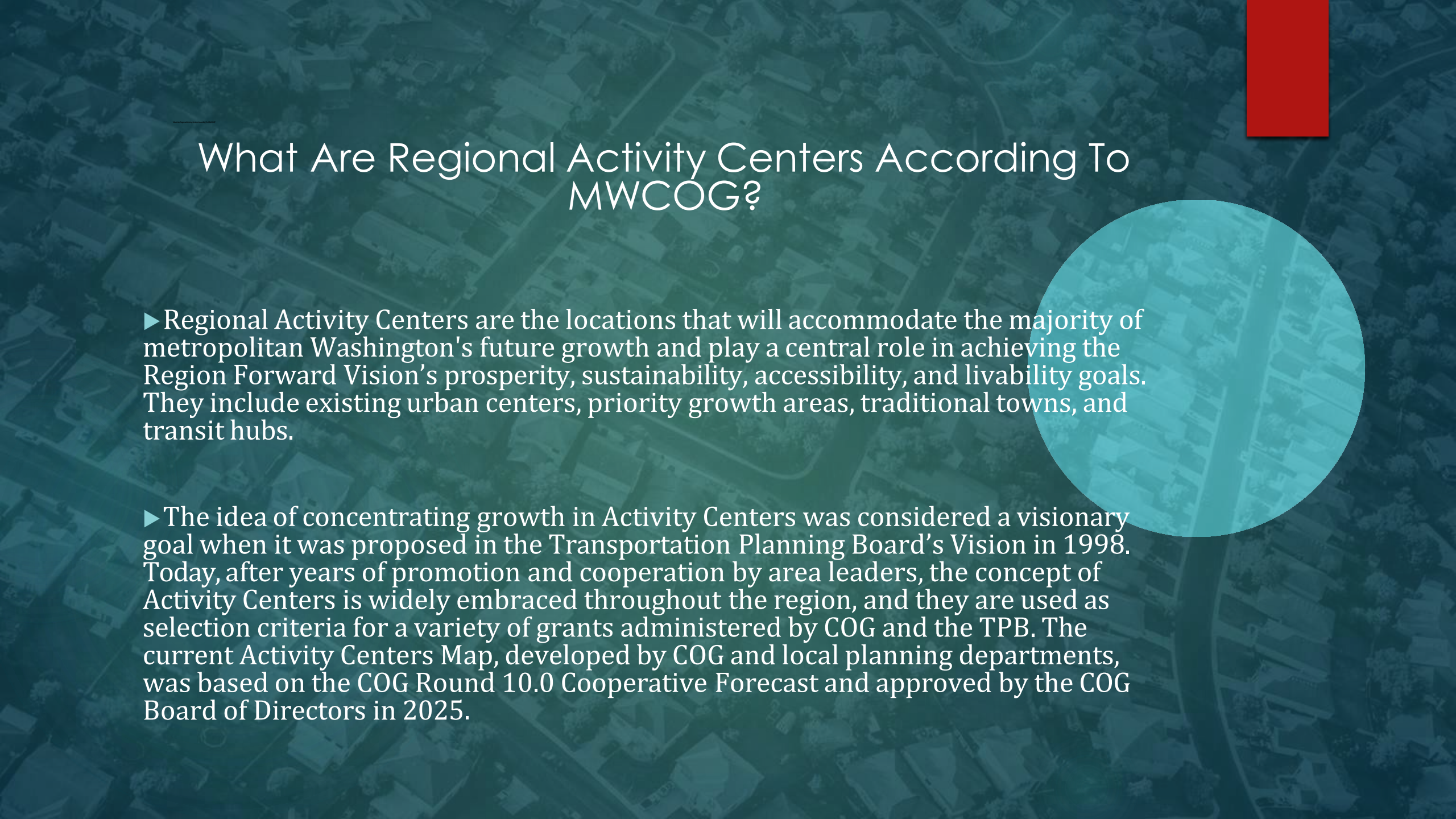


An isometric illustration of a cityscape with various buildings, roads, and green spaces. The scene is viewed from an elevated perspective, showing a grid-like street pattern. Buildings of different heights and colors (blue, grey, brown) are scattered throughout. Green spaces with trees and small parks are interspersed between the buildings. Roads with lane markings and some vehicles are visible. The overall style is clean and modern, with a focus on urban planning and sustainability. A solid red vertical bar is located in the top right corner of the image.

