

Despite diminished leasing, availability dips as obsolete office buildings were removed from stock



Note: Arrows indicate change from previous quarter.

QUICK FACTS

- Quarterly leasing activity totaled 320,000 sq. ft., up 1% from the previous quarter and down 23% from the five-year quarterly average.
- Annual leasing activity totaled 1.47 million sq. ft., down 22% year-over-year.
- The availability rate dropped 60 bps quarter-over-quarter to 24.1% and was down 180 bps from a year ago.
- Quarterly net absorption was positive 231,000 sq. ft., which brought year-to-date absorption to positive 996,000 sq. ft.
- The average asking rent moved slightly, falling 1% quarter-over-quarter and year-over-year to \$35.90 per sq. ft.

Market Overview

Fairfield County leasing demand slowed in 2025, but removals of obsolete space kept absorption positive. Q4’s 320,000 sq. ft. of leasing activity was down 23% from the five-year quarterly average. Annual leasing totaled 1.47 million sq. ft. in 2025—22% behind 2024 figures. Average asking rent declined 1% quarterly and annually, landing at \$35.90 per sq. ft. in Q4 2025.

Lower demand for office space and strong residential demand drivers, led to the removal of nearly one million sq. ft. of obsolete office space slated for residential conversions and targeted demolitions. As a result, availability fell 60 basis points quarter over quarter and 180 basis points year over year to 24.1%—its lowest level since 2018.

Unlike most of the Fairfield market, Greenwich CBD maintained strong fundamentals and some of the nation’s highest asking rents at \$111.84 per sq. ft. The submarket’s availability rate of 7.4% is the tightest in Fairfield County.

Economic Conditions

The U.S. economy is sending some mixed signals. Financial markets are focused on the upside, particularly AI’s sizable contribution to growth in recent quarters. Some indicators of business activity, such as capital goods orders, are improving, and strengthening credit markets are helping to usher real estate into a new cycle. Conversely, consumer confidence remains weak, with spending reportedly driven by a smaller segment of affluent households. Annual average GDP growth will be steady in 2026, at 2%. A key catalyst is a softer labor market, as companies are ‘slow to hire, slow to fire’—a trend that is likely to last a few quarters.

Connecticut’s labor market fell by 5,400 positions quarter-over-quarter in Q4 (-0.3%) and is up 1,800 positions year-over-year (+0.1%). Office-using employment (OUE) fared slightly worse than the overall labor market, losing 2,100 positions quarter-over-quarter in Q4 (-0.6%). Financial activities let go of 1,200 positions in Q4 (-1.0%) while information services reduced headcount by 800 positions (-2.6%), and professional and business services contracted by 100 positions (0.0%). Year-over-year, OUE in Connecticut is up a net of 2,200 positions (+0.6%). Connecticut’s OUE currently stands at 100.3% of the pre-pandemic level.

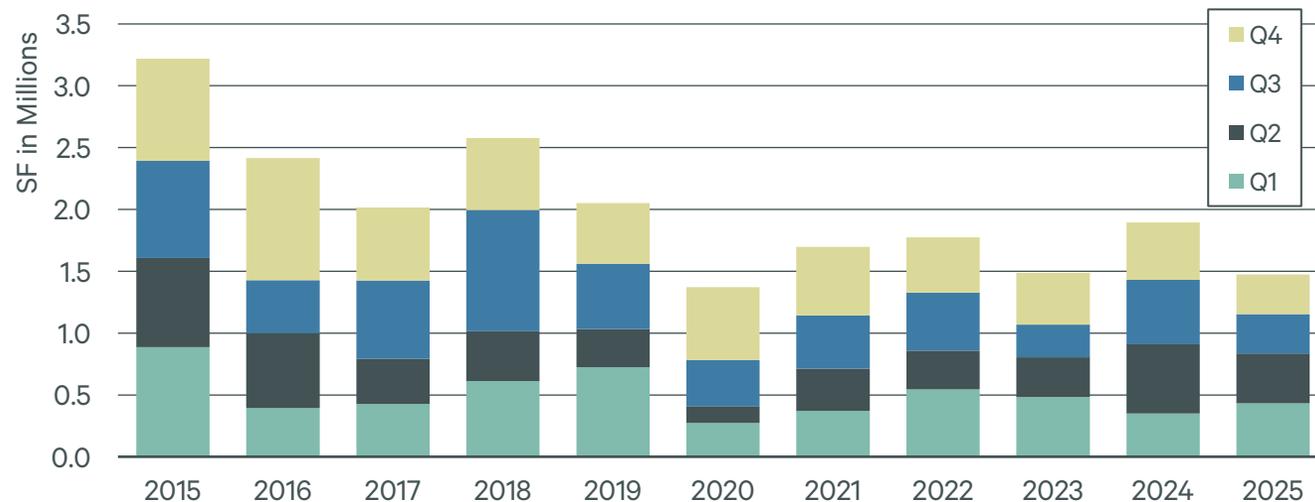
Connecticut’s overall unemployment is 3.8%, unchanged since May 2025. The national unemployment rate is 4.6%.

