

Q1 2025

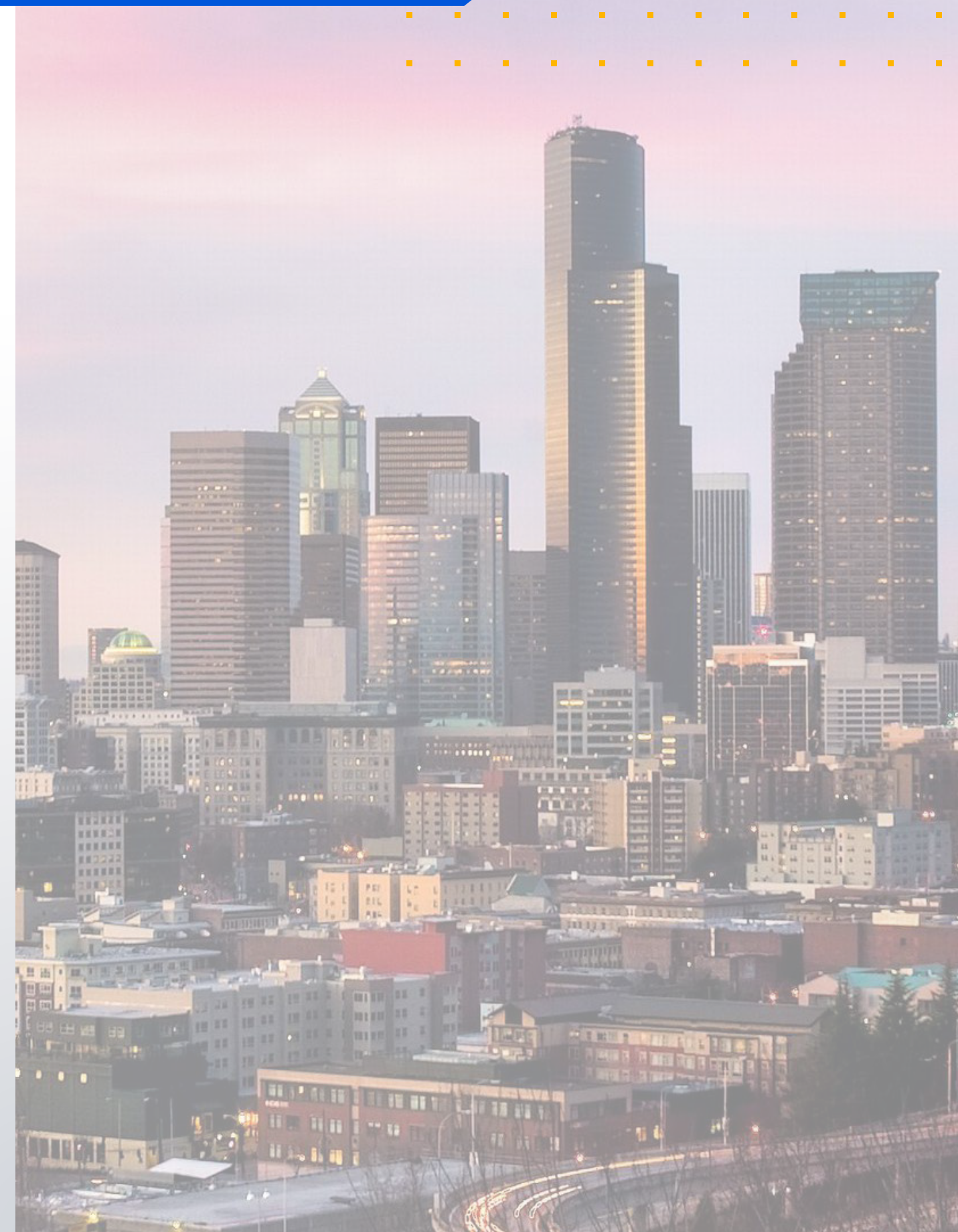
Office Market Report

General Overview

Vacancy in the Downtown Seattle office market increased slightly from 27.2% in Q4 2024 to 27.4% in Q1 2025. This total is comprised of 24.2% of direct vacancy and 3.2% of sublease vacancy. The net absorption for the Downtown Seattle office market over the past 12 months, as of the end of Q1 2025, stands at (1,000,000) RSF. Currently, approximately 266,898 RSF of office space is under construction. The market is expected to remain tenant-friendly through 2025, with vacancies likely to continue rising and more buildings being repositioned.

