

Q3 2026

Office Market Report

General Overview

Vacancy in the Seattle office market saw a small decline in Q3 2026, reaching 30.5%, down from 30.9% at the close of Q2. This total includes a 28.2% direct vacancy rate and a 2.3% sublease vacancy rate, with the decrease seen in both direct and sublease vacancy. Over the past 12 months, the Seattle office market recorded approximately 121K rentable square feet (RSF) of negative net absorption. Market conditions remain firmly tenant-favorable and are expected to continue through the remainder of 2026.

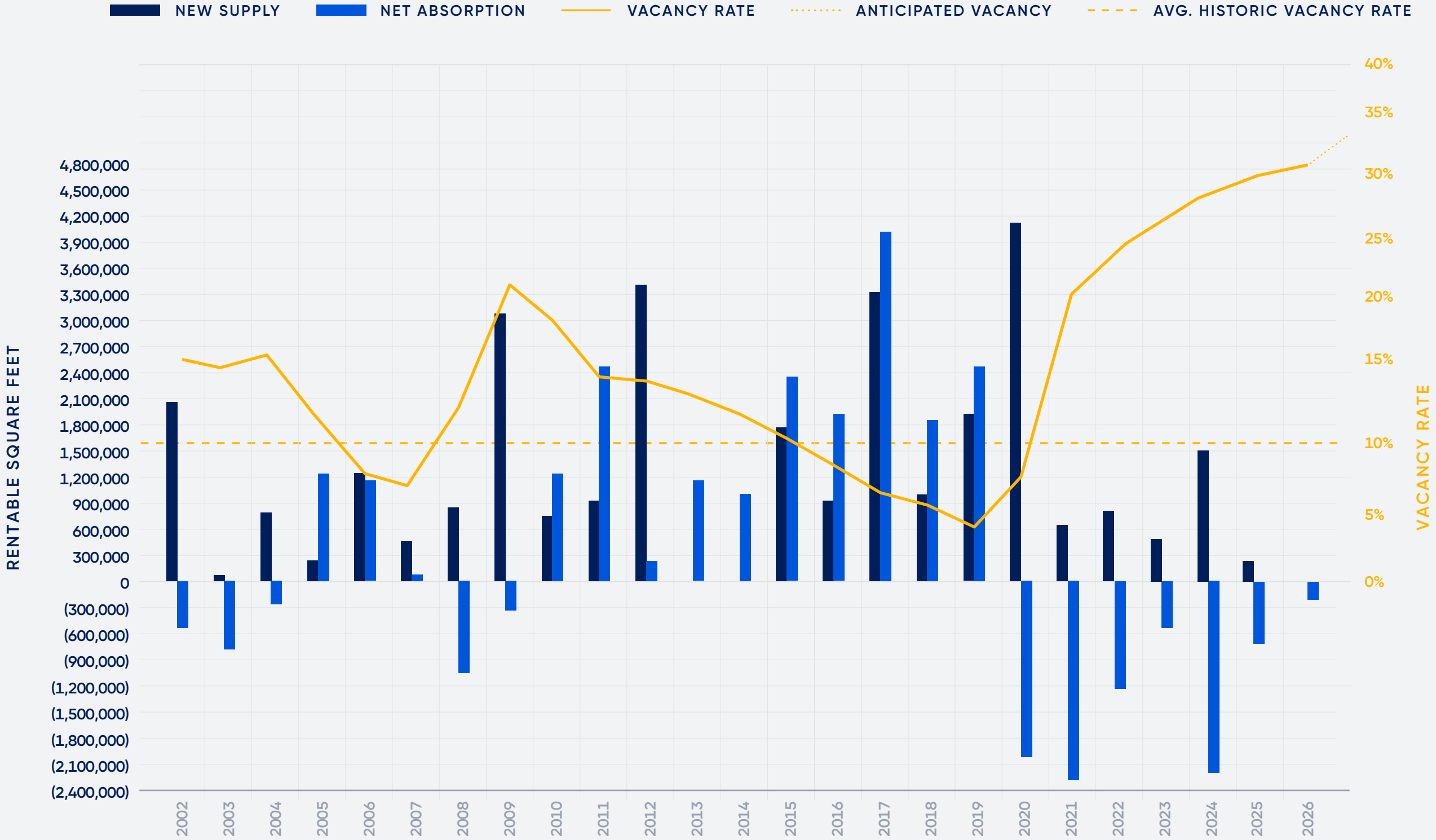
Economy

Data from the U.S. Bureau of Labor Statistics shows that Washington State's seasonally adjusted unemployment rate has declined to 4.9%, remaining above the national average of 4.1%. Within the Seattle–Tacoma–Bellevue metropolitan area, the unemployment rate remained steady at 4.8% from May through August 2026.



