

Availability rate down 40 basis points to 25.0%



Note: Arrows indicate change from previous quarter.

QUICK FACTS

- Quarterly leasing activity totaled 402,000 sq. ft., down 7% from the previous quarter and the five-year quarterly average.
- Renewal activity amounted to 227,000 sq. ft., down 6% quarter-over-quarter.
- The availability rate was 25.0%, down 40 bps (basis points) quarter-over-quarter and 120 bps from a year ago.
- Quarterly net absorption was positive 130,000 sq. ft., bringing year-to-date absorption to positive 644,000 sq. ft.
- The average asking rent was \$35.69 per sq. ft., down 1% quarter-over-quarter and up 1% from a year ago.

Market Overview

The trend of shrinking office space availability in Fairfield County continued mid-way through 2025. For the fifth quarter in a row, availability has declined, representing the longest sustained period of contraction since 2017-2018. Actively listed sublease space has also shrunk dramatically, falling from a Q2 2022 peak of 2.5 million sq. ft. to 1.2 million sq. ft. today. Although, some of this space has been brought back on a direct basis or removed due to conversions, the tightening in availability can also be attributed to strong leasing activity. Fairfield County has now experienced five consecutive quarters of over 400,000 sq. ft. of leasing activity. Q2 saw 402,000 sq. ft. of leasing, down 7% quarter-over-quarter. Due to high-quality space being leased in Greenwich and Stamford, Fairfield County asking rents fell 3% to \$35.69 per sq. ft.

Greenwich CBD remains one of the strongest submarkets in the country, with an asking price of \$107.82 per sq. ft. and an availability rate of 8.4. The submarket’s quarterly activity was driven primarily by Northern Trust’s 11,000 sq. ft. lease at 55 Railroad Avenue.

The city of Stamford saw the four largest deals of the quarter, three of which were renewals. First County Bank at 3001 Summer Street, Morgan Stanely at 4 Landmark Square and Cummings & Lockwood’s three floor renewal at 6 Landmark Square all contributed to Fairfield County’s 227,000 sq. ft. of renewal activity for Q2.

Economic Conditions

Policy announcements and the news cycle—not economic fundamentals—are driving sentiment today. While consumer and business sentiment surveys remain weak, the hard economic data (e.g., jobless claims, CPI, orders) points to a steadier economy. To be sure, it could take time for the costs associated with higher tariffs and global uncertainty to filter through, but in the meantime CBRE has increased its 2025 GDP growth outlook to 1.3% for 2025.

Connecticut’s labor market was relatively flat in Q2, letting go of 1,700 positions quarter-over-quarter (-0.1%). Office-using employment (OUE) was unchanged quarter-over-quarter. Professional and business services added 400 roles (+0.2%) while financial activities shed 400 jobs (-0.3%). Information employment was unchanged quarter-over-quarter in Q2. Year-over-year, OUE in Connecticut is up a net of 200 positions (+0.1%). Connecticut’s OUE currently stands at 99.6% of the pre-pandemic level.

