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## U.S. Mortgage Rates Steady in Mid-6% Range as Market Holds Course

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July 14, 2025

— Categories: *Finance*



Mortgage rates in the United States held firm to start the week of July 14, 2025, offering a sense of stability for homebuyers and refinancees amid broader economic uncertainty. With the national average for 30-year fixed mortgages sitting just under 6.75%, rates have shown minimal movement, reflecting cautious optimism in the housing and lending markets.

According to recent data from Freddie Mac, formerly known as the Federal Home Loan Mortgage Corporation, the average 30-year fixed-rate mortgage ticked up slightly to **6.72%**, ending a five-week streak of modest declines. The average 15-year fixed mortgage rose to **6.09%**, suggesting lenders are pricing in the possibility of inflation pressures persisting longer than anticipated. These figures align closely with Bankrate's national lender survey, which placed the 30-year average around **6.74%** and refinance loans at **6.77%**.

Experts largely agree that mortgage rates are more influenced by the **10-year U.S. Treasury yield**, rather than direct changes to the federal funds rate set by the **Federal Reserve (Fed)**, America's central banking system. The yield has remained elevated, bolstered by solid job growth and lingering concerns about core inflation, both of which suggest the Fed may not cut interest rates as aggressively as previously hoped.

Denise McManus, an independent financial advisor interviewed by Bankrate, commented, "After several weeks of downward momentum, we're likely entering a holding pattern. There's room for modest declines, but borrowers shouldn't count on dramatic drops in rates anytime soon."

For potential buyers, today's rate levels, while higher than the ultra-low rates of the pandemic era, are still manageable for many, particularly those with strong credit. Locking in a fixed rate near 6.7% now may prove prudent should inflationary pressures flare up again or the bond market respond to fiscal policy shifts post-election.

Refinancing activity has remained subdued, given that most homeowners locked in lower rates years ago. However, for those with variable-rate

loans or recent buyers facing elevated payments, this plateau in rates could offer a timely opportunity to secure long-term stability.

Looking ahead, most analysts forecast mortgage rates to hover in the **6% to 7%** range through the remainder of 2025. Barring any economic shocks, this consistency may offer relief to an American housing market in search of predictability. Buyers willing to act now may find themselves well-positioned before the next economic shift resets the lending landscape.