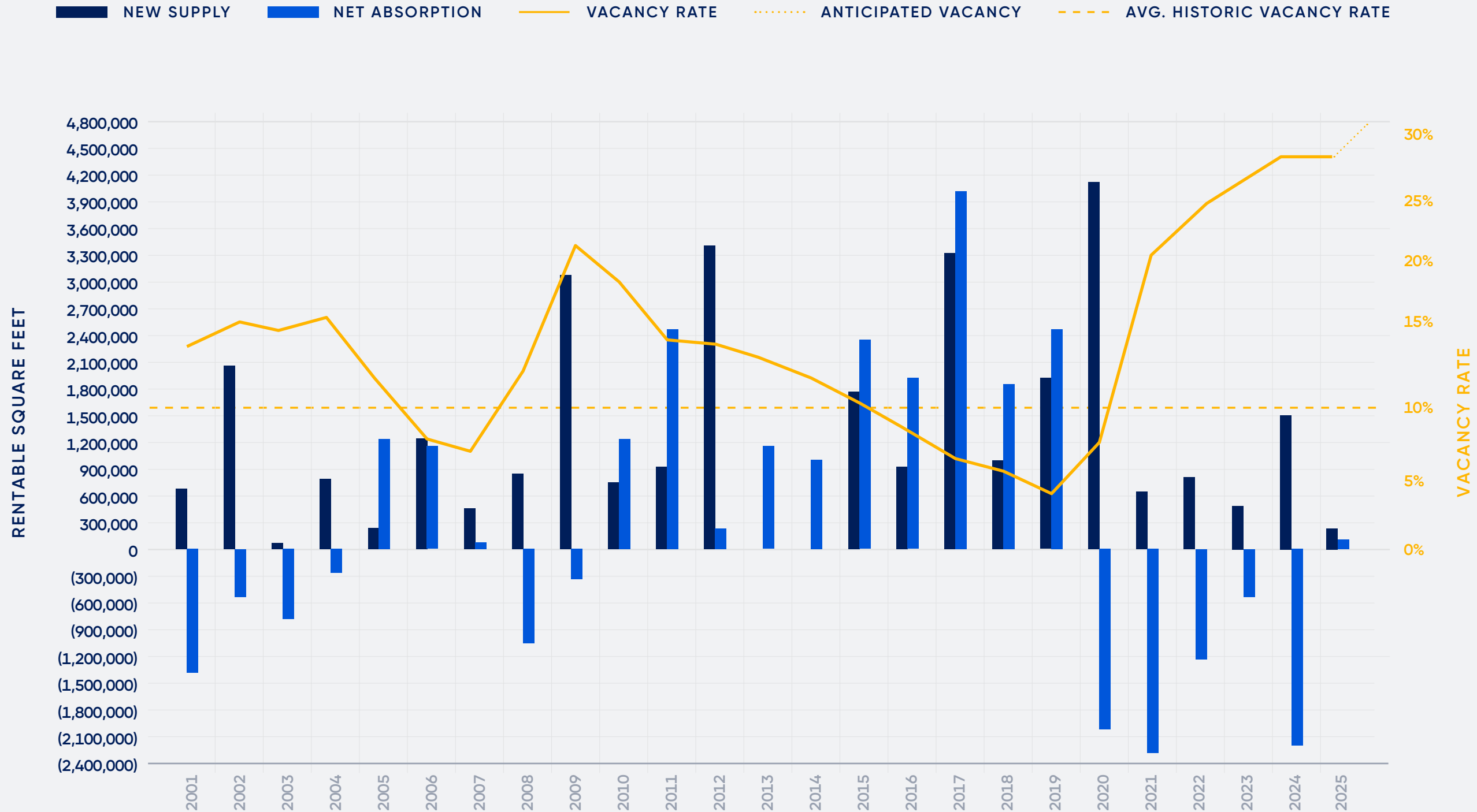
Economy

According to the U.S. Bureau of Labor Statistics the seasonally adjusted monthly unemployment rate for Washington State is 4.4% slightly above the nationwide rate of 4.1%. In Seattle/Tacoma/Bellevue, the unemployment rate decreased from 4.4% in October 2024 to 4.1% in January 2025.