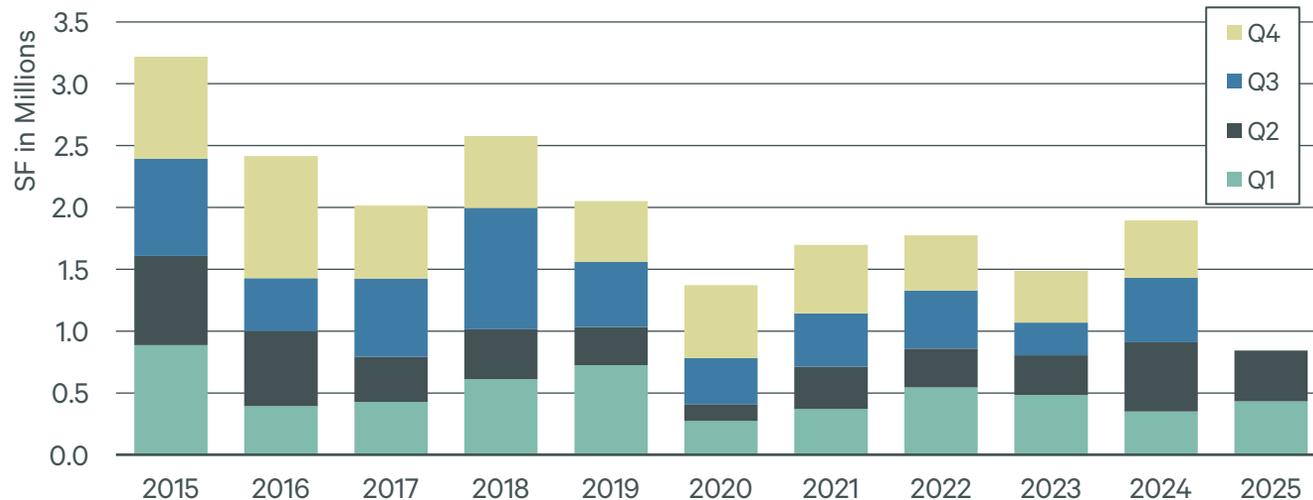
Connecticut’s overall unemployment is 3.8%, up from 3.6% at the end of Q1 and below the national unemployment rate of 4.2%.

Leasing Activity

Fairfield County’s Q2 leasing activity totaled 402,000 sq. ft., down 7% from Q1 and the five-year quarterly average. This figure brought year-to-date leasing to 835,000 sq. ft., which is 9% behind the total seen by mid-year 2024.

Stamford CBD totaled 108,000 sq. ft. of leasing activity was down 3% from the prior quarter and down 22% compared to the five-year quarterly average. Velocity (New Leases + Renewal Activity) in the CBD was propelled by Fairfield County’s two largest transactions of the quarter—Cummings & Lockwood’s three floor, 56,000 sq. ft. renewal at 6 Landmark Square and ISG’s 17,000 sq. ft. lease at 400 Atlantic.

FIGURE 1: Historical Leasing Activity



Source: CBRE Research, Q2 2025.

FIGURE 2: Top Transactions | Q2 2025

Size (Sq. Ft.)	Deal Type	Direct/ Sublet	Tenant	Address	Submarket
55,643	R	D	Cummings & Lockwood	6 Landmark Square	Stamford CBD
23,062	R	D	Morgan Stanley	4 Landmark Square	Stamford CBD
19,683	R	D	First County Bank	3001 Summer Street	Stamford NCBD
19,217	R	D	UBS Financial Services	8 Wright Street	Central Fairfield
17,552	L	D	Information Services Group	400 Atlantic Street	Stamford CBD

Source: CBRE Research, Q2 2025. Lease (L), Renewal (R), Expansion (E), Renewal and Expansion (RE), Direct (D), Sublet (S).

The Fairfield East notched the most leasing activity out of Fairfield County and made up 29% of Fairfield County’s quarterly leasing. The submarket notched 118,000 sq. ft. of leasing activity, up 52% from the prior quarter and 76% above its five-year quarterly average. The surge in leasing was driven by deal volume in Shelton, which accounted for 105,000 sq. ft. of the submarket’s 27 new leases.

Central Fairfield saw 77,000 sq. ft. of leasing activity in Q2,—52%, behind last quarter and 29% below its five-year quarterly average. The submarket’s recent surge in activity was largely driven by displaced office tenants due to multiple office-to-residential conversions. This source of tenant demand significantly decreased in Q2, leading to a noticeable reduction in activity. Despite the diminished demand, the submarket did secure the fifth-largest deal of the quarter with UBS’ 19,000 sq. ft. renewal at 8 Wright Street in Westport. With the majority of office downsizing taken place in the last few years, leasing velocity fell 59% quarter-over-quarter to 106,000 sq. ft. the lowest quarterly total since the Q3 2023.

