



Q1 2026

Office Market Report

General Overview

Vacancy in the Seattle office market continued to rise in Q1 2026, reaching 30.4%, up from 29.8% at the close of 2025. This total includes a 28.0% direct vacancy rate and a 2.5% sublease vacancy rate, with the increase driven primarily by growth in direct available space. Over the past 12 months, the Downtown Seattle office market recorded approximately 878,000 rentable square feet (RSF) of negative net absorption. As many landlords struggle to stay competitive, market conditions remain firmly tenant-favorable which is expected to continue in 2026.

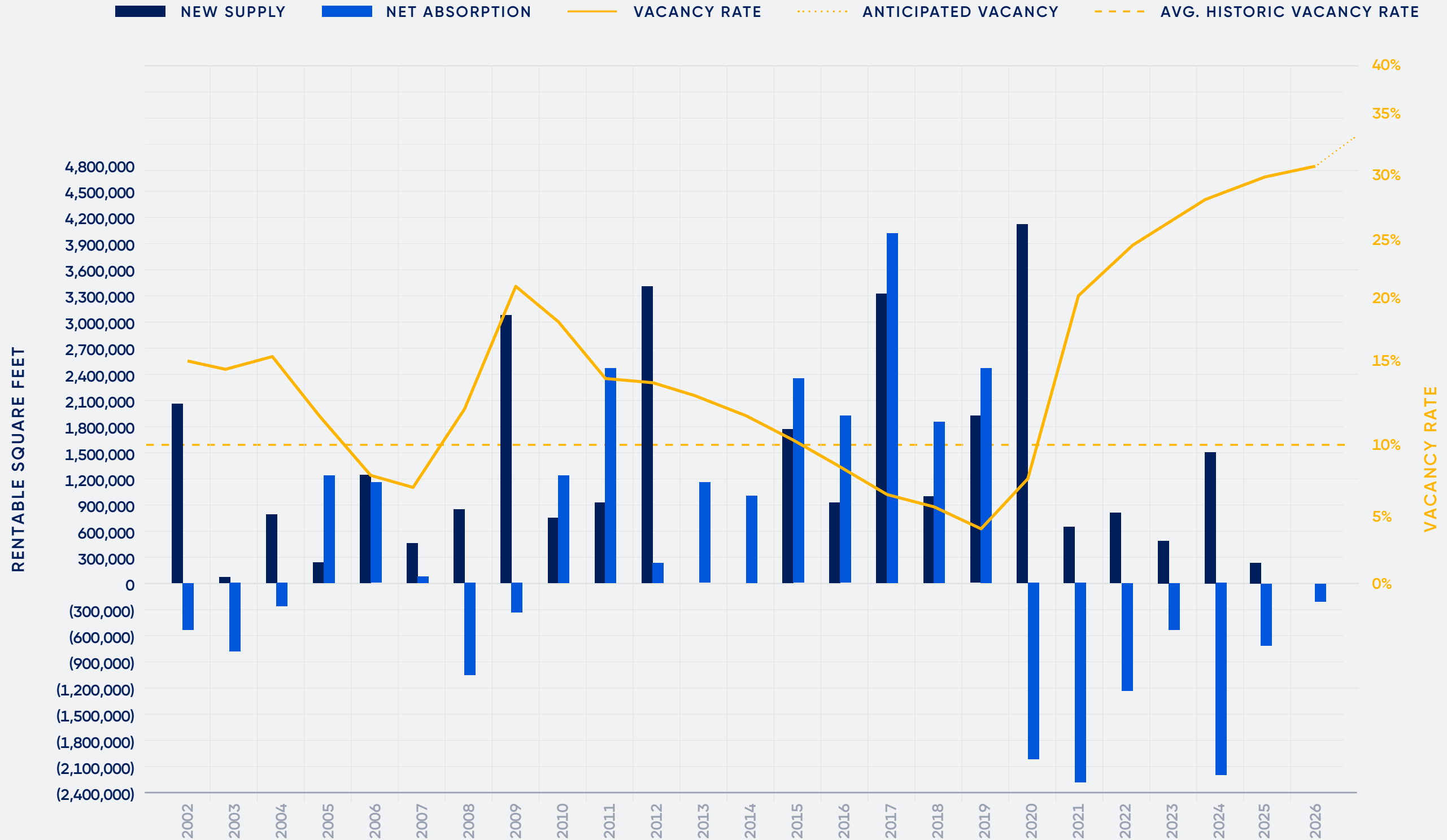
Economy

Data from the U.S. Bureau of Labor Statistics shows that Washington State's seasonally adjusted unemployment rate edged up to 5.0%, exceeding the national average of 4.3%. Within the Seattle-Tacoma-Bellevue metro area, unemployment also trended higher, climbing from 5.1% in November 2025 to 5.9% by January 2026.