Historical Availability

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



Market Overview

Market Size (SF)
Ship Canal to Pioneer Square

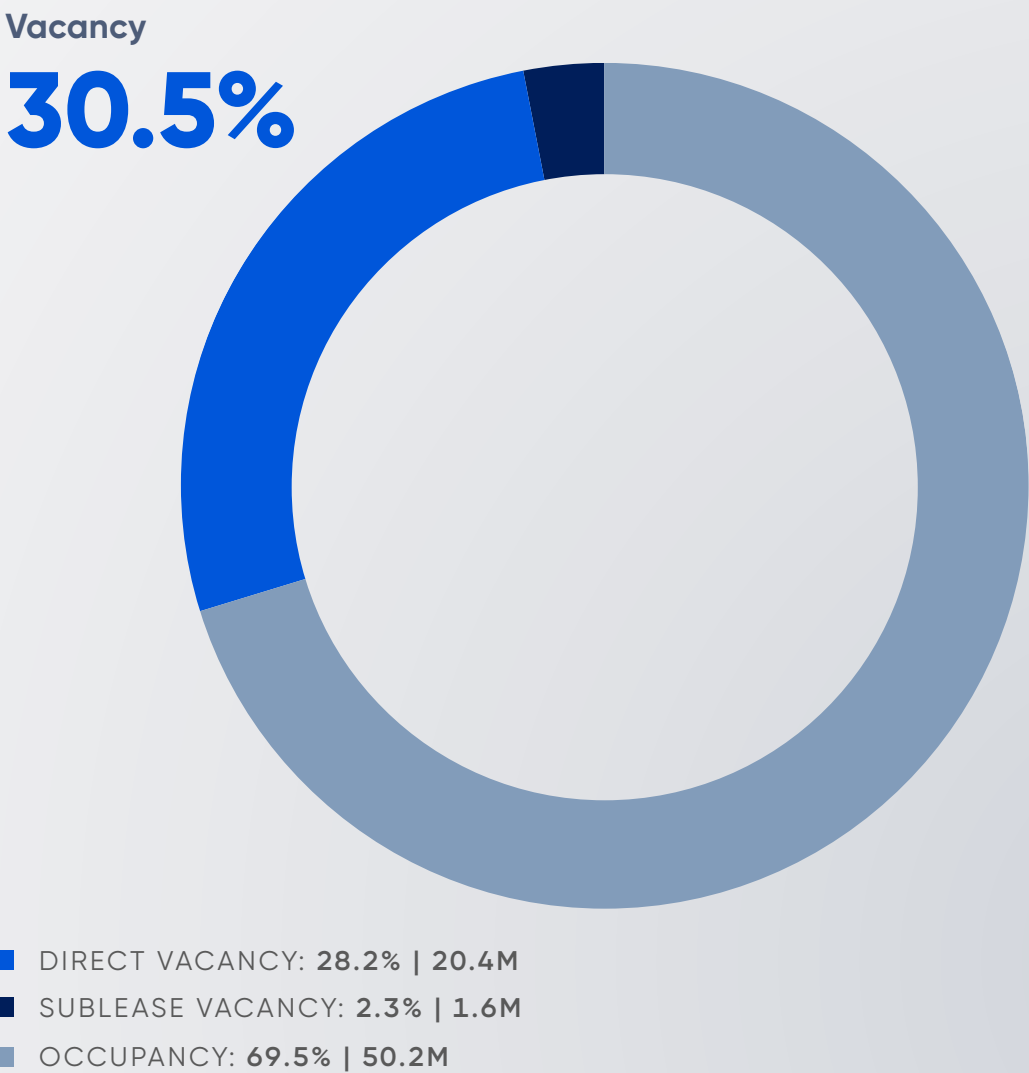
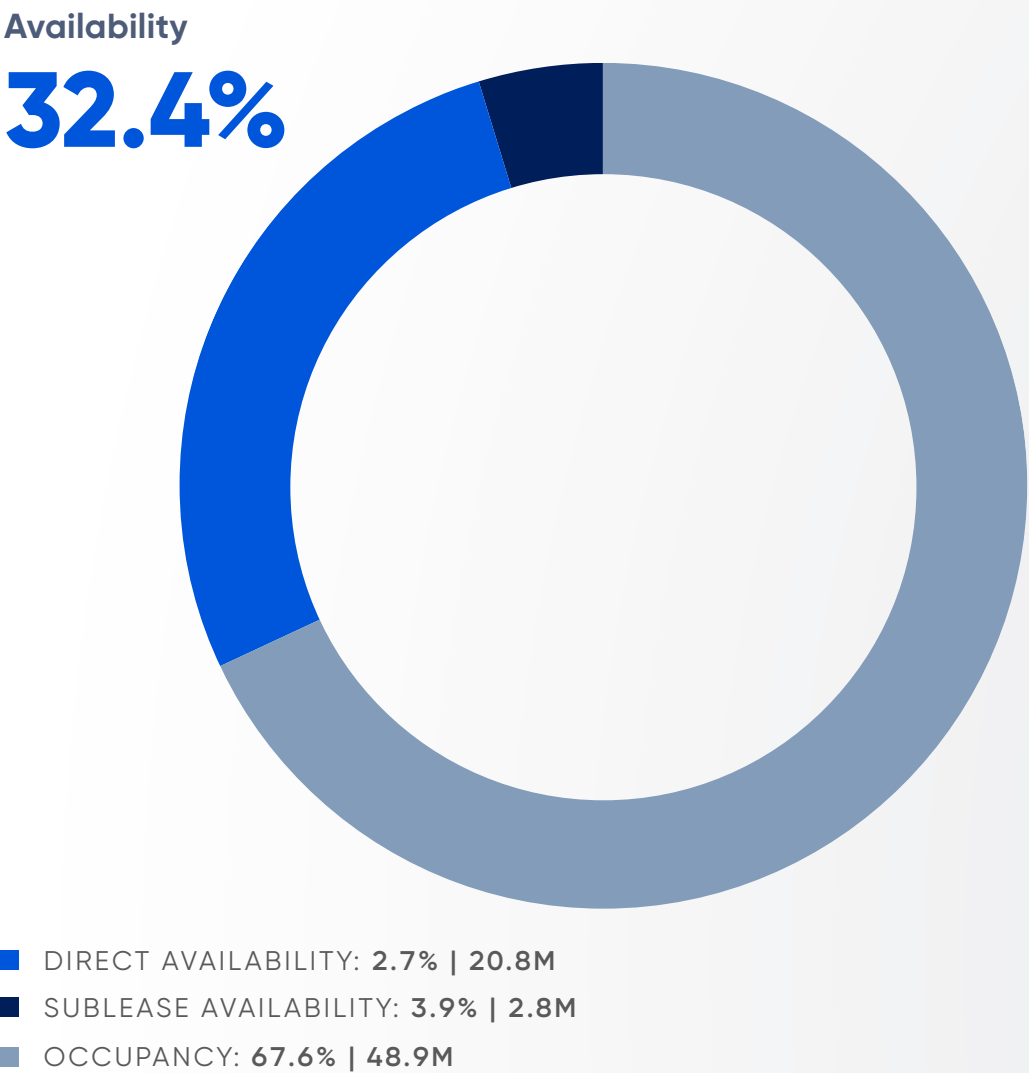
72.3M