Historical Availability

Seattle Overall Office Availability, Supply & Absorption Rates
2001-2025



Market Overview

Market Size (SF)
Ship Canal to Pioneer Square

73.67M

**INCLUSIVE OF 267K UNDER CONSTRUCTION*

Net Absorption

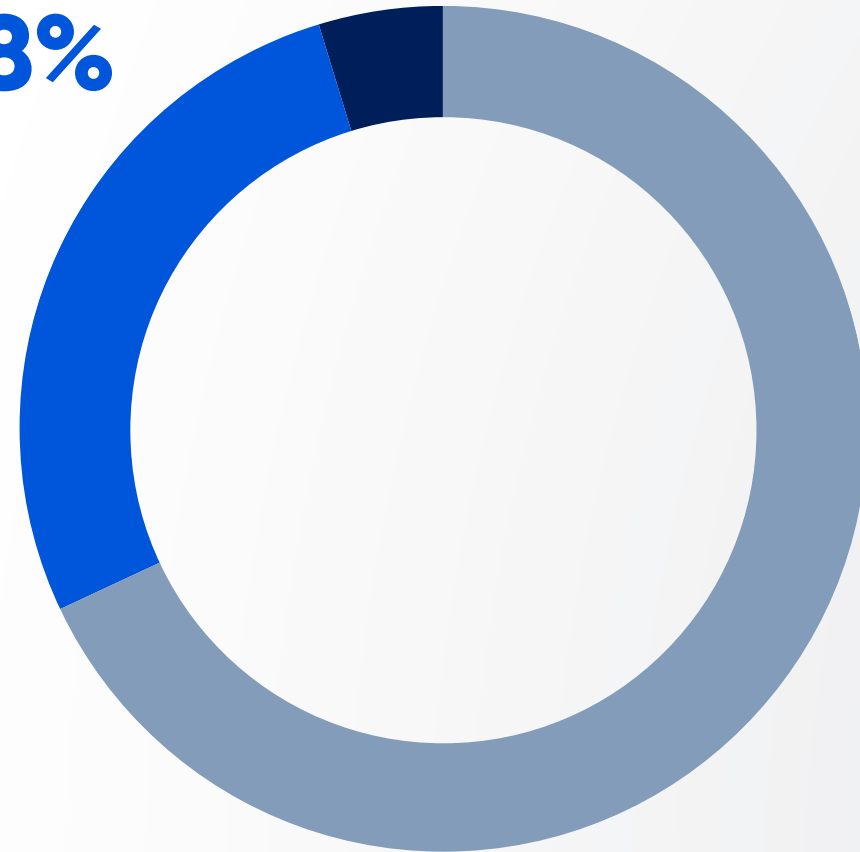
12-Month
(1.0M)