Historical Availability

Seattle Overall Office Availability, Supply & Absorption Rates
2002-2026

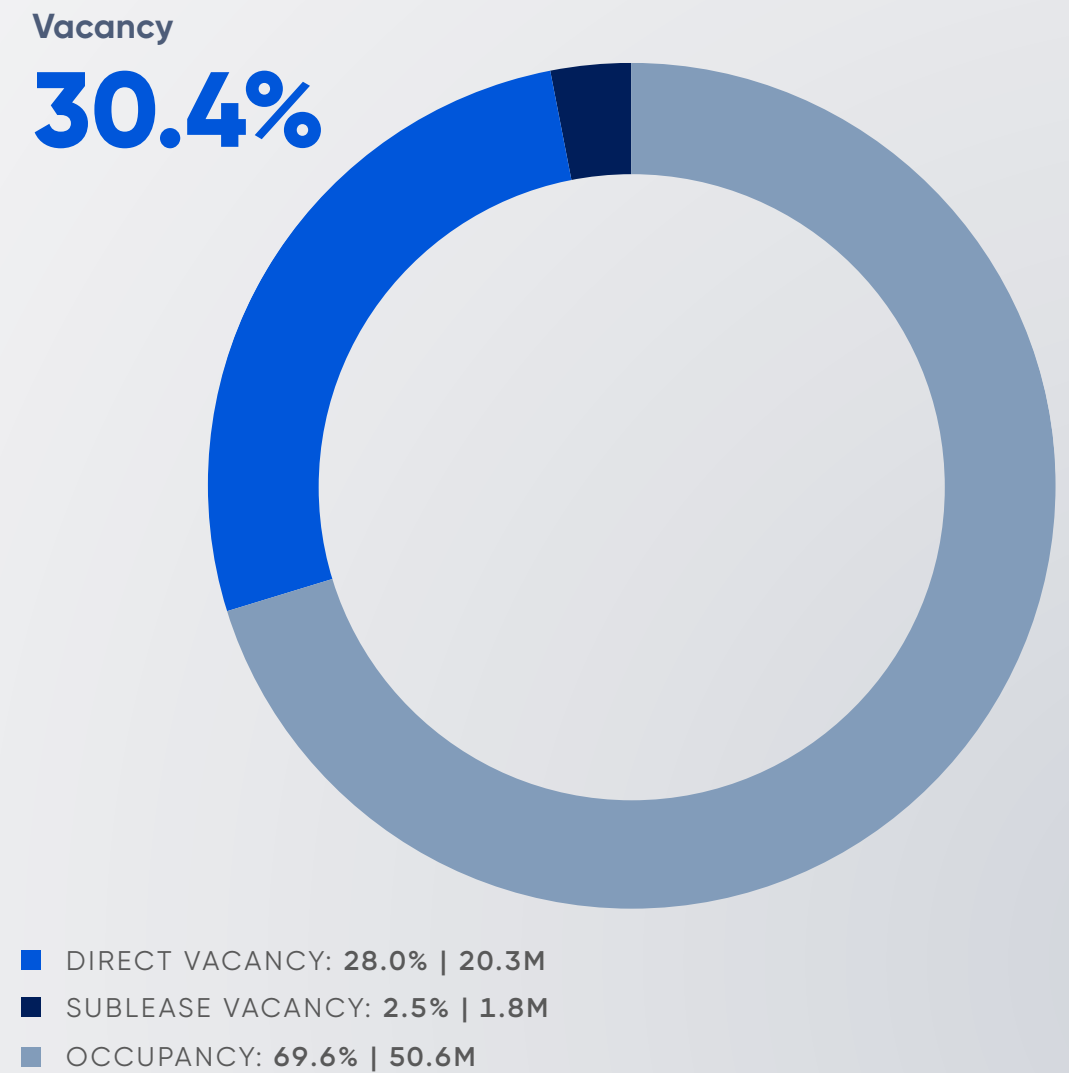
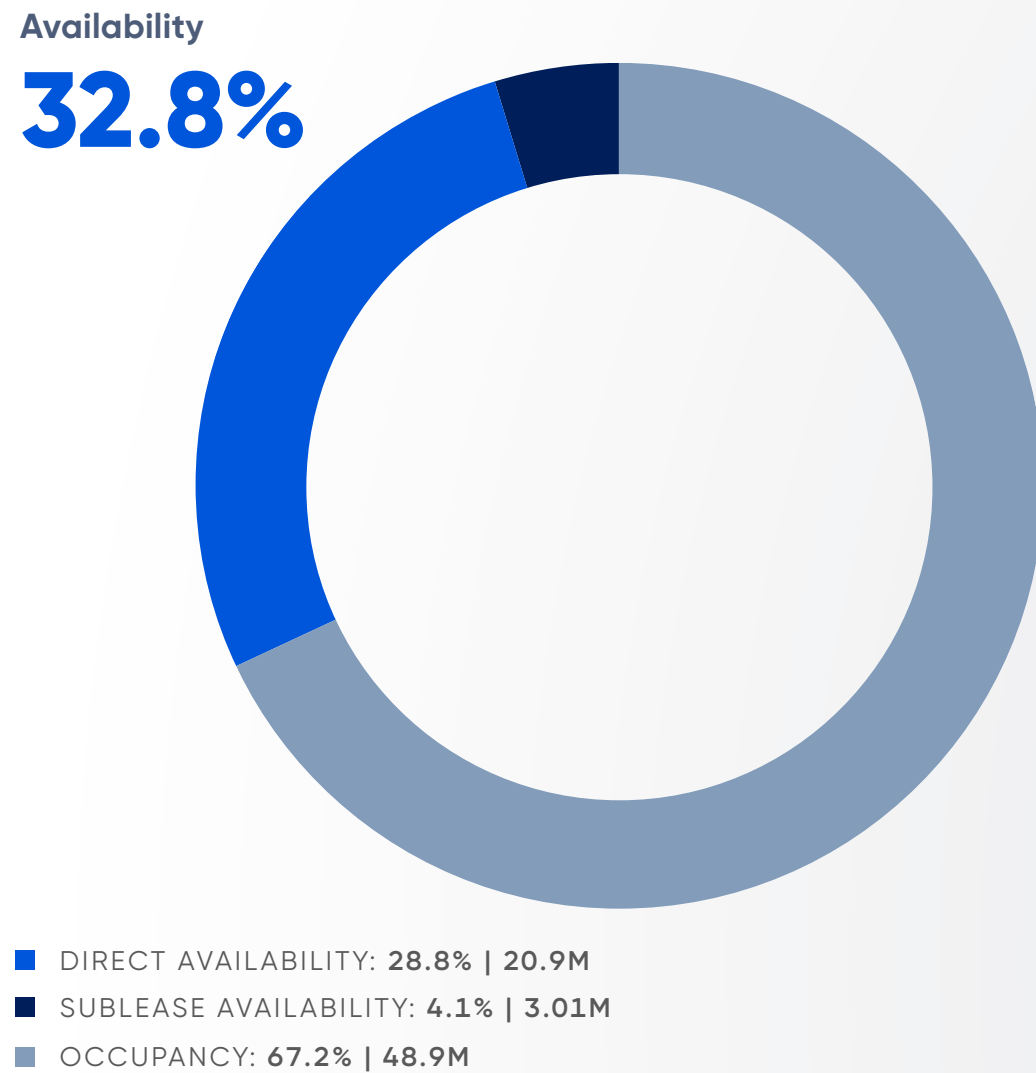


