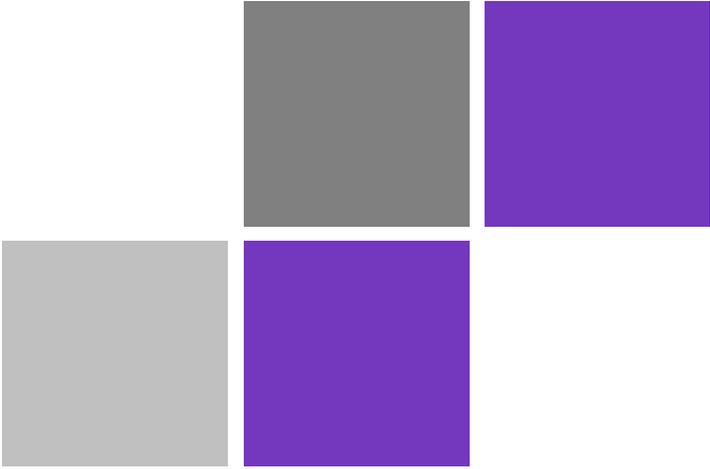
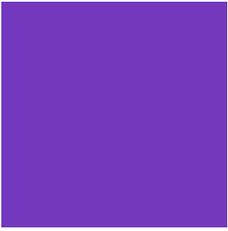


MARKET SURVEY ST. JOHN'S NL OFFICES DECEMBER 2025



Survey Scope: 84 office buildings
3,837,585 ft.² of rental office space
expert researchers



Real Estate Counsellors, Brokers and Valuers

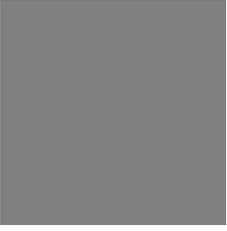
[35 York St., PO Box 1021, Stn. C](#)

[St. John's, NL A1C 5M3](#)

Tel.: (709) 722-1811

Internet: www.turnerdrake.com

E-Mail: tdp@turnerdrake.com



DECEMBER 2025 MARKET SURVEY ST. JOHN'S OFFICES

Year at a Glance

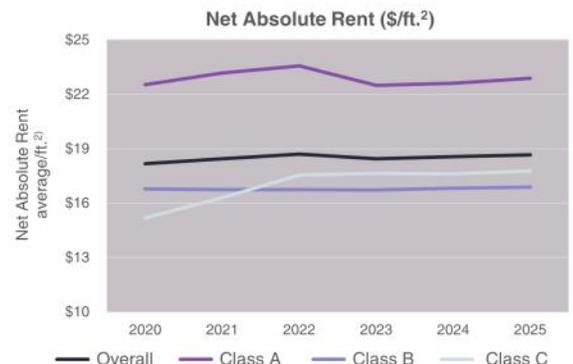
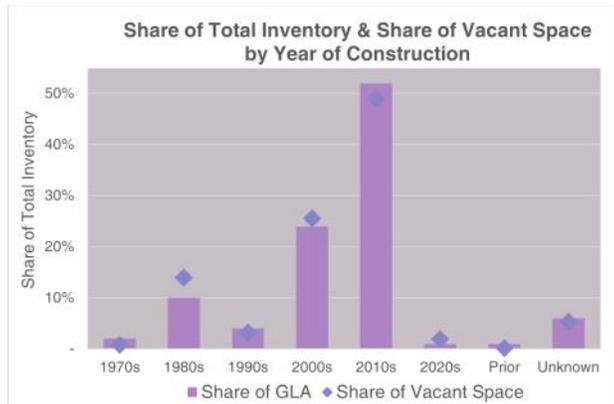
	2024	2025	Change
Office Inventory (ft. ²)	3,948,917	3,837,585	↓(111,332)
Net Absorption (ft. ²)	22,894	46,880	↑ 23,986
Vacancy Rate	23.74%	20.30%	↓ 3.34 pp
Avg. Net Rent/ft. ²	\$18.56	\$18.67	↑ 0.59%
Avg. RTCAM/ft. ²	\$10.72	\$11.12	↑ 3.73%
Avg. Gross Rent/ft. ²	\$29.47	\$29.75	↑ 0.95%

Supply & Demand Overview

The total amount of rentable office space in St. John's saw a decrease of 2.82% over last year. The overall vacancy rate decreased from 23.74% in 2024, to 20.30% in 2025. The key driver of space demand is the growth in the provincial real (deflated) Gross Domestic Product. Our analysis indicates that GDP is expected to increase and space demand will likely increase in conjunction with the provincial GDP.

Our survey measured vacancy and rental rates by class of building. Class A buildings command the highest rents in their community and have distinctive design and lobbies. Class B buildings offer "no frills" modern, air conditioned space. Class C buildings make up the remainder of the office rental market. The current vacancy rates by class are: Class A 24.83%; Class B 16.67%; Class C 12.80%; Overall 20.30%.

The vacancy rate and net rental rate are inversely correlated: empirical data indicates that generally a falling vacancy rate portends a rising net rental rate, while a rising vacancy rate indicates that net rental rate increases will moderate or even fall. Current average net absolute rental rates per square foot are: Class A \$22.88; Class B \$16.89; Class C \$17.79; Overall \$18.67.