Q1 2025

423K

Availability

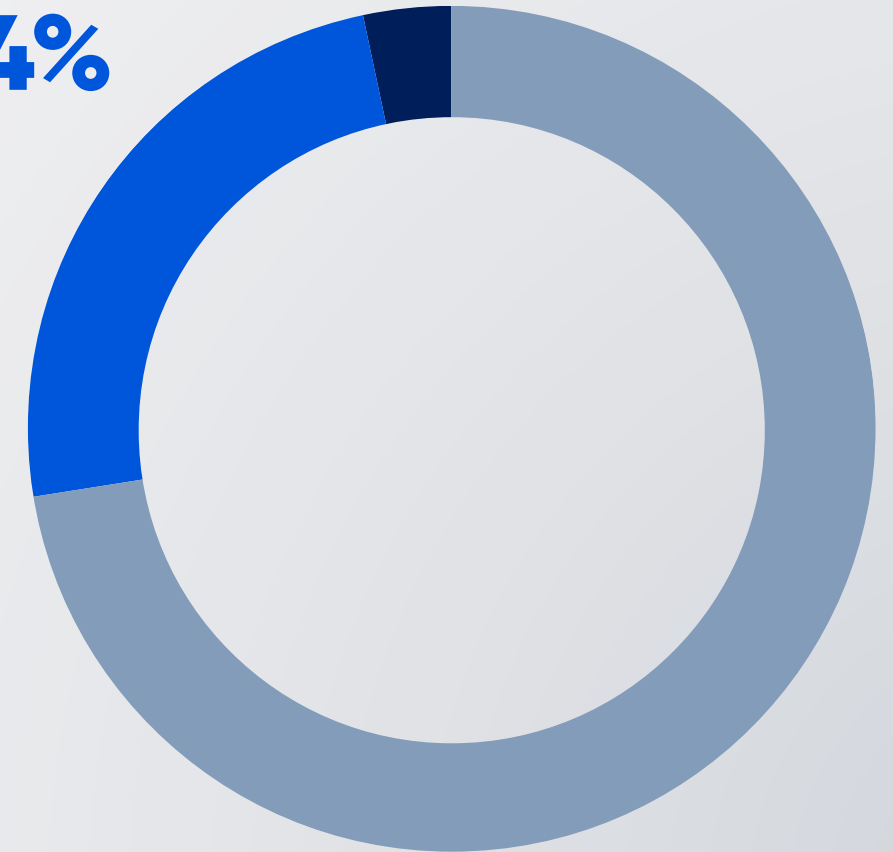
31.8%



- DIRECT AVAILABILITY: 27.3% | 20.2M
- SUBLEASE AVAILABILITY: 4.5% | 3.3M
- OCCUPANCY: 68.2% | 50.2M

Vacancy

27.4%



- DIRECT VACANCY: 24.2% | 17.8M
- SUBLEASE VACANCY: 3.2% | 2.3M
- OCCUPANCY: 72.6% | 53.3M

**EXCLUDES 267K UNDER CONSTRUCTION*

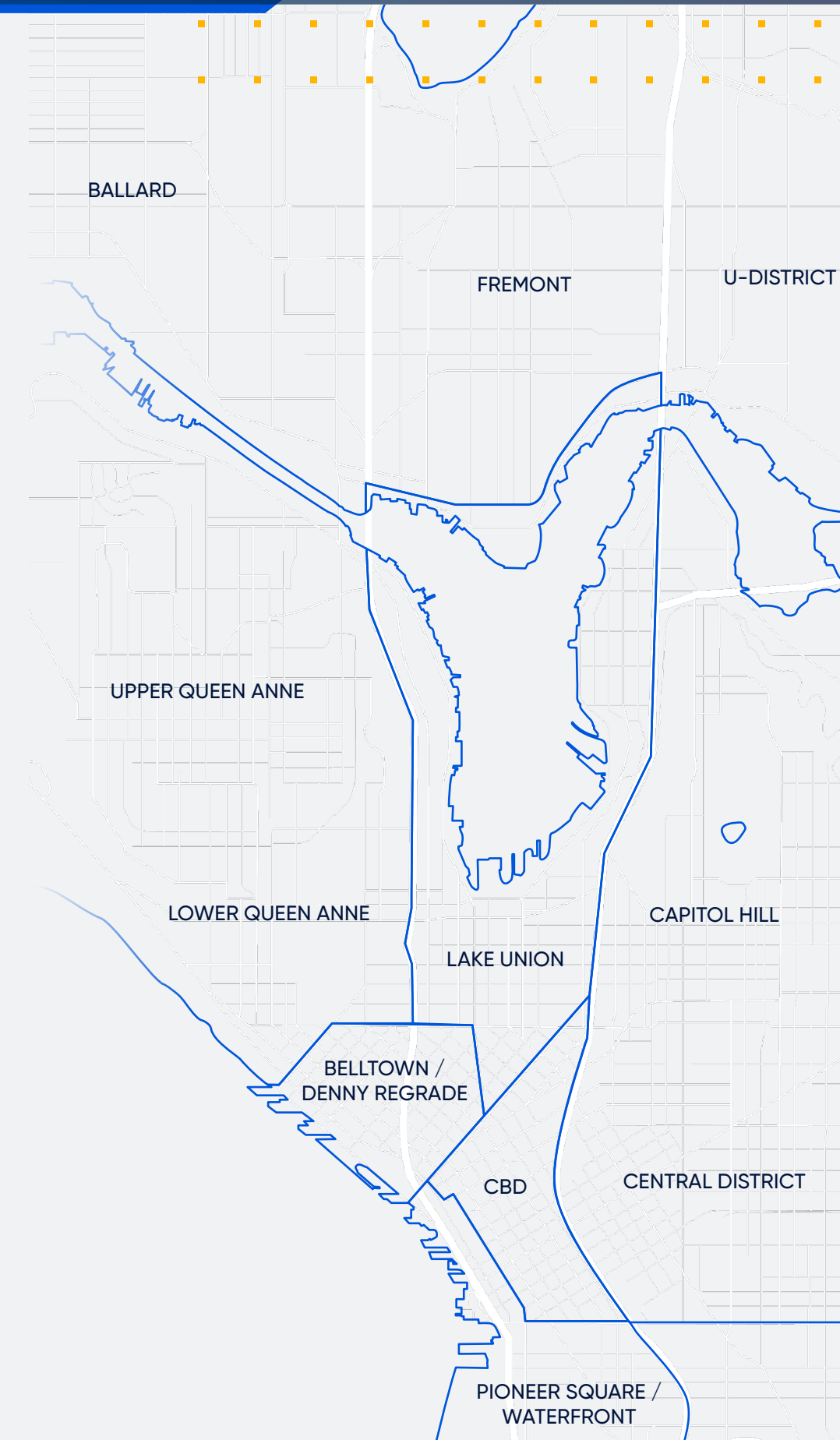
Market Trends



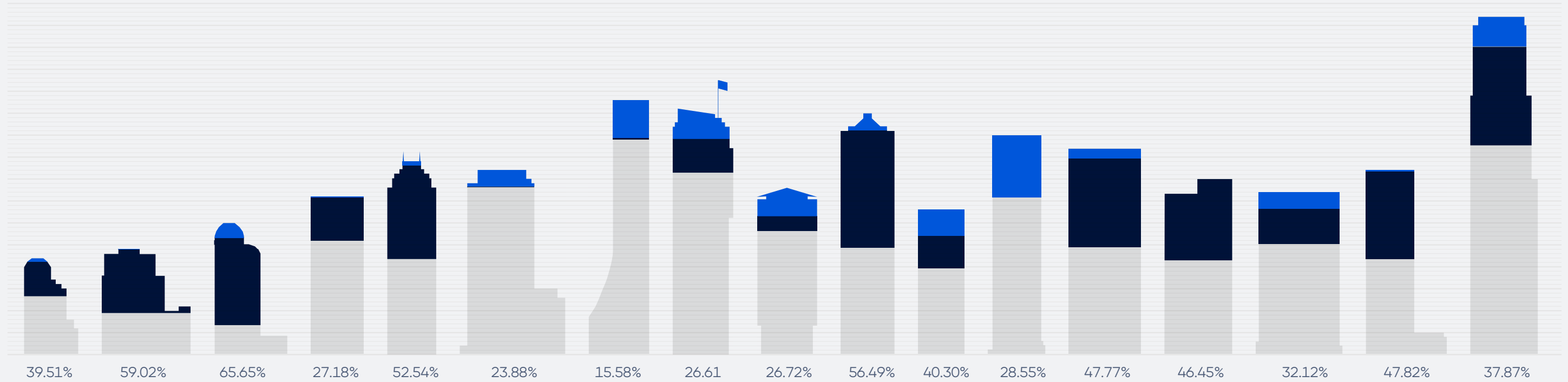
Submarket Vacancy Data

Market	Vacancy rate	12-Month Net Absorption (SF)	FS Class A Rental Range
Ballard / Fremont / U-District	24.2%	181K	\$25.00 – \$55.00
Belltown / Denny Regrade	25.4%	(313K)	\$25.00 – \$50.00
Capitol Hill / Central District	10.3%	(148K)	\$25.00 – \$50.00
Lake Union	18.5%	(227K)	\$40.00 – \$70.00
Pioneer Square / Waterfront	28.5%	(50.2K)	\$25.00 – \$55.00
Queen Anne	32.2%	(25.7K)	\$22.00 – \$35.00
Central Business District	32.4%	(456K)	\$30.00 – \$65.00

27.4%
TOTAL VACANCY RATE FOR SEATTLE











Skyline Availability





