



MULTI-TENANT | Q2 2026

Office

Commercial Real Estate Debt + Equity | Investment Sales | Loan Servicing | Fund Management

northmarq.com

MULTI-TENANT OFFICE

Market Fundamentals



Q2 2026 Investment Sales Volume	\$16.46B
Change from Last Quarter (Q1 '26)	-12.8%
Change from Last Year (Q2 '25)	-8.0%



Q2 2026 Overall Average Cap Rate	7.50%
Change from Last Quarter (Q1 '26)	+3 bps
Change from Last Year (Q2 '25)	-1 bp

Overview | Multi-Tenant Office

The multi-tenant office sector recorded nearly \$16.5 billion in investment sales during the second quarter, representing a 12.8% decline from the previous quarter and an 8.0% decrease year over year.

The West and Northeast regions led in transaction volume for the quarter, recording \$4.5 billion and \$4.2 billion in sales and accounting for 23.9% and 22.2% of total volume, respectively. The Southwest followed with \$2.9 billion, representing 15.6%, while the Southeast recorded \$2.3 billion, or 12.4%. The Midwest and Mid-Atlantic regions rounded out the quarter with \$1.4 billion and \$1 billion in transactions, accounting for 7.6% and 5.5% of total volume, respectively.

The average cap rate increased by 3 basis points to 7.50%, suggesting that the sharp increases seen in recent years are beginning to plateau, and are currently 1 basis point lower than one year ago.

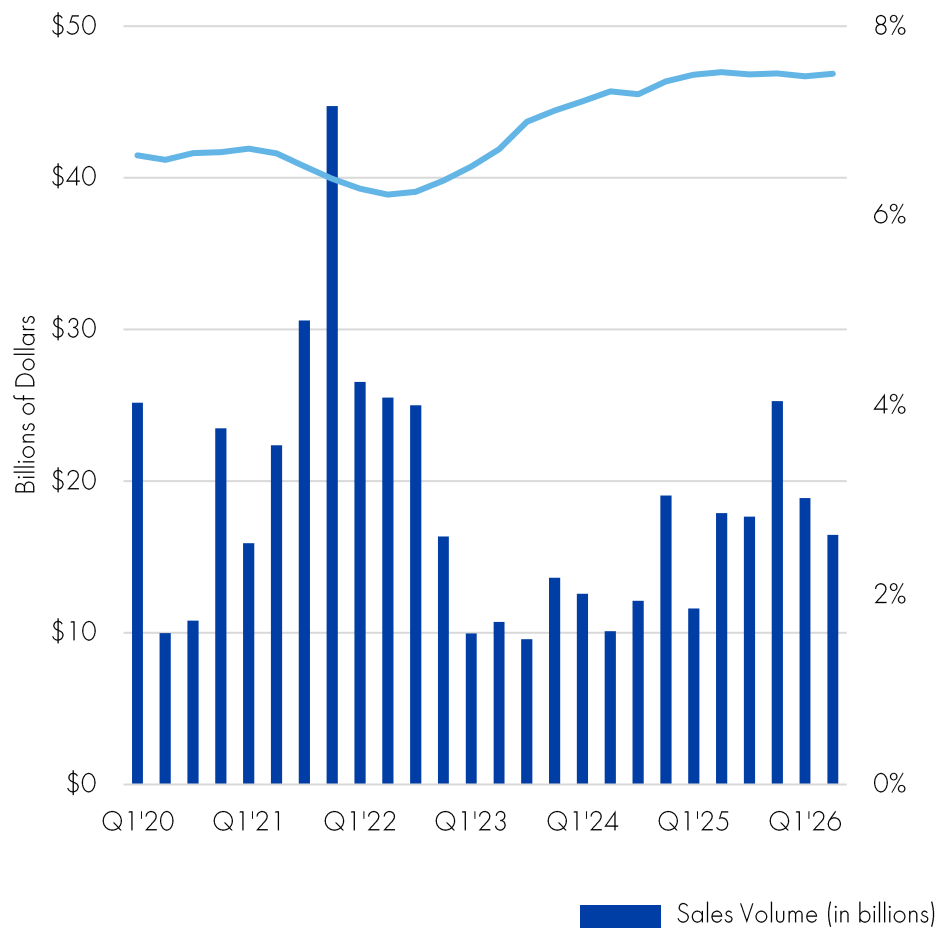
Private buyers accounted for 52% of multi-tenant office acquisitions through the second quarter of 2026, followed by institutional investors at 23%. The share of institutional acquisitions has been gradually increasing since 2023, while private investment activity has declined by 9% over the same period.