Leasing Activity

Fairfield County recorded 320,000 sq. ft. of leasing activity in Q4—23% below the five-year quarterly average. Full-year leasing totaled 1.47 million sq. ft., down 22% from 2024. The results underscore a year marked by limited tenant relocations. Despite the reduction in leasing volume, there was still a strong preference for higher quality space.

Class A space continued to dominate tenant demand, accounting for 71% of quarterly and annual leasing activity. Annually, Class A buildings captured 1.04 million sq. ft. of new activity, reflecting tenants’ ongoing desire for high-quality, amenity-rich office environments.

FIGURE 1: Historical Leasing Activity



Source: CBRE Research, Q4 2025.

FIGURE 2: Top Transactions | Q4 2025

Size (Sq. Ft.)	Deal Type	Direct/ Sublet	Tenant	Address	Submarket
59,729	R	D	UBS AG	600 Washington Boulevard	Stamford CBD
50,000	L	D	First Quality Retail Services	75 Corporate Drive	Fairfield East
45,615	R	D	Henkel	30 Trefoil Drive	Fairfield East
33,546	R/E	D	iCapital Networks	850 Canal Street	Stamford CBD
24,599	L	D	CuraLeaf	250 Harbor Drive	Stamford CBD

Source: CBRE Research, Q4 2025. Lease (L), Renewal (R), Expansion (E), Renewal and Expansion (RE), Direct (D), Sublet (S).

400 Atlantic Street in Stamford was Fairfield’s most active building by space leased, notching 103,000 sq. ft. of new activity in 2025 through 11 new transactions—which accounted for 27% of annual activity in Stamford CBD.

Stamford CBD led Fairfield County in leasing activity with 67,000 sq. ft. completed in Q4, ending the year with a total of 380,000 sq. ft. Although it tallied more new leasing than any other submarket, this was Stamford CBD’s lowest annual leasing figure since 2013. Several buildings were being marketed for sale or addressing debt and funding constraints, which curtailed leasing and rendering them unavailable for prospective tenants. With the resolution of these situations and the 350,000 sq. ft. of active requirements touring downtown, the demand outlook for the submarket is optimistic. Stamford CBD also secured the two largest deals of the year: UBS’s 60,000 sq. ft. full-floor renewal at 680 Washington Boulevard and Cummings & Lockwood’s 56,000 sq. ft. renewal at 6 Landmark Square.

Central Fairfield finished 2025 with 354,000 sq. ft. of annual leasing, down 54% compared to 2024’s total. The submarket also secured Fairfield County’s second largest transaction of 2025, with CommonFund’s 40,000 sq. ft. relocation to 601 Merritt 7 in Norwalk, closed in Q1 2025.

Eastern Fairfield ended on a strong note for 2025, notching 87,000 sq. ft. of new activity—26% above the five-year average. The submarket saw its best annual leasing total since 2022 with 323,000 sq. ft. leased—a 19% improvement from 2024. The submarket captured the largest new lease of Q4 with First Quality Retail Services’ 50,000 sq. ft. new lease at 75 Corporate Drive in Trumbull—the largest lease seen in Trumbull since the fall of 2022.

