

Atlanta

Office | Q1 2026 Market Report

Quarterly Snapshot

↑ Average Rent
\$29.89

↓ Vacancy
16.5%

12 Mo. Net Absorption
166K

Occupier's Perspective

Occupiers continue to favor high-quality buildings with strong amenities, modern systems, and access to talent, while maintaining flexibility in lease terms, timing, and space sizing to adapt to evolving workplace strategies.

Urban locations remain attractive for visibility and talent access, but many occupiers are equally considering suburban options that offer easier commutes, parking, and proximity to employees, leading to more balanced location decisions.

Measured development and available sublease space provide occupiers with negotiating power in many submarkets, creating opportunities for favorable economics, incentives, and lease flexibility—particularly in slower-leasing assets.

Occupiers are increasingly focused on space efficiency, wellness features, and adaptable layouts that support hybrid work and long-term operational needs, prioritizing real estate decisions that drive both performance and durability.

Atlanta's office market is continuing to recalibrate as work patterns, tenant expectations, and capital strategies evolve. Landlords are prioritizing service, amenities, and efficient space design, with leasing focused on balancing occupancy and long-term performance. Conditions remain increasingly segmented: newer, amenity-rich urban districts with strong transit access and walkability are attracting tenants seeking visibility and talent, while select suburban corridors remain competitive where commute efficiency, parking, and convenience are key. Supply has also become more measured, with development driven by preleasing, institutional backing, and mixed-use integration, alongside increased adaptive reuse of existing assets.

This divergence is reflected in pricing and performance. Top-tier properties continue to outperform, while lower-quality assets rely more on concessions and operational improvements to compete. Sublease space remains a factor in certain submarkets, though its impact varies. Looking ahead, Atlanta's diversified economy, strong connectivity, and institutional anchors support a stable outlook. As landlords continue to refine offerings around service and workplace experience, the market is expected to gradually align toward more durable occupancy and income stability, with performance varying by submarket and asset quality.

Recent Cresa Atlanta Transactions

Client Industry	Size (SF)	Submarket	Building
Automotive	22,354	Duluth/Suwanee/Buford	Sugarloaf Corporate Center
Education	17,500	Upper Buckhead	
Utilities	8,078	Northlake/Lavista	Crescent Centre at Northlake
Sale	8,000	Upper Buckhead	Monteith Commons
Pharmaceutical	6,210	North Fulton/Forsyth	Holcomb Woods

Submarket Movement

Vacancy Rate	QOQ Change	Direct Asking Rent (\$/SF)	Submarket
18.1%	0.14%	\$26.61	North Fulton/Forsyth County
18.6%	-0.5%	\$29.52	Downtown
16.8%	0.33%	\$30.27	Cumberland Galleria
22.4%	0.9%	\$32.24	Central Perimeter
26.8%	-0.74%	\$38.95	Upper Buckhead
26.3%	0.4%	\$45.78	Midtown/Pershing Point