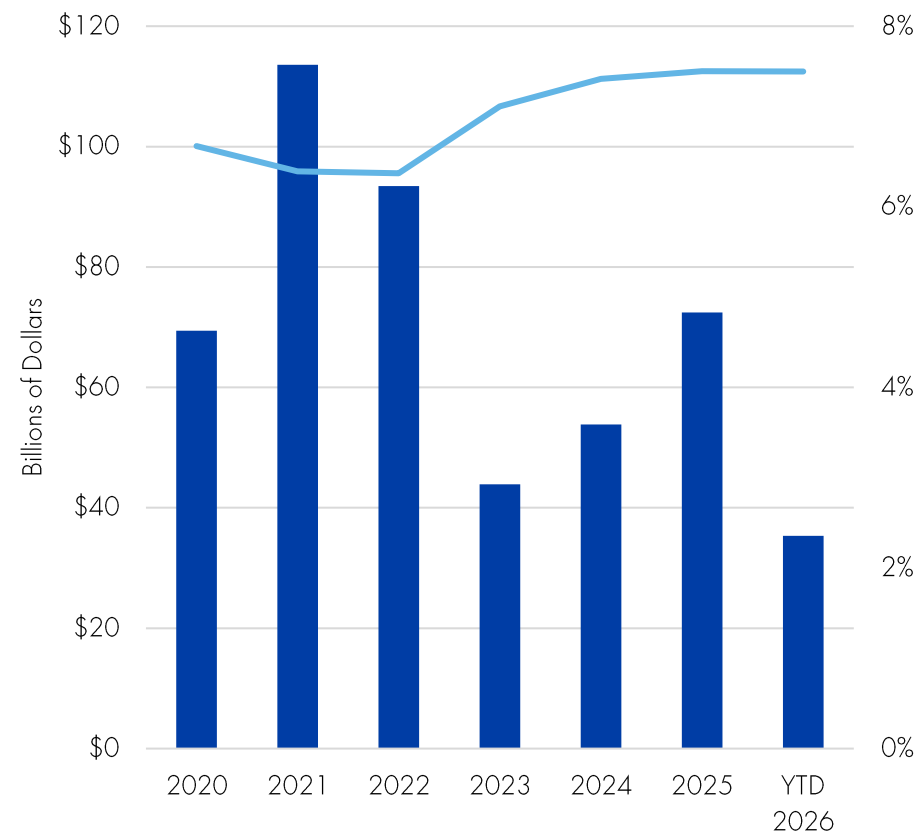
MULTI-TENANT OFFICE

Investment Sales Volume & Average Cap Rates

 Quarterly



 Annual



Source: Northmarq, Real Capital Analytics; analysis includes sales greater than \$2.5M



MULTI-TENANT OFFICE

Quarterly & Annual Market Statistics

Investment Sales Volume (in millions)



Quarterly

Type	Q2 2025	Q3 2025	Q4 2025	Q1 2026	Q2 2026
Mid-Atlantic	\$2,812.60	\$1,047.28	\$1,820.16	\$1,472.50	\$1,036.06
Midwest	\$955.94	\$1,045.25	\$1,996.83	\$1,158.97	\$1,430.24
Northeast	\$3,026.26	\$4,665.14	\$6,621.68	\$3,082.40	\$4,200.80
Southeast	\$2,317.46	\$3,018.27	\$4,633.17	\$4,331.56	\$2,337.95
Southwest	\$3,627.16	\$3,090.91	\$2,975.21	\$2,972.19	\$2,943.91
West	\$5,151.13	\$4,785.17	\$6,498.30	\$5,866.01	\$4,514.82
Total	\$17,890.56	\$17,652.03	\$25,272.20	\$18,883.63	\$16,463.78

Annual

Type	2022	2023	2024	2025	YTD 2026
Mid-Atlantic	\$8,433.88	\$4,765.00	\$4,753.05	\$6,761.59	\$2,508.56
Midwest	\$9,936.37	\$3,905.27	\$5,378.90	\$4,932.70	\$2,589.21
Northeast	\$18,818.20	\$9,918.60	\$13,352.70	\$16,868.06	\$7,283.19
Southeast	\$17,031.31	\$7,624.42	\$10,038.54	\$12,166.98	\$6,669.51
Southwest	\$17,848.81	\$7,448.23	\$8,121.22	\$11,450.76	\$5,916.10
West	\$21,363.07	\$10,232.19	\$11,936.45	\$19,513.06	\$10,380.83
Total	\$93,431.64	\$43,893.71	\$53,844.74	\$72,420.01	\$35,347.41

