Counties are the administrative building blocks of Megalopolis. They form a basic unit of local government below the state level. In 2002 there were 3034 counties within the U.S. In Megalopolis there are 125 counties that stretch over the 12 states of Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, West Virginia, and the District of Columbia. From Spotsylvania in humid Virginia to Androscoggin in chilly Maine and from the seaside beaches of Nantucket to the Appalachian forests of Berkeley West Virginia the counties of Megalopolis cover a range of environments and a diversity of people in one giant urban region.

Counties provide a range of services including police, public health, street lighting, sewage disposal and garbage collection, and usually education. They come in different forms. There are the urban units, such as Baltimore City, Philadelphia, and Washington D.C. where the administrative units match with the city boundaries. In other cases county boundaries cut across metropolitan regions, as in the case of Essex, Middlesex, Norfolk and Suffolk counties in Massachusetts that divide up the Boston metro area. Then there are the more rural counties, such as Washington MD or Merrimack NH. Though contributors to Megalopolis they reflect a more serene landscape.

Counties are a useful unit of analysis since they are smaller than states yet, unlike the more detailed census tracts, retain their boundaries over the years. Long term trends can thus be more easily measured.