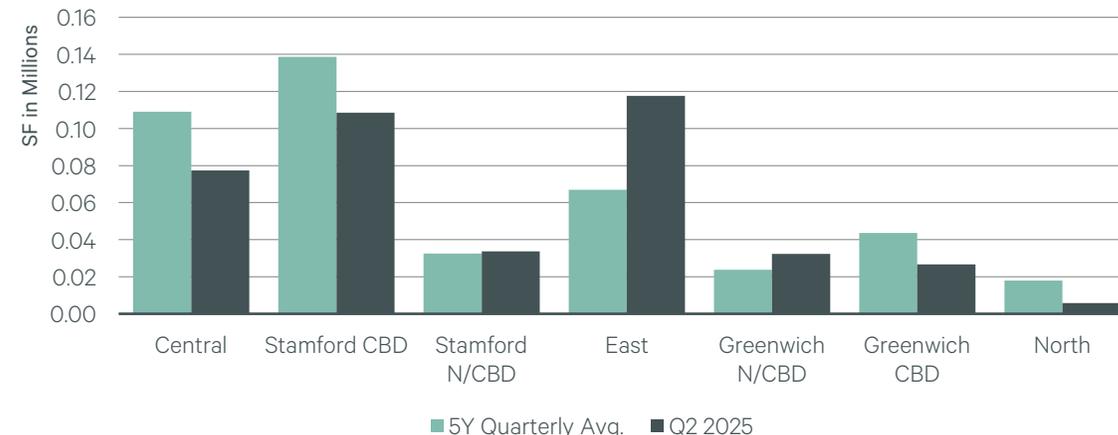
Greenwich CBD notched 27,000 sq. ft. of activity in Q2, bringing year-to-date leasing to 58,000 sq. ft. Notable Q2 deals included Northern Trust’s lease for 11,000 sq. ft. at 55 Railroad Avenue and Skye Leasing’s 7,500 sq. ft. lease at 240 Greenwich Avenue.

Greenwich NCBD saw 32,000 sq. ft. of new activity in Q2, up 98% quarter-over-quarter and bringing year-to-date figures to 49,000 sq. ft. on the year. Notable deals were focused at 1 American Lane in Northern Greenwich with Horizon Kinetics’ 10,000 sq. ft. new lease and Level Equity’s 13,000 sq. ft. lease, both signed on the terrace level of the building.

Net Absorption and Availability

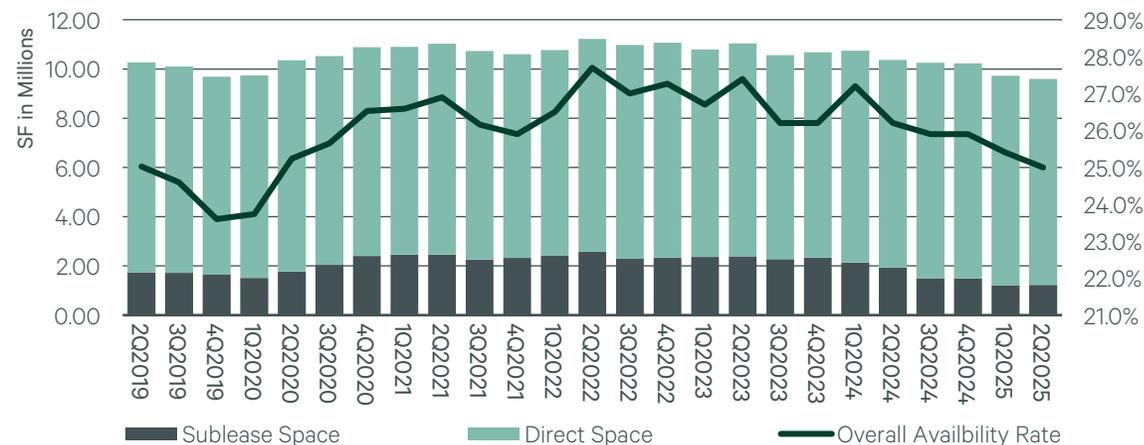
The available supply decreased in Fairfield County for the fifth consecutive quarter. Q2’s absorption of 130,000 sq. ft., drove the availability rate down 40 bps from Q1 to 25.0%, the lowest mark seen since Q1 2020. Year-to-date absorption reached 644,000 sq. ft. which is the highest mid-year total recorded since CBRE began tracking. This high level is largely attributed to office-to-residential conversions ..

