

# WASHINGTON METRO AREA MARKET WATCH

JANUARY 2026



## OFFICE MARKET INDICATORS

SUBMARKET	ALL OFFICE BUILDINGS					CLASS A			UNDER CONSTR.	NET ABSORPTION Q4 2025	NET ABSORPTION Q4 2025 YOY
	INVENTORY	DIRECT VACANCY SF	DIRECT VACANCY	TOTAL AVAILABILITY	AVERAGE RATE PSF	INVENTORY	DIRECT VACANCY SF	DIRECT VACANCY			
<b>District of Columbia</b>											
<b>CBD</b>	40,955,694	7,614,875	18.6%	26.5%	\$53.80	29,479,259	5,473,987	18.6%	0	(10,626)	(591,255)
<b>EAST END</b>	52,338,882	9,201,302	17.6%	25.7%	\$57.35	41,777,950	7,283,239	17.4%	0	81,357	(34,056)
<b>CAPITOL HILL</b>	6,781,404	1,034,119	15.2%	24.3%	\$56.33	4,121,609	916,729	22.2%	0	78,134	34,577
<b>NOMA</b>	12,089,715	1,308,494	10.8%	19.8%	\$50.46	10,647,809	1,256,209	11.8%	0	(38,530)	(33,495)
<b>CAPITOL RIVERFRONT</b>	3,458,996	604,604	17.5%	33.3%	\$54.12	3,276,109	588,852	18.0%	0	(5,744)	27,160
<b>SOUTHWEST</b>	12,489,355	1,822,269	14.6%	16.9%	\$50.93	10,449,888	1,569,719	15.0%	0	(85,527)	(201,249)
<b>GEORGETOWN</b>	3,290,350	670,358	20.4%	27.1%	\$45.21	1,351,450	470,074	34.8%	0	2,170	84,534
<b>WEST END</b>	3,980,174	440,692	11.1%	19.2%	\$49.57	2,633,448	318,862	12.1%	0	(9,907)	3,672
<b>UPTOWN</b>	9,712,237	837,942	8.6%	14.2%	\$41.33	1,964,074	259,220	13.2%	0	(27,465)	(60,027)
<b>TOTAL</b>	<b>145,096,807</b>	<b>23,534,655</b>	<b>16.2%</b>	<b>23.9%</b>	<b>\$53.33</b>	<b>105,701,596</b>	<b>18,136,891</b>	<b>17.2%</b>	<b>0</b>	<b>(16,138)</b>	<b>(770,139)</b>
<b>TOTAL - ONE YEAR PRIOR</b>	<b>145,930,626</b>	<b>22,395,031</b>	<b>15.3%</b>	<b>24.6%</b>	<b>\$53.18</b>	<b>105,837,596</b>	<b>16,970,922</b>	<b>16.0%</b>	<b>643,384</b>	<b>618,537</b>	<b>(269,375)</b>

