is a perfect substitute for fiber: latency is higher, performance can dip during peak evening hours, and heavy rain occasionally affects signal. For most remote work it is entirely functional. For work that requires extremely low latency (real-time trading, intensive video production, live streaming) it is worth testing before you commit.

The single most common regret I hear from rural buyers who work remotely: they checked the zip code coverage map rather than the specific address, assumed service was available, and discovered the gap after they closed. Verify the actual address. If the seller claims fast internet, ask for the provider name and the plan, then confirm it independently.

CELL COVERAGE

In-town coverage across Grants Pass, Medford, Ashland, and Jacksonville is solid on all major carriers. Along the I-5 corridor it is generally reliable. Rural areas are more variable - the mountains and valley terrain create dead zones that corridor maps don't always capture.

For any rural property, test your carrier's signal in the house before you are under contract. Stand in the kitchen, the office where you would work, and outside by the driveway. If you rely on a mobile hotspot as a work backup, this test matters even more. T-Mobile has generally performed better than Verizon or AT&T in rural Southern Oregon, though this varies by location.

COWORKING AND SHARED WORKSPACES

The Rogue Valley's coworking infrastructure is centered in Medford and Ashland, with limited options in Grants Pass proper. For remote workers who want a dedicated workspace outside the home, the options are real.

Medford Cowork Collective

Three locations: Downtown Medford, East Medford, South Ashland

The largest coworking operation in the valley. Three locations with different setups and membership tiers - hot desks, dedicated desks, and private offices. The downtown Medford location is the original and the most active. South Ashland is the newest. Flexible memberships, day passes available.

Ashland Works

Ashland

Coworking and private offices specifically oriented toward small business owners, freelancers, and remote workers. Flexible coworking memberships, dedicated desks, and executive desks with 24/7 access. Well-suited to people based in Ashland who want a consistent workspace outside the home.

Regus

Medford

The national chain option. Hot desking by the hour or day, meeting rooms, high-speed WiFi. More formal than the local options and priced accordingly. Useful if you need a professional meeting space on short notice or want a national membership that covers travel.

Grants Pass does not currently have a dedicated independent coworking space. If you are based in Grants Pass and need a workspace outside the home, the Medford options are 25-30 minutes away. Some remote workers in Grants Pass use local coffee shops with reliable WiFi for occasional change of scenery - Rogue Roasters downtown is the most commonly cited option.

WHAT REMOTE WORKERS SHOULD VERIFY BEFORE BUYING

- **Provider and plan at the specific address.** Not the neighborhood, the address. Ask the seller what they use and confirm it independently with the provider.
- **Upload speed, not just download.** Most provider marketing leads with download speed. Upload matters for video calls, file transfers, and cloud backups. Ask specifically.

- **Backup connection plan.** Even in well-served areas, outages happen. Know what your backup is before you need it. Starlink as a secondary option is practical and not expensive for peace of mind.
- **Cell signal in your work area.** Test it on-site on your carrier. The kitchen and the room where you'd actually work, not the driveway.
- **Power reliability if rural.** Rural Southern Oregon has occasional outages during storms. If you work from home, a UPS for your router and a generator or battery backup for extended outages are worth having in the plan.

For rural buyers specifically: Ask the seller how they handle internet and what they have experienced in terms of outages. Sellers who work remotely themselves will give you the most accurate picture. Sellers who don't use the internet heavily may not know whether the service actually performs well under a real remote work load.

If you work remotely and want a read on which areas and property types match your connectivity needs, reach out. Internet access is something I factor into property conversations for remote workers specifically.

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Send to any buyer who mentions remote work, working from home, or asks about internet in a specific area. The rural verification section is the most important part - this is where buyers get burned and it reflects badly on the transaction. For specific address checks: BroadbandSearch.net and Hunter Communications' own availability tool are the most reliable. Spectrum's map is notoriously optimistic. Coworking info current as of June 2026: Medford Cowork Collective (medfordcowork.com), Ashland Works (ashlandworks.co), Regus Medford. Update if Grants Pass gets its own coworking space - there's demand for it.

Provider coverage and speeds change and vary address by address; details reflect mid-2026. Verify service at the specific address, in writing from the provider, before buying a home your income depends on.