

Q3 2025

Office Market Report

General Overview

Vacancy in the Seattle office market saw a slight increase from 29.0% in Q2 2025 to 29.5% in Q3 2025. This figure includes a direct vacancy rate of 26.6% and a sublease vacancy rate of 2.9%. Over the past 12 months, the Downtown Seattle office market experienced negative net absorption totaling approximately (1,400,000) rentable square feet (RSF). Currently, there are roughly 266,898 RSF of office space under construction. The market remains favorable to tenants and is expected to continue this trend through the remainder of 2025, with vacancy rates anticipated to increase further as additional properties are repositioned.

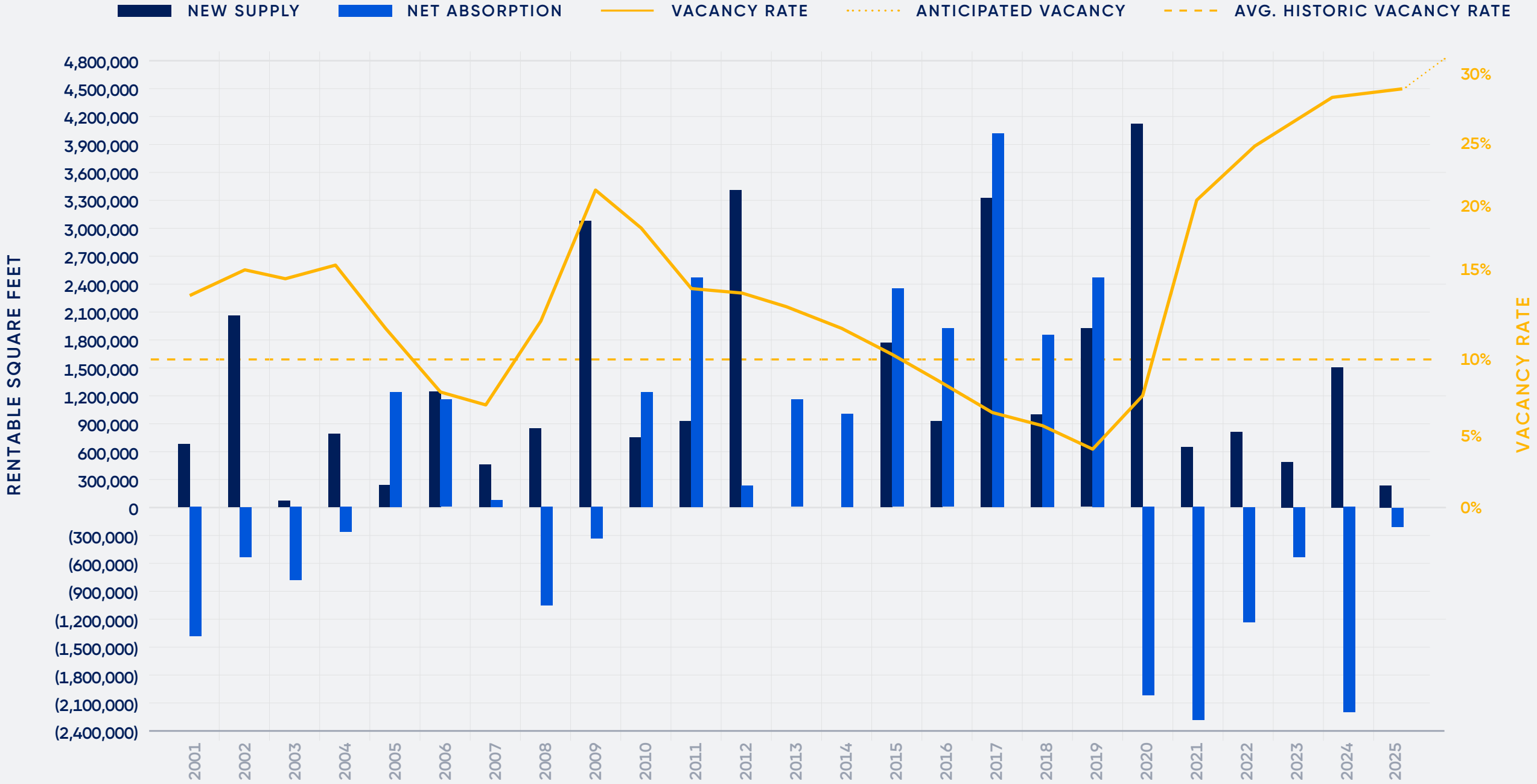
Economy

According to the U.S. Bureau of Labor Statistics the seasonally adjusted monthly unemployment rate for Washington State did not see a change from the prior period at 4.5%, slightly above the nationwide rate of 4.3%. In Seattle/Tacoma/Bellevue, the unemployment rate increased from 4.3% in May 2025 to 4.6% in August 2025.