Market Overview

Market Size (SF)
Ship Canal to Pioneer Square
72.8M

Net Absorption
12-Month
(878K)

Q1 2026
(153K)



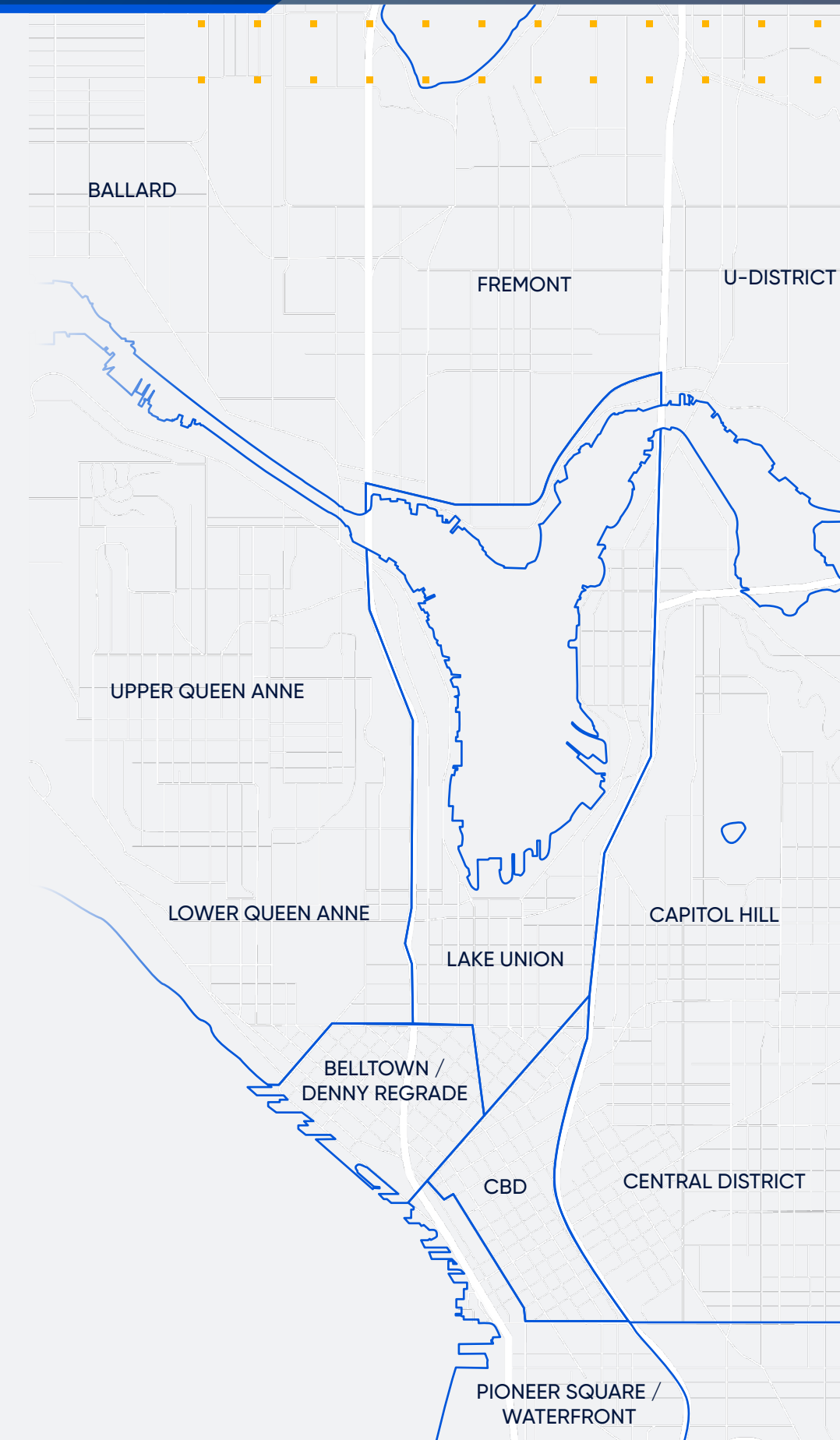
Market Trends



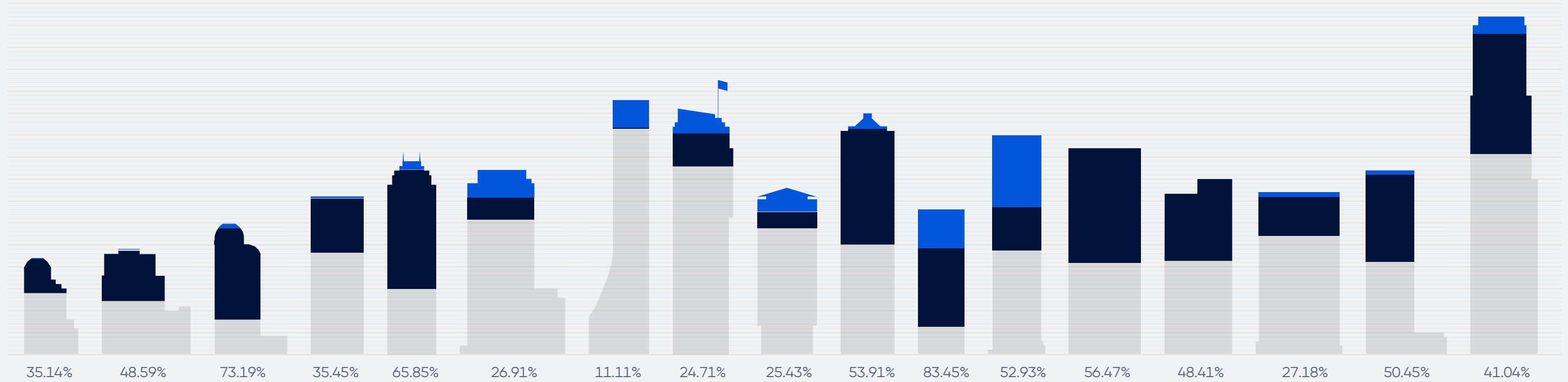
Submarket Vacancy Data

Market	Vacancy rate	12-Month Net Absorption (SF)	FS Class A Rental Range
Ballard / Fremont / U-District	30.3%	(236K)	\$25.00 – \$55.00
Belltown / Denny Regrade	32.3%	(34.4K)	\$25.00 – \$50.00
Capitol Hill / Central District	12.9%	(30.3K)	\$25.00 – \$50.00
Lake Union	21.1%	(142K)	\$40.00 – \$70.00
Pioneer Square / Waterfront	31.7%	70.6K	\$25.00 – \$55.00
Queen Anne	34.2%	(124K)	\$22.00 – \$35.00
Central Business District	35.0%	(382K)	\$30.00 – \$65.00