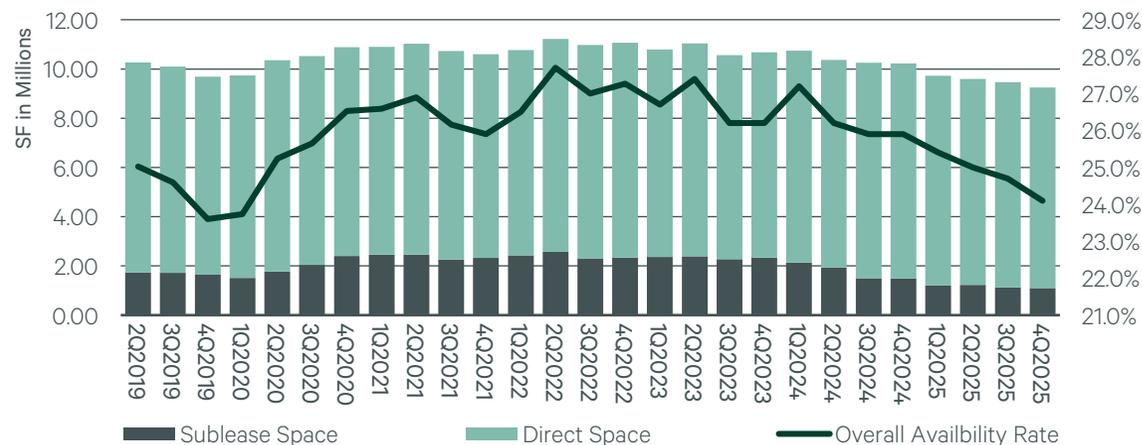
Due to limited availability, leasing in Greenwich was relatively mild during 2025. Greenwich CBD and NCBD saw Q4 totals of 59,000 sq. ft. and 9,000 sq. ft., respectively, which brought a year-end total of 270,000 sq. ft. for the city of Greenwich. The largest new deal of the quarter occurred at 1 Pickwick Plaza in Greenwich CBD, where Alvarez & Marsal expanded their office space by 20,000 sq. ft.

FIGURE 3: Quarterly Leasing Activity by Submarket



Source: CBRE Research, Q4 2025.

FIGURE 4: Availability Rate | Direct vs. Sublease Breakdown



Source: CBRE Research, Q4 2025.

Net Absorption and Availability

Fairfield County’s availability rate fell 60 basis points quarter-over-quarter to 24.1%—the lowest mark since 2018. Quarterly absorption was positive 231,000 sq. ft. in Q4, which brought the annual total to positive 996,000 sq. ft.—the third consecutive year of positive absorption and the highest positive annual figure ever recorded.

Several office buildings slated for conversion or demolition contributed greatly to 2025’s positive absorption. Notable examples of buildings being removed from office stock are: 120 Long Ridge Road, 177 Broad Street, and 201 Broad Street in Stamford, and a portion of 39 Old Ridgebury Road in Danbury.

Stamford CBD experienced a substantial decline in the availability rate in recent years, driven largely by a wave of office-to-residential conversions. Availability fell to 21.3%, down 10 basis points quarter over quarter and 150 basis points year over year. The market has now seen the availability rate fall 1,040 basis points from the post-pandemic peak in 2023. Reinforced by seven consecutive quarters of positive absorption, the submarket witnessed annual absorption of 184,000 sq. ft.