Bldg. Name	Second & Seneca	1700 Seventh	Century Square	One Union	US Bank Center	Russell Investment Center	Rainier Square	Two Union Square	2+U	1201 Third	1111 Third	1001 Fourth	999 Third	Fourth & Madison	Madison Center	800 Fifth	Columbia Center
LL/Broker	JLL	Newmark	Broderick Group	Washington Holdings	CBRE	CBRE	JLL (Sublandlord)	Washington Holdings	Newmark	JLL	JLL	Broderick Group	JLL	Newmark	Broderick Group	CBRE	CBRE
Direct Avail. (%)	35.94%	68.70%	67.21%	27.37%	46.67%	14.46%	1%	13.95%	8.87%	49.01%	22.43%	0%	43.11%	46.45%	22.12%	47.33%	29.14%
Direct Avail. (SF)	165,134 RSF	343,839 RSF	413,167 RSF	184,074 RSF	440,329 RSF	129,855 RSF	4,150 RSF	162,585 RSF	60,947 RSF	558,860 RSF	174,226 RSF	0 RSF	398,232 RSF	392,721 RSF	165,012 RSF	442,416 RSF	451,297 RSF
Sublease Avail. (%)	3.57%	0.32%	11.48%	1.47%	5.87%	9.42%	15.07%	12.66%	17.85%	7.48%	17.87%	28.55%	4.67%	0%	10%	0.49%	8.74%
Sublease Avail. (SF)	16,392 RSF	1,850 RSF	70,570 RSF	9,903 RSF	55,400 RSF	84,576 RSF	121,411 RSF	147,537 RSF	122,698 RSF	85,288 RSF	138,830 RSF	253,259 RSF	43,115 RSF	0 RSF	74,589 RSF	4,603 RSF	135,285 RSF