Historical Availability

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



Market Overview

Market Size (SF)
Ship Canal to Pioneer Square

73.8M

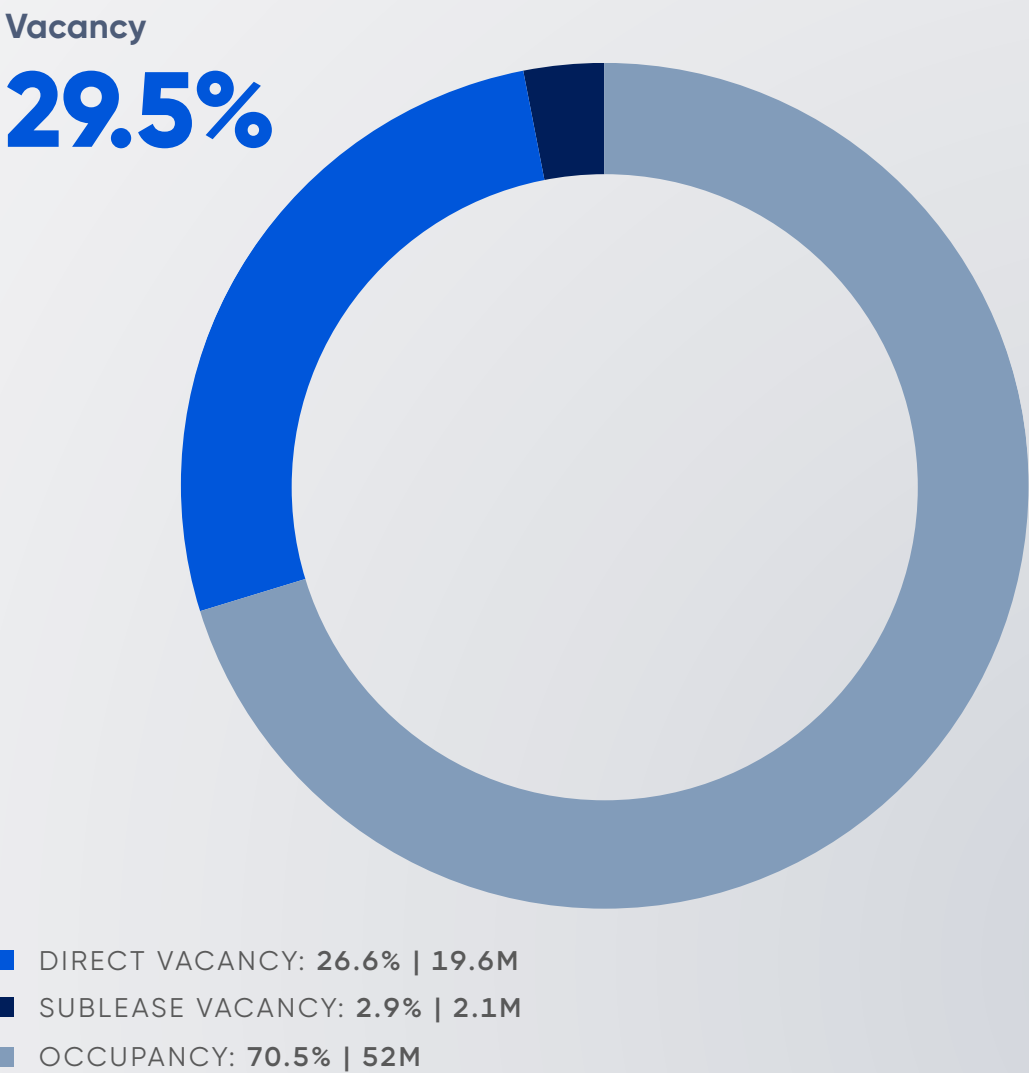
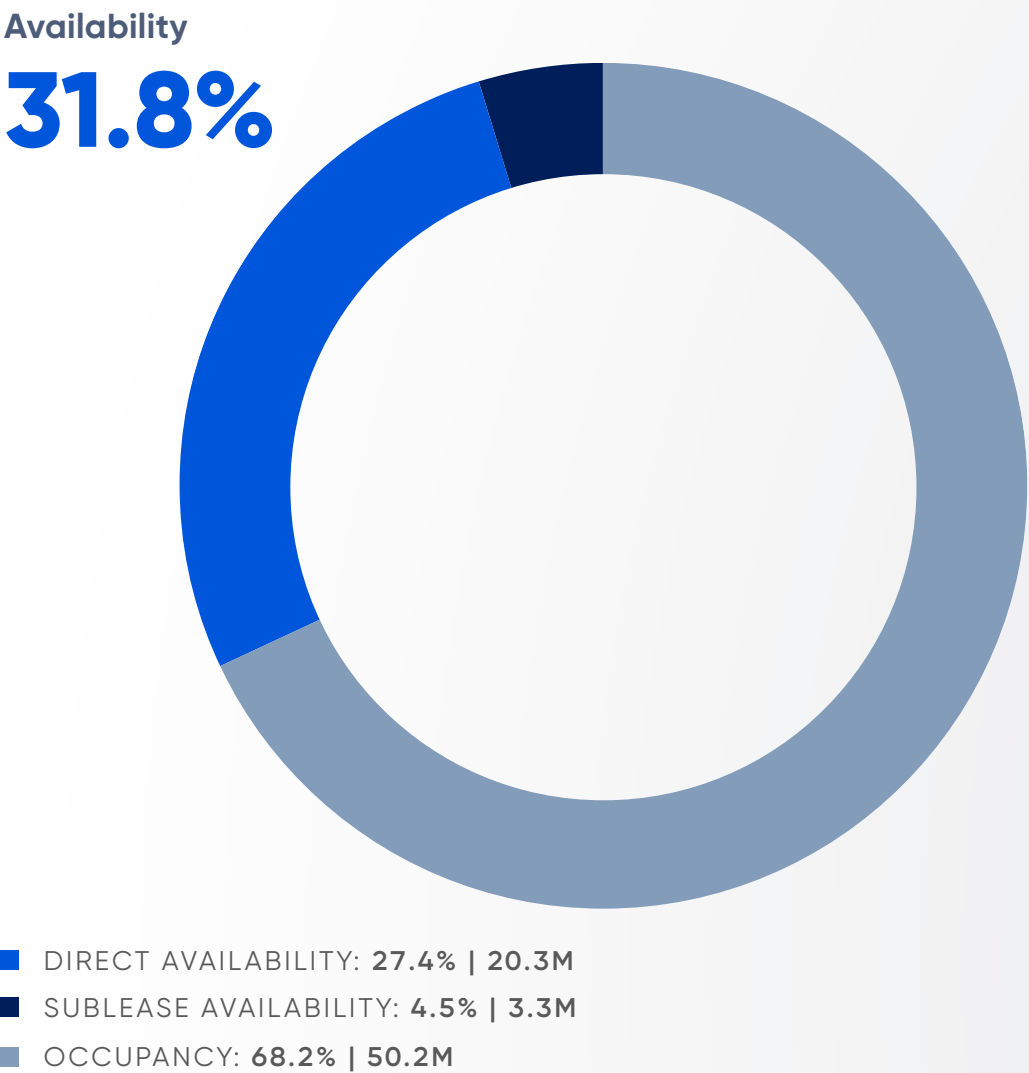
**INCLUSIVE OF 267K UNDER CONSTRUCTION*