<b>Northern Virginia</b>											
<b>RCB CORRIDOR</b>	24,782,509	5,373,441	21.7%	28.4%	\$40.12	19,896,090	4,634,745	23.3%	0	(50,063)	22,807
<b>NATIONAL LANDING</b>	17,248,320	2,802,284	16.2%	19.6%	\$38.38	11,742,627	2,218,332	18.9%	0	37,223	(123,889)
<b>OLD TOWN</b>	8,284,255	1,300,178	15.7%	22.7%	\$33.83	4,217,005	867,948	20.6%	0	(10,251)	(1,420)
<b>EISENHOWER AVE CORRIDOR</b>	7,874,353	1,908,456	24.2%	27.0%	\$34.18	5,638,404	1,586,344	28.1%	0	373,203	302,408
<b>SPRINGFIELD/HUNTINGTON/I-95</b>	6,712,367	788,031	11.7%	16.1%	\$30.66	2,871,316	493,643	17.2%	0	17,473	18,603
<b>BAILEY'S/FALLS CHURCH/ANNANDALE</b>	5,739,428	914,572	15.9%	17.5%	\$29.59	2,641,240	627,747	23.8%	0	21,099	(313,489)
<b>MERRIFIELD</b>	7,209,125	1,051,338	14.6%	18.0%	\$32.59	4,834,521	885,738	18.3%	270,000	(4,474)	(38,357)
<b>RESTON</b>	20,347,932	3,674,926	18.1%	24.2%	\$35.75	15,467,188	3,102,485	20.1%	0	305,081	560,693
<b>HERNDON</b>	11,351,544	2,947,698	26.0%	30.3%	\$32.93	8,426,231	2,466,915	29.3%	0	37,776	(51,766)
<b>TYSONS CORNER</b>	30,089,397	5,295,210	17.6%	23.3%	\$37.35	22,874,335	4,108,029	18.0%	0	(40,164)	168,778
<b>MCLEAN/VIENNA</b>	2,459,169	519,483	21.1%	22.2%	\$29.85	761,012	376,780	49.5%	0	(10,643)	(12,793)
<b>OAKTON/FAIRFAX CITY</b>	5,098,046	417,057	8.2%	10.7%	\$25.57	1,160,204	95,970	8.3%	0	(9,750)	(3,032)
<b>FAIRFAX CENTER</b>	6,482,205	1,519,762	23.4%	31.6%	\$30.51	4,673,028	1,009,591	21.6%	0	(17,461)	(158,983)
<b>RT. 28 CORRIDOR SOUTH/CHANTILLY</b>	14,170,736	1,548,991	10.9%	14.0%	\$28.83	9,732,964	1,118,346	11.5%	0	15,749	81,413
<b>RT. 28 CORRIDOR NORTH</b>	8,129,223	479,501	5.9%	8.6%	\$27.47	4,483,628	299,028	6.7%	0	17,387	39,779
<b>LEESBURG/WEST LOUDON</b>	4,390,182	309,599	7.1%	10.5%	\$30.12	1,918,981	198,462	10.3%	47,544	(26,730)	(78,862)
<b>MANASSAS/GAINESVILLE</b>	3,240,545	62,242	1.9%	2.8%	\$27.10	664,957	8,989	1.4%	0	(1,562)	72,436
<b>EAST PRINCE WILLIAM COUNTY</b>	2,305,973	128,623	5.6%	6.3%	\$26.69	184,687	15,191	8.2%	0	(6,970)	(31,336)
<b>TOTAL</b>	<b>185,915,309</b>	<b>31,041,392</b>	<b>16.7%</b>	<b>21.4%</b>	<b>\$33.64</b>	<b>122,188,418</b>	<b>24,114,283</b>	<b>19.7%</b>	<b>317,544</b>	<b>646,923</b>	<b>452,990</b>
<b>TOTAL - ONE YEAR PRIOR</b>	<b>186,130,161</b>	<b>31,496,296</b>	<b>16.9%</b>	<b>22.9%</b>	<b>\$33.24</b>	<b>122,401,213</b>	<b>24,427,684</b>	<b>20.0%</b>	<b>244,000</b>	<b>274,043</b>	<b>(1,773,862)</b>

Note: All data is updated monthly, except for net absorption which is updated quarterly.  
Source: CoStar, Transwestern.