30.4%
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. (%)	34.19%	48.27%	69.75%	33.89%	61.38%	11.48%	1%	13.55%	9.74%	48.92%	55.98%	19.71%	56.47%	48.41%	24.28%	48.15%	35.68%
Direct Avail. (SF)	157,100 RSF	273,423 RSF	428,740 RSF	227,924 RSF	586,468 RSF	129,855 RSF	4,150 RSF	157,969 RSF	68,740 RSF	558,803 RSF	321,541 RSF	150,317 RSF	558,606 RSF	409,293 RSF	183,056 RSF	450,089 RSF	570,925 RSF
Sublease Avail. (%)	0.95%	0.33%	3.45%	1.55%	4.47%	15.42%	10.60%	11.15%	15.69%	5.00%	27.47%	33.21%	0%	0%	2.90%	2.30%	5.36%
Sublease Avail. (SF)	4,345 RSF	1,850 RSF	21,190 RSF	10,448 RSF	42,680 RSF	174,374 RSF	85,366 RSF	129,961 RSF	110,680 RSF	57,104 RSF	157,789 RSF	253,259 RSF	0 RSF	0 RSF	21,861 RSF	21,509 RSF	85,791 RSF

Office Leases This Quarter

	Tenant	Building	Address	Footprint
		West8	2001 8th Ave	54,450 RSF
		Fourth & Madison	925 4th Ave	36,636 RSF
		West Canal Yards	1100-1120 W Ewing St	35,000 RSF
	 	1700 Seventh	1700 7th Ave	32,739 RSF

Office Sales This Quarter

Address	Buyer / Seller	Building Size	Sale Price / Price PSF
 <p>222 5th Ave N</p>	<p><i>3EDGEWOOD</i></p> 	<p>201,448 SF</p>	<p>\$50 M / \$248.20</p>
 <p>718-720 Broadway</p>	<p>Sound Commercial Invest- ment Holdings (David M Yuchasz)</p> 	<p>31,477 SF</p>	<p>\$6.5 M / \$206.50</p>



Office Development Proposals

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

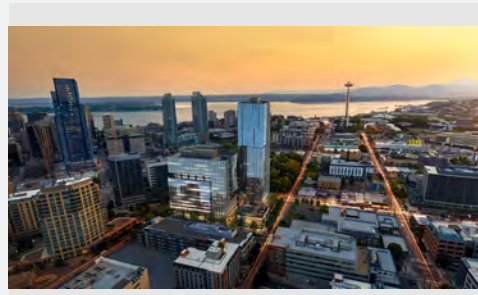


S Campus
1000 - 1001 6TH AVE S

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

Vulcan
Real Estate



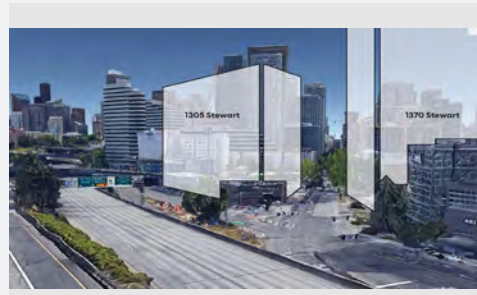
Mercer Mega Block
714 - 800 MERCER ST

Life Science
TYPE

±864,000 RSF
SPACE AVAILABLE



ALEXANDRIA.



1305 Stewart
1305 STEWART ST

Office
SPACE

±280,000 RSF
SPACE AVAILABLE

ARBUTUS
PROPERTIES



The Net
875 3RD AVE

Office
TYPE

807,580 RSF
SPACE AVAILABLE

URBAN
VISIONS



601 Dexter
601 DEXTER AVE N

Life Science
TYPE

188,400 RSF
SPACE AVAILABLE



ALEXANDRIA.



Innov8
2300 7TH AVE

Life Science | Technology
TYPE

684,000 RSF
SPACE AVAILABLE



BioMed Realty
Discover here



401 Queen Anne
401 QUEEN ANNE AVE N

Office
SPACE

±155,000 RSF
SPACE AVAILABLE



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REAL ESTATE



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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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