FIGURE 3: Quarterly Leasing Activity by Submarket



Source: CBRE Research, Q2 2025.

FIGURE 4: Availability Rate | Direct vs. Sublease Breakdown



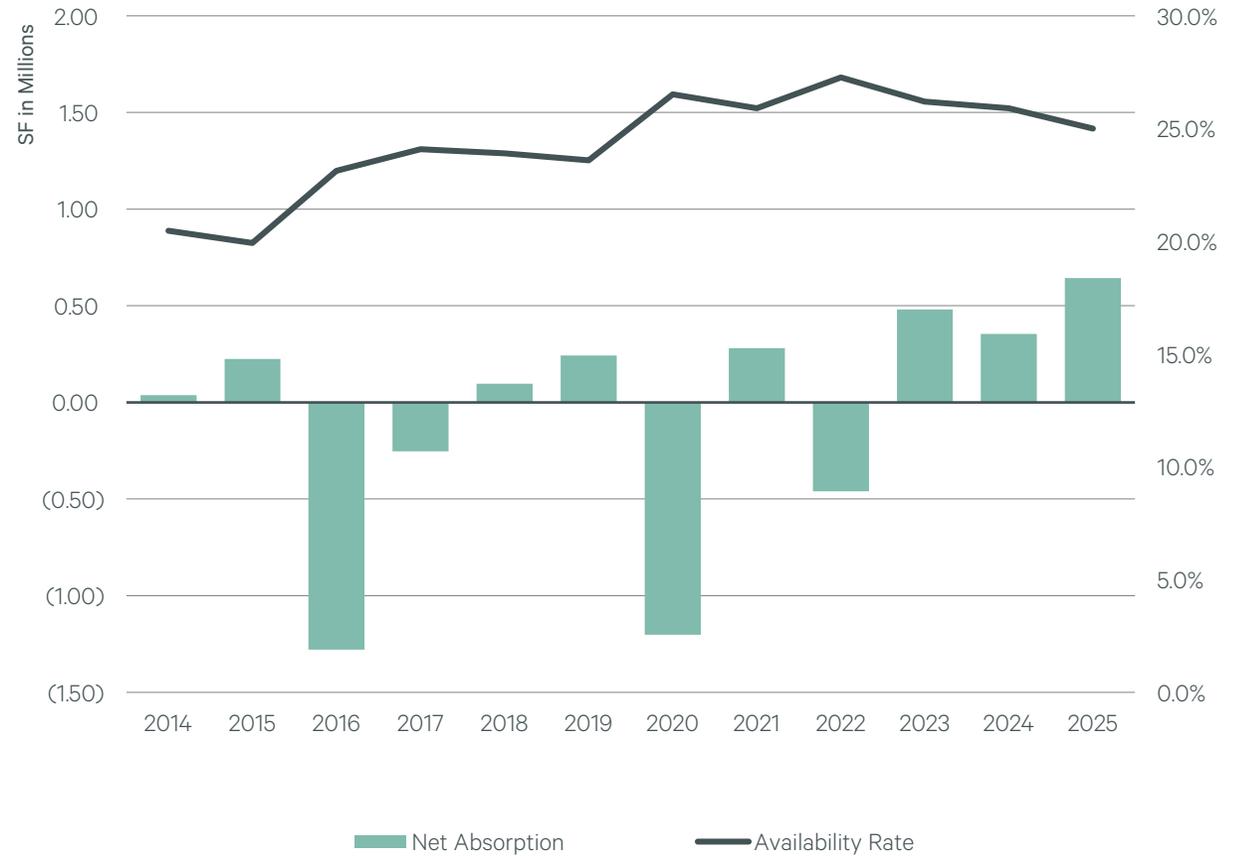
Source: CBRE Research, Q2 2025.