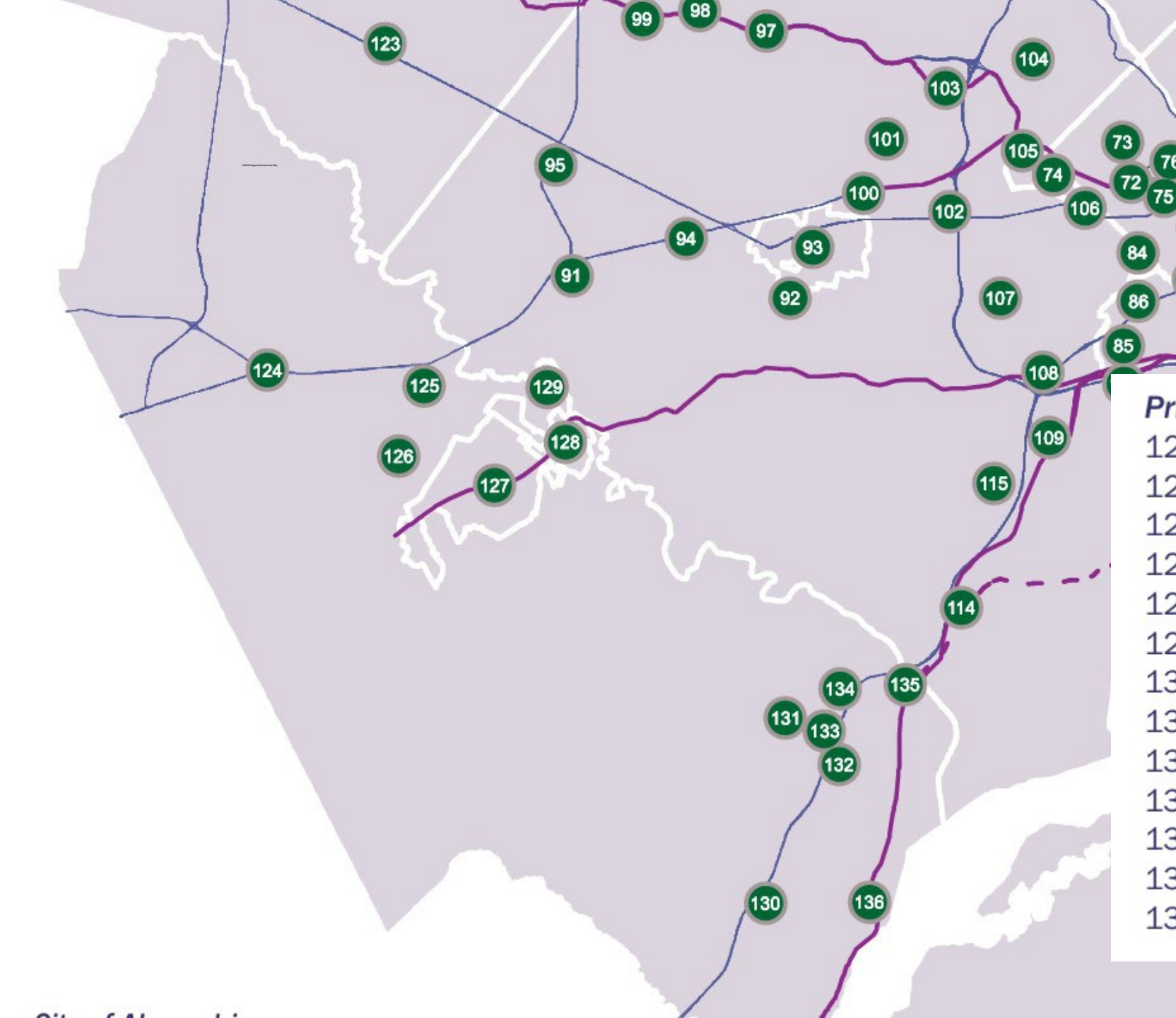
Regional Activity Centers and High Capacity Transit

THE NEED TO ALIGN PRINCE WILLIAM COUNTY'S COMPREHENSIVE PLAN WITH THE
MWCOG REGIONAL PLAN TO REDUCE GHG EMISSIONS AND INCREASE
SUSTAINABILITY



What Are Regional Activity Centers According To MWCOC?