Net Absorption
12-Month

(121K)

Q3 2026

(154K)



Market Trends

ASKING RENTS

T. I. ALLOWANCES

RENT ABATEMENT

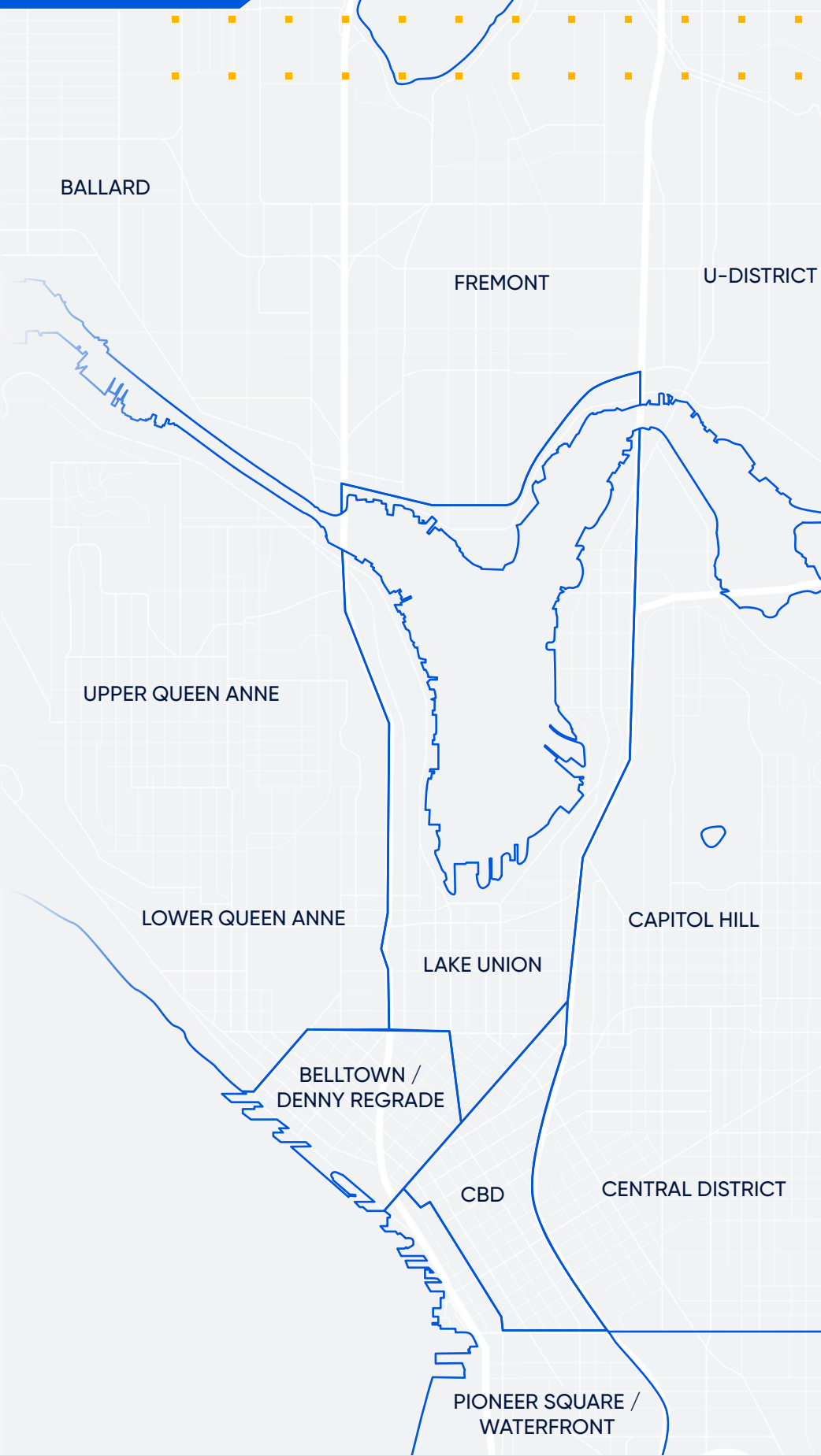
CONSTRUCTION COSTS

CONSTRUCTION TIMELINE

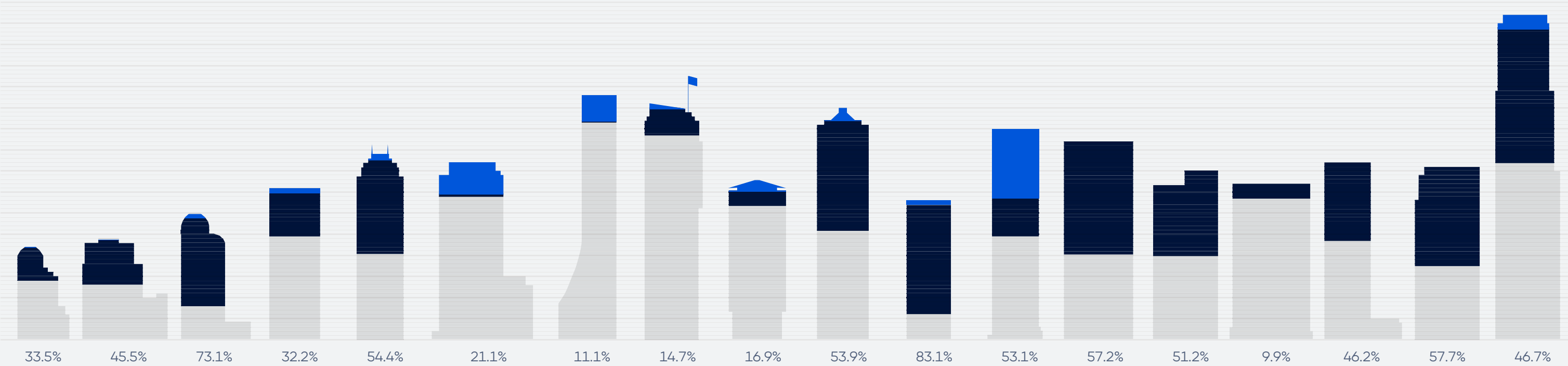
Submarket Vacancy Data

Market	Vacancy rate	12-Month Net Absorption (SF)	FS Class A Rental Range
Ballard / Fremont / U-District	29.3%	(170K)	\$25.00 – \$55.00
Belltown / Denny Regrade	33.4%	51.2K	\$25.00 – \$50.00
Capitol Hill / Central District	11.3%	(22K)	\$25.00 – \$50.00
Lake Union	22.4%	166K	\$40.00 – \$70.00
Pioneer Square / Waterfront	32.8%	(11.4K)	\$25.00 – \$55.00
Queen Anne	34.9%	(63K)	\$22.00 – \$35.00
Central Business District	35.1%	(71.9K)	\$30.00 – \$65.00

