LEE & ASSOCIATES
COMMERCIAL REAL ESTATE SERVICES

Q2 2026
BOSTON, MA

OFFICE MARKET OVERVIEW

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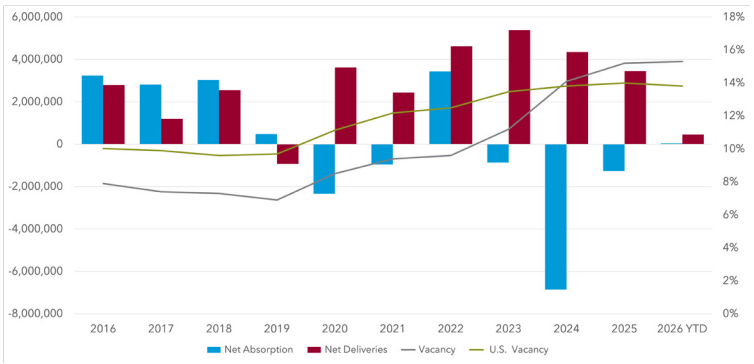
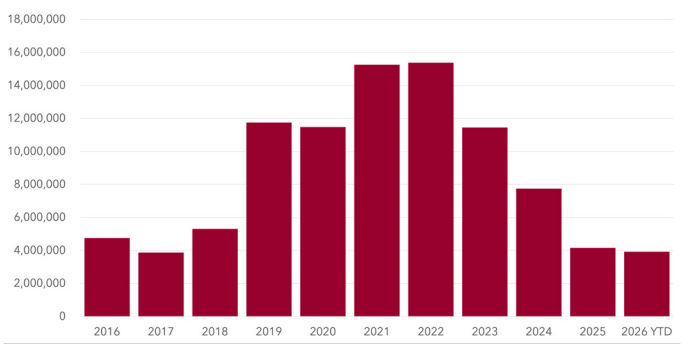
Boston's office market is stabilizing in 2026, though the recovery remains uneven across property types. Leasing activity has improved modestly, office attendance continues to trend upward, and many employers are reinforcing return-to-office expectations. The market recently recorded its first positive net absorption since 2022, but overall vacancy remains elevated at approximately 15.3%. Demand continues to favor trophy and premier Class A buildings, while low-rise, Class B, and Class C properties face softer leasing activity, longer marketing times, and continued pricing pressure. Older office assets are increasingly being repositioned through residential and mixed-use conversions, while new office development remains limited. A slowing construction pipeline and steady leasing activity should support a gradual, measured recovery over the next year.

MARKET INDICATORS	Q2 2026	Q1 2026	Q4 2025	Q3 2025	Q2 2025
▲ 12 Mo. Net Absorption SF	1,590,556	1,289,170	(1,265,826)	(1,582,578)	(2,984,554)
▲ Vacancy Rate	15.10%	15.00%	15.20%	15.30%	14.90%
▲ Avg NNN Asking Rent PSF	$43.61	$43.56	$43.49	$43.48	$43.42
▼ Sale Price PSF	$358.11	$363.25	$354.73	$357.87	$363.55
▼ Cap Rate	7.10%	9.70%	6.70%	8.60%	7.70%
▼ Under Construction	3,923,622	4,114,118	4,154,118	4,204,020	6,863,954
▲ Inventory	373,029,564	372,889,371	372,548,793	373,033,845	370,300,221

NET ABSORPTION, NET DELIVERIES, & VACANCY



UNDER CONSTRUCTION



TOP SALE TRANSACTIONS BY SF	SIZE	SALE PRICE	BUYER / SELLER	BUILDING CLASS
18 Tremont Street Boston, MA	202,060 SF	$30,000,000 $148.47 PSF	Kendall Realty, LLC Jamestown, LP	Class B
218-230 Congress Street Boston, MA	152,259 SF	$23,700,000 $155.66 PSF	Assembly Investments Northwood Investors, LLC	Class B
250-260 Summer Street Boston, MA	110,000 SF	$37,650,000 $342.27 PSF	Paradigm Properties Morgan Stanley & Co.	Class B

TOP LEASE TRANSACTIONS BY SF	SIZE	LANDLORD	TENANT	TENANT INDUSTRY
1601 Trapelo Road Waltham, MA	320,000 SF	BXP, Inc.	Boston Dynamics	Robotics Manufacturing
21-25 Drydock Avenue Boston, MA	73,420 SF	Jamestown, LP The Related Cos.	Autodesk, Inc.	Software Development
75 Kneeland Street Boston, MA	59,460 SF	King Associates, LLP	Portal Warehousing	Transportation and Warehousing

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