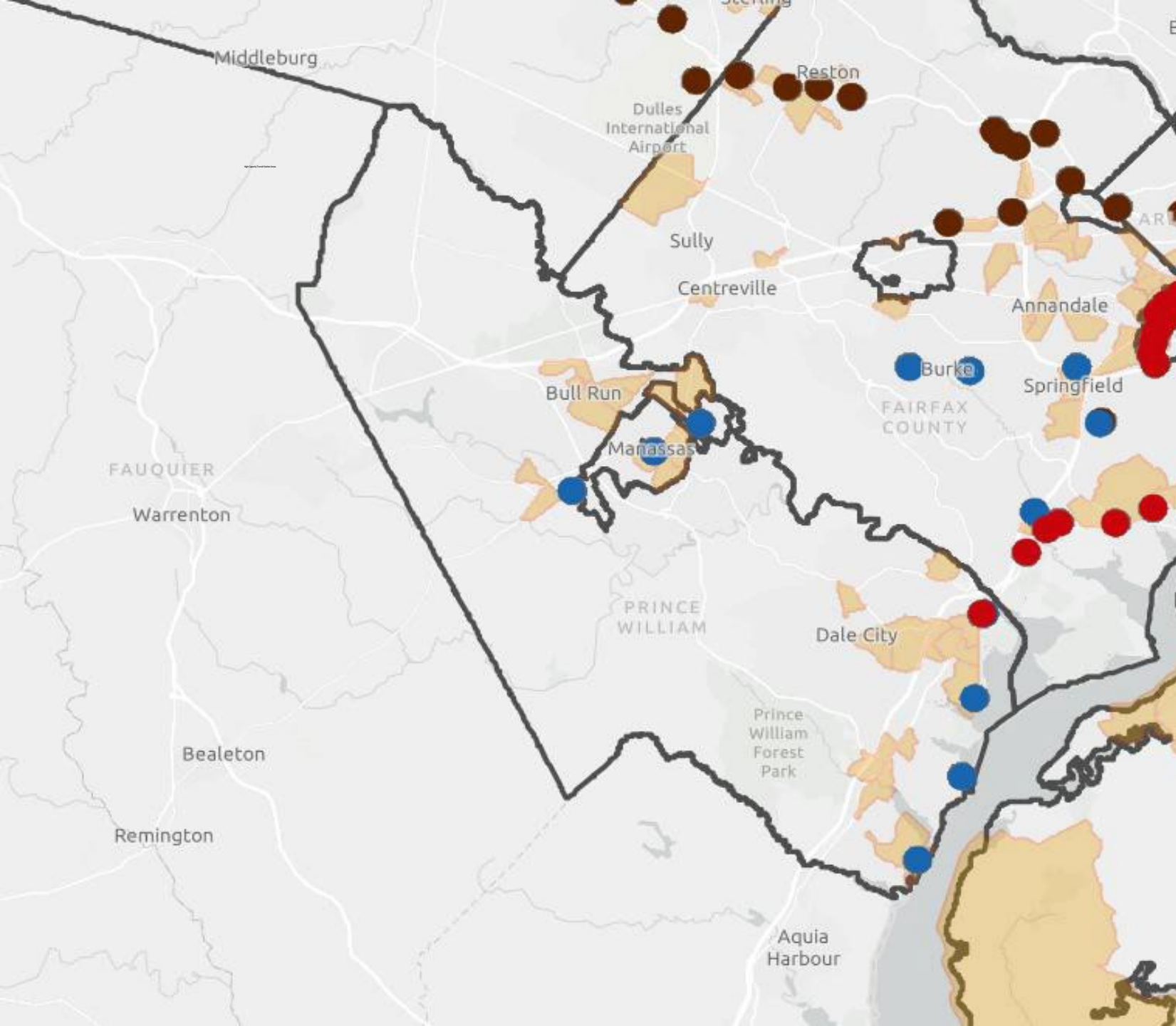
- ▶ Regional Activity Centers are the locations that will accommodate the majority of metropolitan Washington's future growth and play a central role in achieving the Region Forward Vision's prosperity, sustainability, accessibility, and livability goals. They include existing urban centers, priority growth areas, traditional towns, and transit hubs.
- ▶ The idea of concentrating growth in Activity Centers was considered a visionary goal when it was proposed in the Transportation Planning Board's Vision in 1998. Today, after years of promotion and cooperation by area leaders, the concept of Activity Centers is widely embraced throughout the region, and they are used as selection criteria for a variety of grants administered by COG and the TPB. The current Activity Centers Map, developed by COG and local planning departments, was based on the COG Round 10.0 Cooperative Forecast and approved by the COG Board of Directors in 2025.

A map of the MWCOG Regional Activity Center. The map shows a network of roads and activity centers. Activity centers are marked with green circles containing numbers. The map is divided into several regions by white lines. A large red rectangle is in the top right corner, and a large teal circle is in the bottom right corner.

MWCOG Regional Activity Center Map

Prince William, Manassas and Manassas Park

- 124. Gainesville
- 125. Sudley
- 126. Innovation Park Town Center
- 127. Downtown Manassas
- 128. Manassas Park
- 129. Yorkshire
- 130. Dumfries
- 131. Quartz District
- 132. Potomac Town Center
- 133. Potomac Mills
- 134. The Landing at Prince William
- 135. North Woodbridge Town Center
- 136. Potomac Shores



What is High Capacity Transit?

HCTs are defined as the area around 286 Metrorail, Commuter Rail, Light Rail, and Bus Rapid Transit (BRT) stations that are currently in place or will be by 2050.

These HCTs comprise less than 10 percent—or approximately 240 square miles—of the region's land area. 233 stations are located within Activity Centers, COG's long-established locations to focus growth and over half (195) are located within Equity Emphasis Areas (EEA), census tracts with higher concentrations of low-income and/or minority populations compared with the regional average.

Between now and 2050, the number of people and jobs within a half-mile of HCT stations are forecast to increase by 10 and 6 percent, respectively.

*Data on this page related to High-Capacity Transit stations has been updated to reflect the current dataset, effective April 2026.

Why We Need Common Language

Prince William County currently has 24 of what they call activity centers and another nine “Small Area Plans.” Many of these create high-density nodes far from high-capacity transit. In order to avoid confusion and do a better job of concentrating new residential growth around high-capacity transit, we need to start by having definitions of “high-capacity transit” and “Activity Center” in common with MWCOG and other localities.



The background features a dark teal color with a pattern of interlocking gears. A solid red vertical bar is positioned in the top right corner. A semi-transparent teal circle is located on the right side of the slide.

Questions?