Average Cap Rates



Quarterly

Type	Q2 2025	Q3 2025	Q4 2025	Q1 2026	Q2 2026
Mid-Atlantic	8.07%	8.23%	7.70%	7.88%	8.07%
Midwest	8.25%	8.35%	8.46%	8.52%	8.50%
Northeast	7.02%	7.01%	7.11%	7.15%	7.02%
Southeast	7.36%	7.29%	7.47%	7.48%	7.60%
Southwest	7.84%	7.57%	7.54%	7.43%	7.33%
West	7.28%	7.27%	7.23%	7.10%	7.22%
Total	7.51%	7.49%	7.50%	7.47%	7.50%

Annual

Type	2022	2023	2024	2025	YTD 2026
Mid-Atlantic	7.06%	7.67%	8.56%	7.70%	8.07%
Midwest	7.41%	8.20%	7.88%	8.46%	8.50%
Northeast	6.21%	6.95%	6.61%	7.11%	7.02%
Southeast	6.55%	7.32%	7.38%	7.47%	7.60%
Southwest	6.44%	7.40%	8.01%	7.54%	7.33%
West	5.59%	6.20%	7.21%	7.23%	7.22%
Total	6.37%	7.11%	7.42%	7.50%	7.50%

Source: Northmarq, Real Capital Analytics; analysis includes sales greater than \$2.5M; totals may not equal the sum of individual property types due to rounding



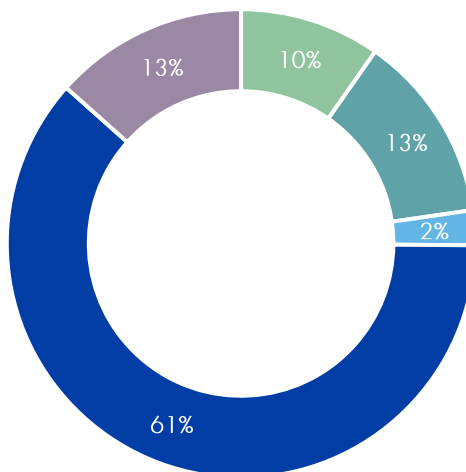
MULTI-TENANT OFFICE

Buyer Distribution

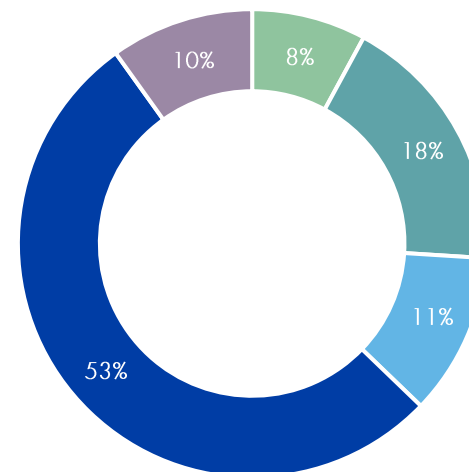
Annual



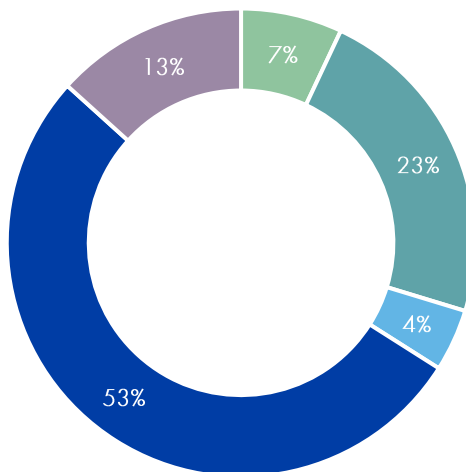
2023



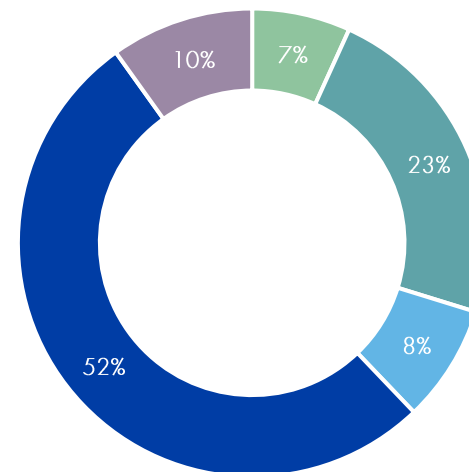
2024



2025



YTD 2026





JOHN TAGG

Research Manager

jtagg@northmarq.com

KEVIN LIMA

Research Analyst

klima@northmarq.com

northmarq.com/trends-insights/research-library/marketsnapshot

©2026 Northmarq. All rights reserved. No part of this publication may be reproduced by any means without prior written permission of Northmarq. The information contained in this publication has been compiled from sources believed to be reliable. Northmarq accepts no liability or responsibility for the accuracy or completeness of the information contained herein and no reliance should be placed on the information contained in this publication.