Greenwich NCBD had the highest quarterly absorption total in Q2 with 47,000 sq. ft. This brought availability down 230 bps to 18%, the lowest mark for the submarket since Q1 2020. The decrease in supply was attributed to strong leasing at 1 American Lane in Northern Greenwich and only two new space additions coming to market.

Greenwich CBD fared similarly, as availability fell 60 bps to 8.4%. Quarterly absorption was positive 13,000 sq. ft. in the submarket, which pushed year-to-date absorption to positive 19,000 sq. ft. The downtown market and major financial center rank among the most constrained real estate submarkets in the Tri-state area.

The City of Stamford fared well in Q2, with both the CBD and NCBD submarkets totaling positive absorption. The CBD's availability dropped 50 bps to 22.3% following 44,000 sq. ft. of quarterly absorption as demand outpaced supply additions. Stamford NCBD notched positive absorption of 25,000 sq. ft. in Q2, bringing year-to-date figures to 181,000 sq. ft. and kept the availability rate at 40.0%. The high year-to-date absorption stems from the removal of office space due to the office conversions at 800 & 900 Long Ridge Road.

FIGURE 5: Annual Absorption and Availability Rate



Source: CBRE Research, Q2 2025.

Average Asking Rent

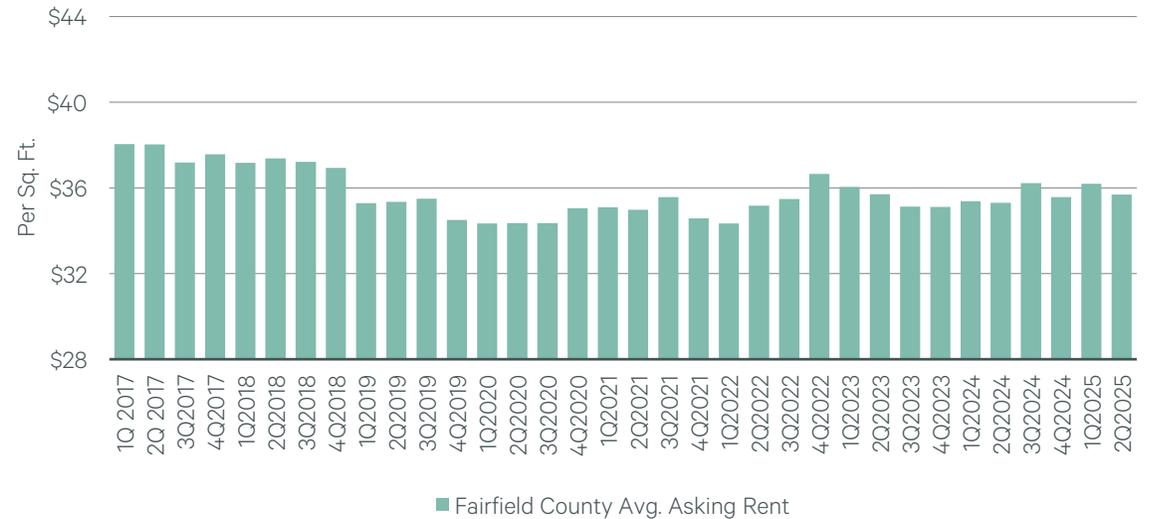
The countywide average asking rent experienced a 1% quarterly decline to \$35.69 per sq. ft., as premium Class A space was leased in the Greenwich CBD and the Stamford CBD.

The removal of the premium space caused a 3% quarterly decline in Greenwich CBD’s asking rent. Despite the quarterly dip, Greenwich CBD’s average asking rent remained the highest out of any Connecticut submarket at \$107.82 per sq. ft., 6% below their peak of \$114.35 per sq. ft. achieved in Q2 2023.

Due to the pricing decreases of available space at 1111 Summer Street and 60 Long Ridge Road, Stamford’s N/CBD average asking rent decreased by 3% from Q1 to \$33.29 per sq. ft. The submarket’s surplus of space has forced building agencies on the city’s outskirts at High Ridge Park and offices along Long Ridge Road to lower their asking prices in an effort to secure new tenants.