OFFICE MARKET INDICATORS

SUBMARKET	ALL OFFICE BUILDINGS					CLASS A			UNDER CONSTR.	NET ABSORPTION Q4 2025	NET ABSORPTION Q4 2025 YOY
	INVENTORY	DIRECT VACANCY SF	DIRECT VACANCY	TOTAL AVAILABILITY	AVERAGE RATE PSF	INVENTORY	DIRECT VACANCY SF	DIRECT VACANCY			
<b>Suburban Maryland</b>											
BETHESDA/CHEVY CHASE	12,207,628	2,857,664	23.4%	29.0%	\$40.75	8,081,642	2,201,257	27.2%	0	(72,881)	16,111
NORTH BETHESDA	9,547,113	2,034,328	21.3%	28.7%	\$32.56	5,451,950	1,138,562	20.9%	0	(129,757)	(138,788)
ROCKVILLE	9,194,476	1,636,550	17.8%	24.5%	\$31.55	4,218,848	726,510	17.2%	0	(16,820)	75,319
NORTH ROCKVILLE	11,887,012	1,769,608	14.9%	24.1%	\$32.16	5,336,715	913,290	17.1%	0	63,470	155,428
GAITHERSBURG	5,147,707	617,456	12.0%	17.3%	\$26.58	1,887,476	135,000	7.2%	0	5,586	(6,056)
GERMANTOWN	2,781,716	580,997	20.9%	25.0%	\$28.15	773,618	205,573	26.6%	0	23,028	28,198
KENSINGTON/WHEATON	755,991	65,134	8.6%	5.2%	\$29.03	0	0	0.0%	0	924	58,223
SILVER SPRING	6,428,185	1,395,733	21.7%	31.5%	\$31.16	3,947,918	893,376	22.6%	0	17,792	(103,854)
NORTH SILVER SPRING/RT. 29	3,174,333	191,838	6.0%	9.8%	\$27.76	0	0	0.0%	0	(56,053)	(57,410)
<b>TOTAL - MONTGOMERY COUNTY</b>	<b>61,124,161</b>	<b>11,149,308</b>	<b>18.2%</b>	<b>25.1%</b>	<b>\$32.82</b>	<b>29,698,167</b>	<b>6,213,568</b>	<b>20.9%</b>	<b>0</b>	<b>(164,711)</b>	<b>27,171</b>
BELTSVILLE/CALVERTON/COLLEGE PARK	5,283,911	527,221	10.0%	14.4%	\$26.03	1,682,181	190,346	11.3%	0	(51,992)	(76,316)
LAUREL	1,614,060	308,035	19.1%	21.6%	\$23.50	507,556	61,784	12.2%	0	10,567	19,088
GREENBELT	2,623,686	635,272	24.2%	37.3%	\$23.84	1,065,937	223,480	21.0%	0	32,041	(2,686)
LANHAM/LANDOVER/LARGO	4,600,910	904,455	19.7%	21.0%	\$25.21	885,454	113,227	12.8%	0	(31,355)	(86,674)
BOWIE/MARLBORO/SOUTH P.G.	4,333,408	366,571	8.5%	8.6%	\$27.70	1,251,509	85,204	6.8%	0	(25,236)	(9,261)
<b>TOTAL - PRINCE GEORGE'S COUNTY</b>	<b>18,455,975</b>	<b>2,741,554</b>	<b>14.9%</b>	<b>18.6%</b>	<b>\$25.69</b>	<b>5,392,637</b>	<b>674,041</b>	<b>12.5%</b>	<b>0</b>	<b>(65,975)</b>	<b>(155,849)</b>
FREDERICK COUNTY	4,600,849	592,766	12.9%	18.4%	\$25.51	1,077,655	370,119	34.3%	0	29,605	53,145
<b>TOTAL</b>	<b>84,180,985</b>	<b>14,483,628</b>	<b>17.2%</b>	<b>23.3%</b>	<b>\$30.25</b>	<b>36,168,459</b>	<b>7,257,728</b>	<b>20.1%</b>	<b>0</b>	<b>(201,081)</b>	<b>(75,533)</b>
<b>TOTAL - ONE YEAR PRIOR</b>	<b>84,176,685</b>	<b>14,479,763</b>	<b>17.2%</b>	<b>22.1%</b>	<b>\$29.84</b>	<b>36,168,459</b>	<b>7,511,727</b>	<b>20.8%</b>	<b>0</b>	<b>(522,227)</b>	<b>(1,231,382)</b>

Note: All data is updated monthly, except for net absorption which is updated quarterly.

Source: CoStar, Transwestern.