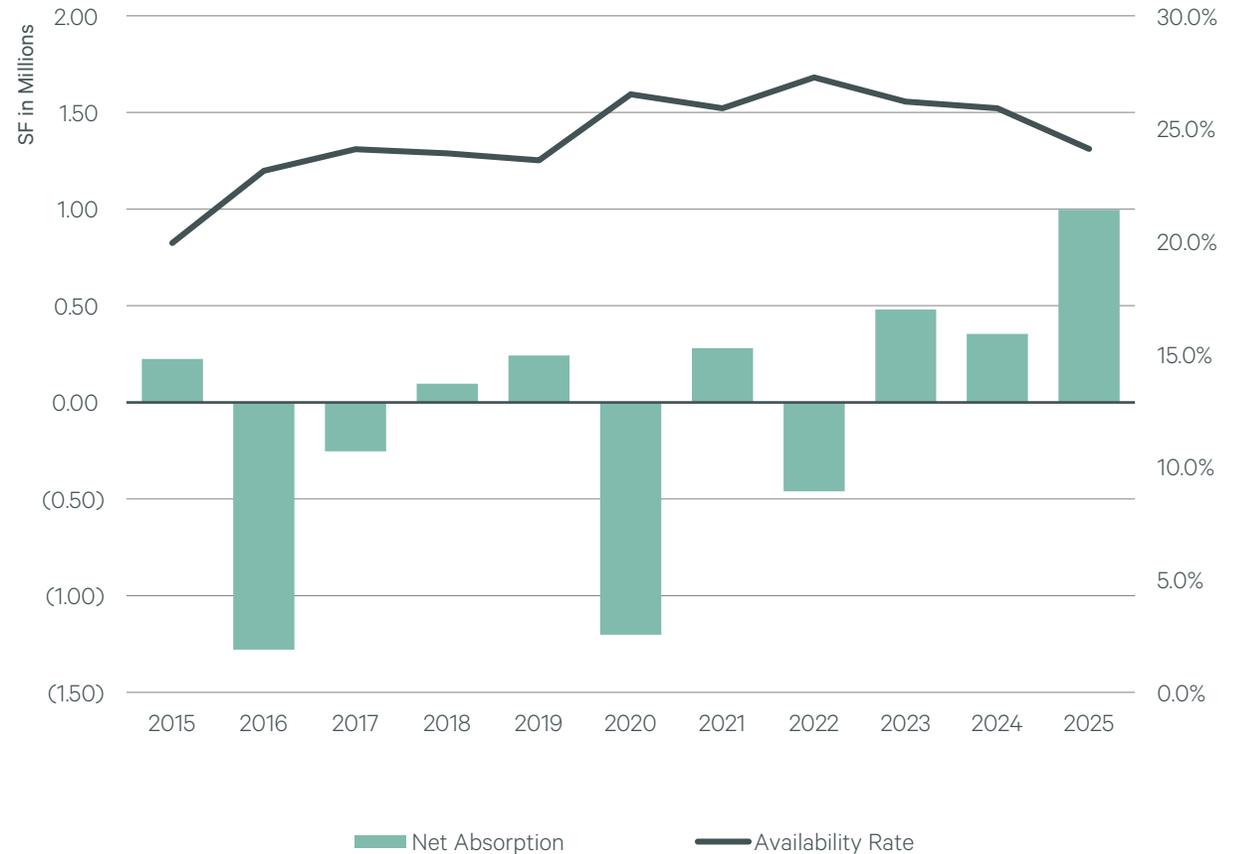
Stamford NCBD recorded 288,000 sq. ft. of positive absorption in Q4, driven primarily by the 310,000 sq. ft. withdrawal of the former General Reinsurance headquarters at 120 Long Ridge Road as BLT earned city approval for a teardown of the complex, paving the way for 102 new townhomes. This brought total absorption for 2025 to positive 488,000 sq. ft. Availability now stands at 34.0%, marking a 570 basis point reduction from Q3.

Central Fairfield saw negative 16,000 sq. ft. of absorption in Q4, bringing the 2025 total to positive 278,000 sq. ft. The recently approved apartment conversions at 101 and 201 Merritt 7 in Norwalk and 120 Tokeneke Road in Darien all contributed to the positive year-end absorption. Current availability in Central Fairfield sits at 26.5%, up 10 basis points from the prior quarter but down 250 basis points from this time last year.

Greenwich CBD notched its fifth consecutive quarter of positive absorption in Q4, totaling 5,000 sq. ft., which brought annual absorption figures to positive 40,000 sq. ft. Current availability is at 7.4%, 200 basis points lower than last year.

Fairfield East notched 29,000 sq. ft. of positive absorption in Q4, but was the only submarket to see negative annual absorption, which totaled 50,000 sq. ft. The submarket saw two of the top five largest space additions in 2025 occurring in Bridgeport: the GSA’s multi-floor give-back at 350 Fairfield Avenue and M&T Bank’s two-floor give-back at 850 Main Street heightened year-end availability to 23.9%.

FIGURE 5: Annual Absorption and Availability Rate



Source: CBRE Research, Q4 2025.