All other submarkets asking rates in Fairfield County remained stable quarter-over-quarter.

FIGURE 6: Average Asking Rent | Quarterly Historical



Source: CBRE Research, Q2 2025.

FIGURE 7: Average Asking Rent | By Submarket



Source: CBRE Research, Q2 2025.

FIGURE 8: Q2 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	0.18	8.4%	8.3%	13,061	26,642	\$107.82
Greenwich Non-CBD	2.04	0.36	18.0%	17.6%	47,365	32,337	\$54.11
Stamford CBD	9.97	2.23	22.3%	21.7%	44,295	108,512	\$46.36
Stamford Non-CBD	5.06	2.03	40.0%	39.4%	24,849	33,690	\$33.29
Central Fairfield	9.22	2.49	27.0%	25.7%	31,805	77,414	\$35.24
Eastern Fairfield	6.73	1.52	22.6%	21.9%	(1,499)	117,605	\$20.12
Northern Fairfield	3.11	0.78	25.0%	24.3%	(29,745)	5,836	\$20.84
FAIRFIELD COUNTY	38.30	9.59	25.0%	24.3%	130,131	402,036	\$35.69

Source: CBRE Research, Q2 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.

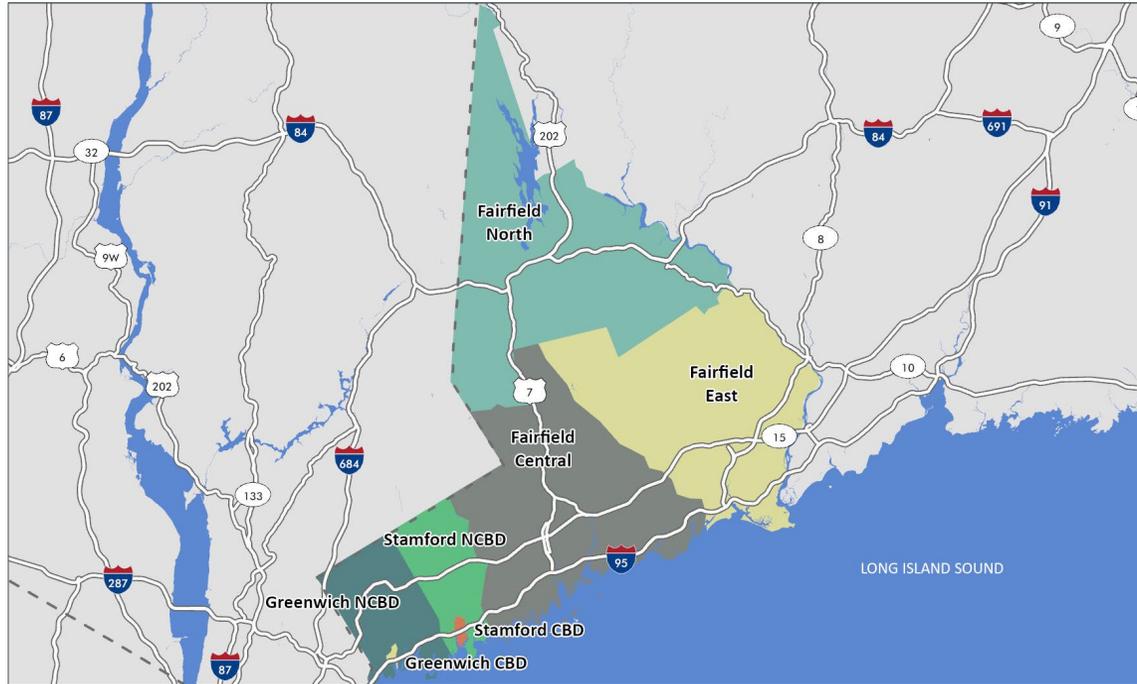
Net Absorption: The change in the amount of committed sq. ft. within a specified period of time, as measured by the change in available sq. ft.

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

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