Net Absorption
12-Month

(1.4M)

Q3 2025

(213K)



Market Trends

ASKING RENTS

T. I. ALLOWANCES

RENT ABATEMENT

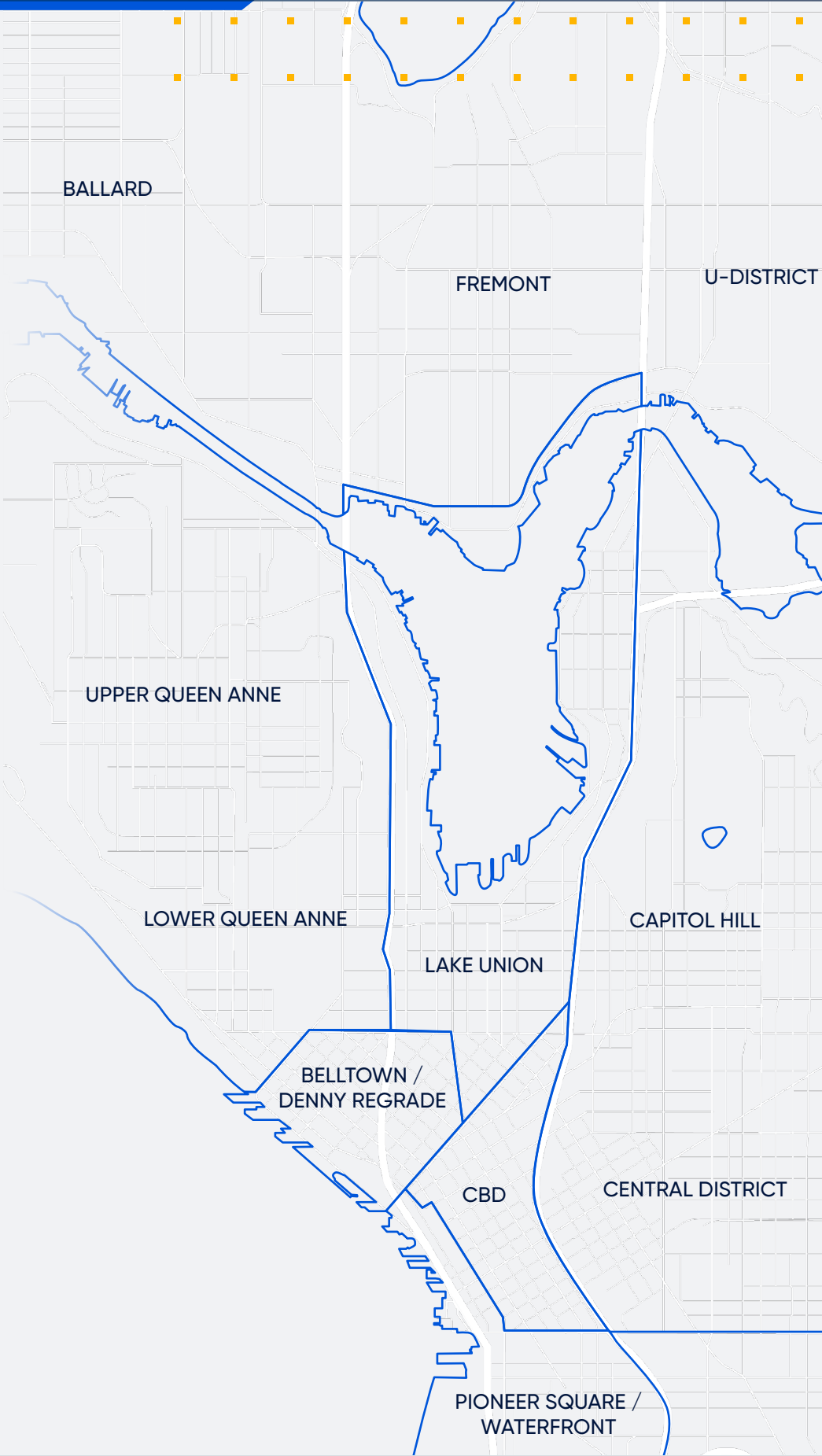
CONSTRUCTION COSTS

CONSTRUCTION TIMELINE

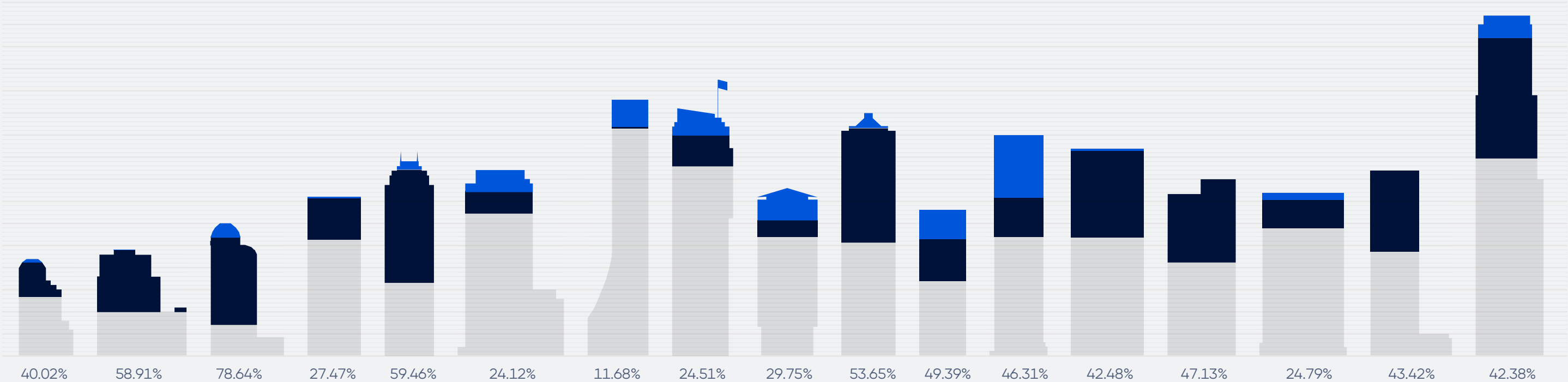
Submarket Vacancy Data

Market	Vacancy rate	12-Month Net Absorption (SF)	FS Class A Rental Range
Ballard / Fremont / U-District	27.5%	6.7K	\$25.00 – \$55.00
Belltown / Denny Regrade	32.6%	(321K)	\$25.00 – \$50.00
Capitol Hill / Central District	12.8%	(117K)	\$25.00 – \$50.00
Lake Union	20.9%	(394K)	\$40.00 – \$70.00
Pioneer Square / Waterfront	28.9%	(172K)	\$25.00 – \$55.00
Queen Anne	31.8%	43.3K	\$22.00 – \$35.00
Central Business District	33.9%	(486K)	\$30.00 – \$65.00