30.5%
TOTAL VACANCY RATE FOR SEATTLE



Skyline Availability



Bldg. Name	Second & Seneca	1700 Seventh	Century Square	One Union	US Bank Center	JPMorganChase Center	Rainier Square	Two Union Square	2+U	Tower 1201	1111 Third	1001 Fourth	999 Third	Fourth & Madison	Madison Centre	800 Fifth	901 Fifth	Columbia Center
LL/Broker	JLL	Newmark	Broderick Group	Washington Holdings	CBRE	CBRE	JLL (Sublandlord)	Washington Holdings	JLL	JLL	JLL	Broderick Group	JLL	Newmark	Broderick Group	CBRE	JLL	CBRE
Direct Avail. (%)	32.5%	45.1%	69.7%	28.9%	50.7%	1.9%	0.5%	11.8%	9.7%	47.8%	79.8%	19.1%	57.2%	48.29%	9.9%	46.2%	57.7%	41.9%
Direct Avail. (SF)	149,421 RSF	255,685 RSF	428,310 RSF	194,465 RSF	478,231 RSF	21,351 RSF	4,150 RSF	137,330 RSF	68,740 RSF	547,305 RSF	458,078 RSF	145,856 RSF	565,228 RSF	434,331 RSF	74,764 RSF	432,038 RSF	312,259 RSF	670,660 RSF
Sublease Avail. (%)	0.9%	0.33%	3.5%	3.3%	3.7%	19.2%	10.60%	2.9%	7.2%	6.0%	3.3%	33.9%	0%	0%	0%	0%	0%	4.8%
Sublease Avail. (SF)	4,345 RSF	1,850 RSF	21,190 RSF	21,901 RSF	34,921 RSF	216,998 RSF	85,366 RSF	34,377 RSF	50,666 RSF	69,081 RSF	18,959 RSF	258,828 RSF	0 RSF	0 RSF	0 RSF	0 RSF	0 RSF	76,357 RSF

Office Leases This Quarter

	Tenant	Building	Address	Footprint
		Data 1	744 N 34th St	114,000 RSF
	ANTHROPIC	Dexter Yard North	700 Dexter Ave N	113,000 RSF
	InsightGlobal	2323 Elliott	2323 Elliott Ave	49,000 RSF
		West8	2001 8th Ave	43,000 RSF
	 HELION	8th + Olive Building	720 Olive Wy	15,631 RSF
	 BOARD & VELLUM	Smith Tower	506 2nd Ave	11,400 RSF

Office Sales This Quarter

	Address	Buyer / Seller		Building Size	Sale Price / Price PSF
	600 Stewart St	Orton Development, Inc.		217,180 SF	\$12.5 M / \$57.56
	2214 Queen Anne Ave	 ARCHITECTURE	HFT BPT Idaho, LLC	4,200 SF	\$2.5 M / \$595.24
	3625 Woodland Park N	Queen Ridge LLC	Workplayer LLC	4,459 SF	\$2.2 M / \$493.38

Office Development Proposals

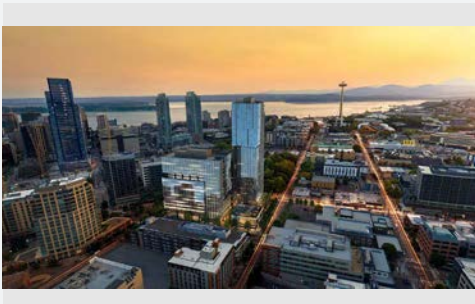
Below is a sample of office projects ready for development with pre-lease.



S Campus
1000 - 1001 6TH AVE S

Office | Retail
TYPE
1,286,219 RSF
SPACE AVAILABLE

URBAN
VISIONS



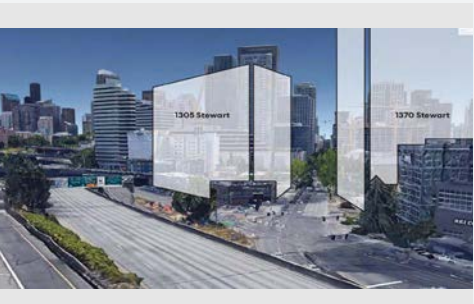
111 Westlake
111 WESTLAKE AVE N

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



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



Innov8
2300 7TH AVE

Life Science | Technology
TYPE
684,000 RSF
SPACE AVAILABLE



401 Queen Anne
401 QUEEN ANNE AVE N

Office
SPACE
±155,000 RSF
SPACE AVAILABLE





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.

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