Office Leases This Quarter

Tenant	Building	Address	Footprint	
		400 Fairview	400 Fairview Ave N	144,000 RSF
		CornerStone	3524 Stone Way N	114,000 RSF
		Pier70	2801 Alaskan Way	50,000 RSF
		Two Union Square	601 Union St	22,484 RSF

Office Sales This Quarter

Address	Buyer / Seller	Building Size	Sale Price / Price PSF
 <p>2801 Alaskan Way</p>	<p>TRIAD truebrands.</p>	107,389 SF	\$11.0 M / \$102.43
 <p>801 1st Ave</p>	<p>Coleman 811 1st Ave LLC</p> <p>UNICO</p>	143,922 SF	\$9.5 M / \$66.01



Current Office Construction



701 Dexter
701 DEXTER AVE N

266,898 SF
OFFICE AND BIOTECH SPACE



ALEXANDRIA.

Office Development Proposals

Below is a sample of office projects ready for development with pre-lease.



S Campus
1000 - 1001 6TH AVE S

Office | Retail
TYPE

1,286,219 RSF
SPACE AVAILABLE

URBAN
VISIONS



401 Queen Anne
401 QUEEN ANNE AVE N

Office
SPACE

±155,000 RSF
SPACE AVAILABLE

 **MARTIN SELIG**
REAL ESTATE

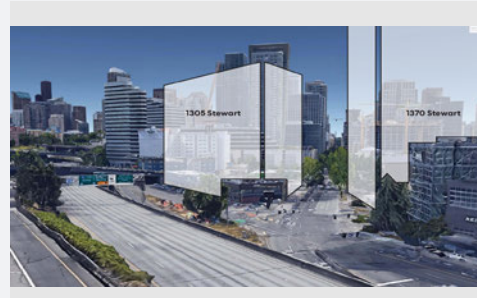


The Net
875 3RD AVE

Office
TYPE

807,580 RSF
SPACE AVAILABLE

URBAN
VISIONS



1305 Stewart
1305 STEWART ST

Office
SPACE

±280,000 RSF
SPACE AVAILABLE

 **ARBUTUS**
PROPERTIES



Mercer Mega Block
714 - 800 MERCER ST

Life Science
TYPE

±864,000 RSF
SPACE AVAILABLE


ALEXANDRIA.

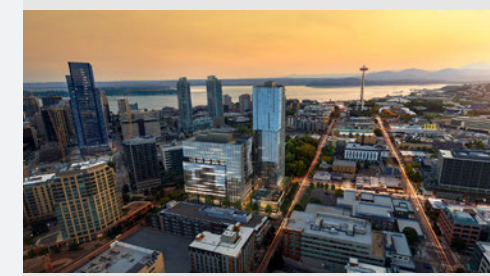


Innov8
2300 7TH AVE

Life Science | Technology
TYPE

684,000 RSF
SPACE AVAILABLE


BioMed Realty
Discover here



111 Westlake
111 WESTLAKE AVE N

Office | Life Science
TYPE

403,000 RSF
SPACE AVAILABLE

 **Vulcan**
Real Estate



601 Dexter
601 DEXTER AVE N

Life Science
TYPE

188,400 RSF
SPACE AVAILABLE


ALEXANDRIA.



Our company

Flinn Ferguson Cresa has established itself as Seattle and Bellevue's most active and experienced Tenant Advisory Firm.

Our mission is to listen to the client's core objectives, customize a complimentary real estate strategy, and leverage our shared experience to ensure that the most favorable real estate outcome is achieved.

601 Union St #4900, Seattle, WA 98101 | (206) 224-3500