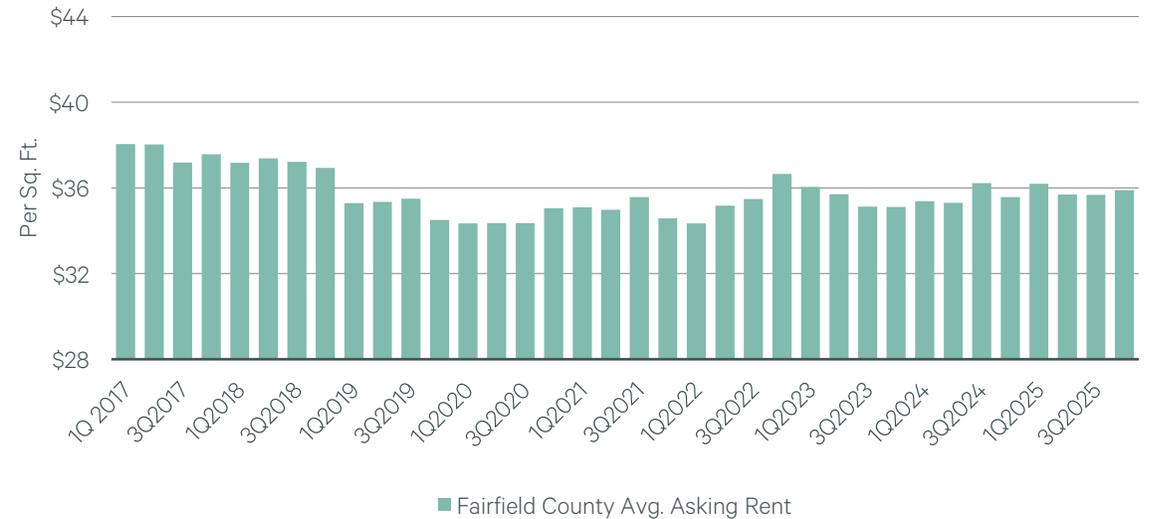
Average Asking Rent

Average asking rent in Fairfield County fell 1% quarter-over-quarter and year-over-year to \$35.90. County-wide asking rents have remained remarkably stable for more than a decade, holding within a narrow \$34–\$38 range. Only two submarkets saw noteworthy changes in 2025.

Stamford NCBD was the only submarket to see a significant quarterly increase in asking rent, up 6% quarter-over-quarter to \$34.17 per sq. ft. The increase came from 3001 Summer Street, where Pitney Bowes gave back 85,000 sq. ft. of above average priced Class A space.

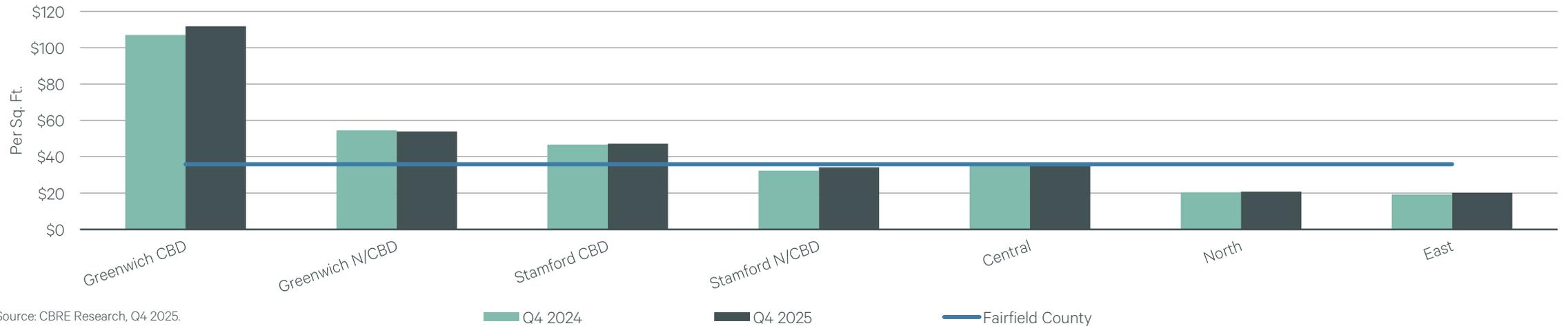
Greenwich CBD saw annual rent increases of 5% to \$111.84 per sq. ft., the highest mark the submarket has ever seen. Above-average priced space additions at 145 Mason Street and 200 Greenwich Avenue have contributed heavily to the increase in rent.

FIGURE 6: Average Asking Rent | Quarterly Historical



Source: CBRE Research, Q4 2025.

FIGURE 7: Average Asking Rent | By Submarket



Source: CBRE Research, Q4 2025.

FIGURE 8: Q4 2025. | Market Statistics

Submarket	Market Rentable Area (MSF)	Total Available (MSF)	Availability Rate (%)	Vacancy Rate (%)	Net Absorption (SF)	Leasing Activity (SF)	Average Asking Rent (\$/SF/Year)
Greenwich CBD	2.17	0.16	7.4%	7.4%	5,187	59,006	\$111.84
Greenwich Non-CBD	2.04	0.42	20.8%	19.2%	(13,899)	9,261	\$53.93
Stamford CBD	9.97	2.13	21.3%	20.2%	5,784	67,066	\$47.19
Stamford Non-CBD	5.06	1.72	34.0%	32.7%	288,044	61,858	\$34.17
Central Fairfield	9.22	2.45	26.5%	24.4%	(15,703)	10,131	\$35.21
Eastern Fairfield	6.73	1.61	23.9%	22.3%	(68,059)	86,676	\$20.16
Northern Fairfield	3.11	0.75	24.3%	24.2%	29,192	26,343	\$20.82
FAIRFIELD COUNTY	38.30	9.24	24.1%	22.8%	230,546	320,341	\$35.90

Source: CBRE Research, Q4 2025.