29.5%
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. (%)	36.45%	58.59%	67.14%	26.33%	54.99%	12.06%	1%	12.94%	9.74%	46.89%	29.08%	17.75%	41.45%	47.13%	17.65%	43.42%	35.48%
Direct Avail. (SF)	167,465 RSF	331,890 RSF	412,737 RSF	177,085 RSF	525,409 RSF	129,855 RSF	4,150 RSF	150,796 RSF	68,740 RSF	535,710 RSF	225,890 RSF	157,482 RSF	407,730 RSF	398,539 RSF	131,811 RSF	405,862 RSF	567,694 RSF
Sublease Avail. (%)	3.57%	0.33%	11.50%	1.13%	4.47%	12.05%	11.16%	11.57%	20.0%	6.75%	20.31%	28.55%	1.03%	0%	4.13%	0%	6.90%
Sublease Avail. (SF)	16,392 RSF	1,850 RSF	70,705 RSF	7,620 RSF	42,680 RSF	129,743 RSF	89,953 RSF	134,803 RSF	141,140 RSF	77,138 RSF	157,789 RSF	253,259 RSF	10,152 RSF	0 RSF	30,872 RSF	0 RSF	110,449 RSF

Office Leases This Quarter

	Tenant	Building	Address	Footprint
	 Stoel Rives ^{LLP}	Tower 1201	1201 3rd Ave	55,009 RSF
	<i>The Seattle Times</i>	Alley24	201-263 Yale Ave N	35,657 RSF
		400 Westlake	400 Westlake Ave N	16,747 RSF
	<i>The Pioneer Collective</i>	West Canal Yards	1100 W. Ewing St	5,500 RSF

Office Sales This Quarter

	Address	Buyer / Seller		Building Size	Sale Price / Price PSF
	2001 - 2003 Western Ave		Morgan Stanley 	131,000 SF	\$60.1 M / \$458
	100 N.E. Northlake Way	100 Northlake LLC (Meriwether Advisors)	Thomas Northlake LLC (Val Thomas)	26,282 SF	\$6.7 M / \$255
	830 4th Ave S	Richey Properties, LLC	 ALEXANDRIA.	34,820 SF	\$4.9 M / \$142

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.

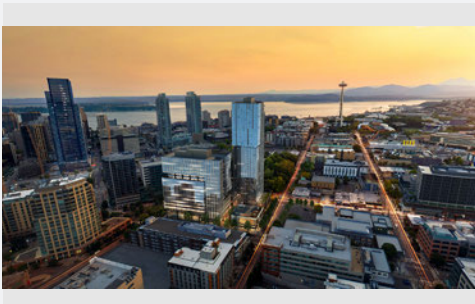


S Campus
1000 - 1001 6TH AVE S

Office | Retail
TYPE

1,286,219 RSF
SPACE AVAILABLE

URBAN
VISIONS



111 Westlake
111 WESTLAKE AVE N

Office | Life Science
TYPE

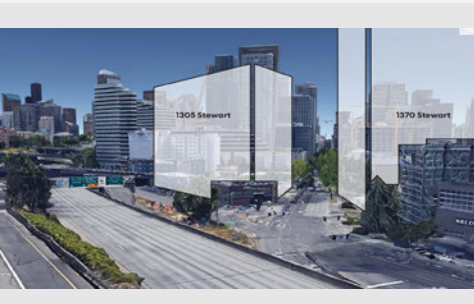
403,000 RSF
SPACE AVAILABLE



Mercer Mega Block
714 - 800 MERCER ST

Life Science
TYPE

±864,000 RSF
SPACE AVAILABLE



1305 Stewart
1305 STEWART ST

Office
SPACE

±280,000 RSF
SPACE AVAILABLE



Innov8
2300 7TH AVE

Life Science | Technology
TYPE

684,000 RSF
SPACE AVAILABLE



601 Dexter
601 DEXTER AVE N

Life Science
TYPE

188,400 RSF
SPACE AVAILABLE



The Net
875 3RD AVE

Office
TYPE

807,580 RSF
SPACE AVAILABLE

URBAN
VISIONS



401 Queen Anne
401 QUEEN ANNE AVE N

Office
SPACE

±155,000 RSF
SPACE AVAILABLE





Our company

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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.

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