**INDUSTRIAL MARKET INDICATORS**

SUBMARKET	INVENTORY	DIRECT VACANCY SF	DIRECT VACANCY	TOTAL AVAILABILITY	AVERAGE RATE PSF	UNDER CONSTRUCTION	NET ABSORPTION Q4 2025	NET ABSORPTION Q4 2025 YOY
<b>District of Columbia</b>								
<b>TOTAL</b>	7,606,347	636,224	8.4%	12.7%	\$19.59	0	(65,177)	(112,742)
<b>TOTAL - ONE YEAR PRIOR</b>	7,600,394	565,765	7.4%	10.7%	\$18.63	0	(52,020)	(260,259)
<b>Northern Virginia</b>								
<b>BELTWAY (I-495)</b>	8,105,419	402,584	5.0%	7.0%	\$23.91	0	6,525	(26,914)
<b>I-95 CORRIDOR</b>	24,350,930	1,668,430	6.9%	11.5%	\$19.81	0	24,527	185,836
<b>DULLES CORRIDOR</b>	39,022,291	1,392,171	3.6%	5.3%	\$19.34	819,592	13,257	371,910
<b>LEESBURG/OUTLYING LOUDOUN</b>	1,925,809	12,997	0.7%	1.0%	\$20.35	87,200	4,815	237,681
<b>MANASSAS/GAINESVILLE</b>	19,619,765	543,986	2.8%	5.5%	\$17.64	543,754	(76,832)	100,860
<b>TOTAL</b>	<b>93,024,214</b>	<b>4,020,168</b>	<b>4.3%</b>	<b>7.0%</b>	<b>\$19.50</b>	<b>1,450,546</b>	<b>(27,708)</b>	<b>869,373</b>
<b>TOTAL - ONE YEAR PRIOR</b>	<b>91,843,167</b>	<b>4,104,290</b>	<b>4.5%</b>	<b>6.7%</b>	<b>\$18.60</b>	<b>367,495</b>	<b>93,364</b>	<b>362,409</b>
<b>Suburban Maryland</b>								
<b>NORTHERN PRINCE GEORGE'S</b>	19,662,539	1,065,971	5.4%	9.0%	\$15.59	269,964	(40,210)	25,080
<b>CENTRAL PRINCE GEORGE'S</b>	25,126,056	2,130,799	8.5%	11.2%	\$15.29	70,000	152,061	492,016
<b>SOUTHERN PRINCE GEORGE'S</b>	15,997,921	1,877,828	11.7%	15.7%	\$15.26	40,000	354,733	684,493
<b>MONTGOMERY COUNTY</b>	25,763,928	1,475,386	5.7%	10.0%	\$24.01	100,854	172,935	41,116
<b>FREDERICK COUNTY</b>	22,024,952	2,323,608	10.5%	14.8%	\$14.64	571,231	27,423	32,725
<b>TOTAL</b>	<b>108,575,396</b>	<b>8,873,592</b>	<b>8.2%</b>	<b>11.9%</b>	<b>\$17.39</b>	<b>1,052,049</b>	<b>666,942</b>	<b>1,275,430</b>
<b>TOTAL - ONE YEAR PRIOR</b>	<b>106,197,690</b>	<b>7,522,648</b>	<b>7.1%</b>	<b>11.3%</b>	<b>\$16.60</b>	<b>1,305,885</b>	<b>(633,706)</b>	<b>(465,683)</b>

Note: All data is updated monthly, except for net absorption which is updated quarterly. To continually improve the content provided to our clients, starting at Q4 2025, Transwestern Research has revised its industrial methodology which may shift current and historical data in our market reporting. Please reach out to the research contact(s) noted in this report with any questions.

Source: CoStar, Transwestern.



## RESEARCH METHODOLOGY

The information in this report is the result of a compilation of information on office and industrial properties located in the Washington metro area. This report includes single tenant, multi-tenant and owner-user properties 15,000 SF and larger. This report excludes data centers and properties owned by a government agency.

## ABOUT TRANSWESTERN

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