Market Area Overview

Definitions

Availability: Space that is being actively marketed and is available for tenant build-out within 12 months. Includes space available for sublease as well as space in buildings under construction.

Asking Rent: Weighted average asking rent.

Leasing Activity: Total amount of sq. ft. leased within a specified period of time, including new deals, expansions, and pre-leasing, but excluding renewals.

Leasing Velocity: Total amount of sq. ft. leased within a specified period of time, including new deals, expansions, and pre-leasing and renewals.

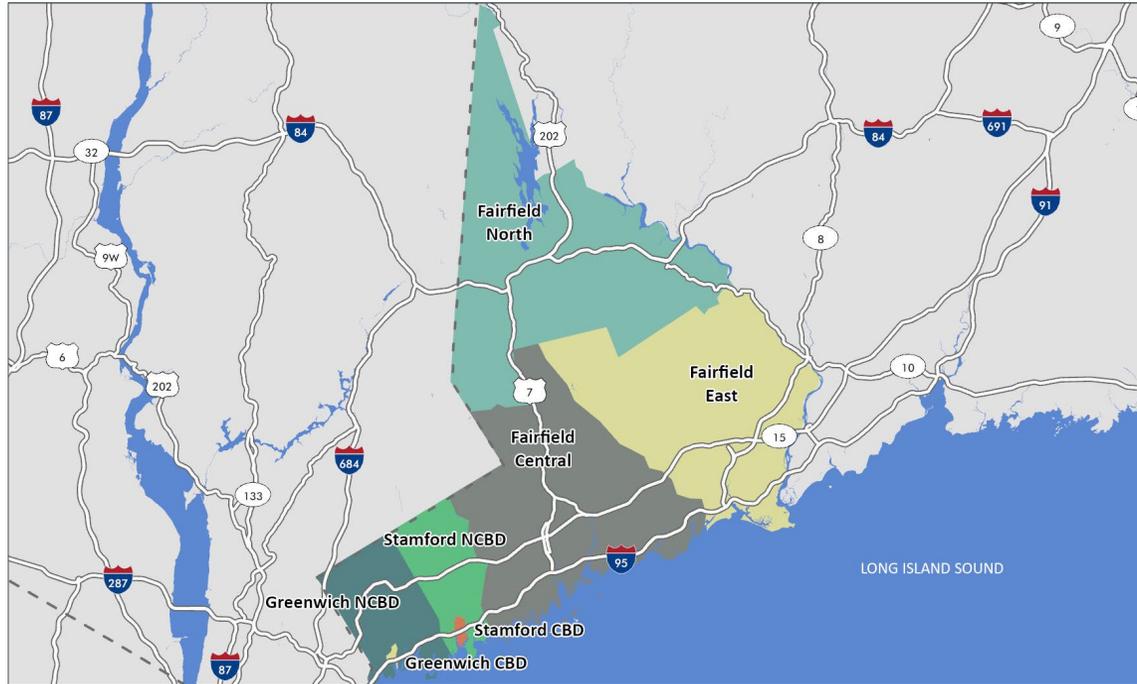
Net Absorption: The change in the amount of committed sq. ft. within a specified period of time, as measured by the change in available sq. ft.

Vacancy: Unoccupied space available for lease.

Survey Criteria

CBRE's market report analyzes Fairfield County's fully modernized office buildings that total 20,000 SF or larger, Class A and B only, multi-storied, conventionally modernized, and not owned and occupied by a government or medical institution. New construction must be available for tenant build-out within 12 months. CBRE assembles all information through telephone canvassing and listings received from owners, tenants and members of the commercial real estate brokerage community.

Market Area Overview



Submarket	Total Stock (MSF)
Greenwich CBD	2.17
Greenwich N/CBD	2.04
Stamford CBD	9.97
Stamford N/CBD	5.06
Central Fairfield	9.22
Eastern Fairfield	6.73
Northern Fairfield	3.11
FAIRFIELD COUNTY	38.30

Contact

Nicole LaRusso

U.S. Head of Field Research & Data Intelligence & Senior Research Director, Americas Advisory North
 +1 212 984 7188
 Nicole.LaRusso@cbre.com

Michael Slattery

Tri-State Research Director
 +1 212 656 0583
 Michael.Slattery@cbre.com

James Smith

Research Data Analyst
 +1 203 352 8930
 James.Smith3@cbre.com