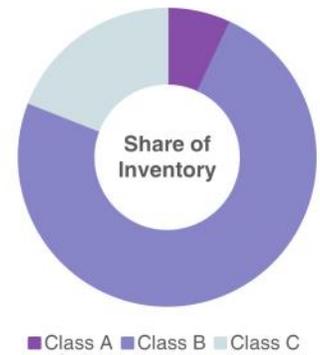
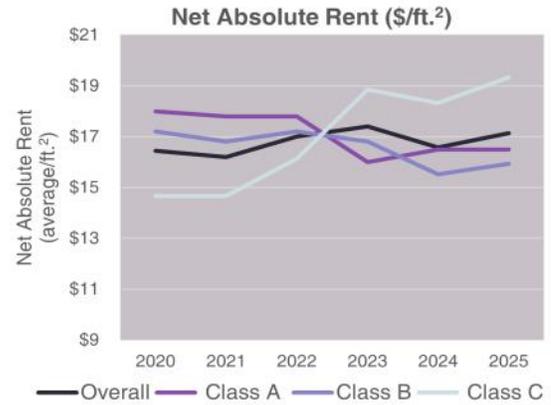


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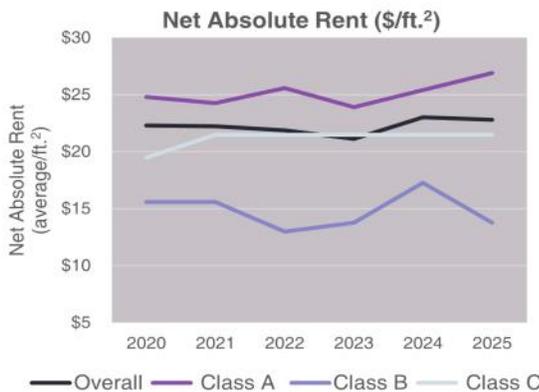
CENTRAL ST. JOHN'S

Year at a Glance

	2024	2025	Change
Office Inventory (ft. ²)	397,715	397,715	↔ ---
Net Absorption (ft. ²)	25,119	11,424	↓ (13,695)
Vacancy Rate	21.10%	18.22%	↓ 2.87 pp
Avg. Net Rent/ft. ²	\$16.57	\$17.13	↑ 3.38%
Avg. RTCAM/ft. ²	\$10.39	\$10.57	↑ 1.73%
Avg. Gross Rent/ft. ²	\$27.37	\$28.10	↑ 2.67%

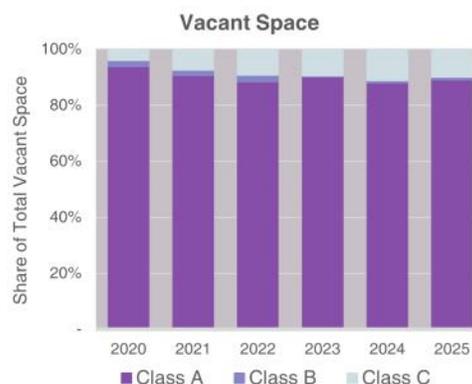


DOWNTOWN ST. JOHN'S



Year at a Glance

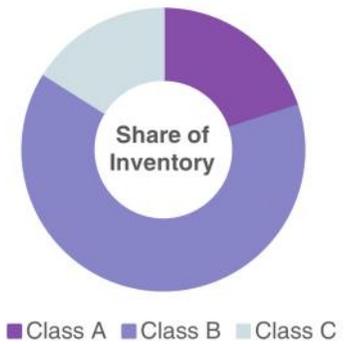
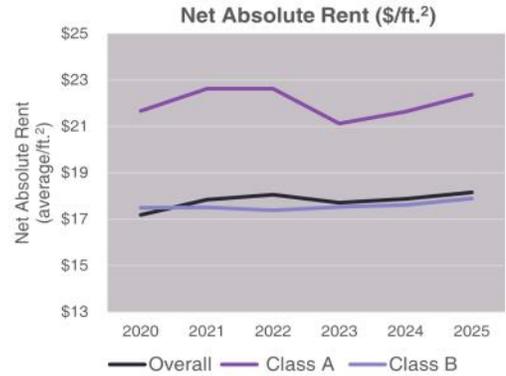
	2024	2025	Change
Office Inventory (ft. ²)	1,427,051	1,345,357	↓ (81,694)
Net Absorption (ft. ²)	24,269	(760)	↓ (25,029)
Vacancy Rate	32.45%	28.40%	↓ 4.05 pp
Avg. Net Rent/ft. ²	\$23.01	\$22.79	↓ 0.96%
Avg. RTCAM/ft. ²	\$10.95	\$11.72	↑ 7.03%
Avg. Gross Rent/ft. ²	\$35.19	\$33.50	↓ 4.80%



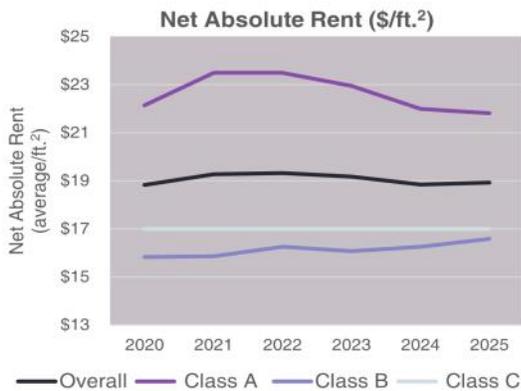
NORTH ST. JOHN'S

Year at a Glance

	2024	2025	Change
Office Inventory (ft. ²)	722,243	692,605	↓ (29,638)
Net Absorption (ft. ²)	(34,730)	40,861	↑ 75,951
Vacancy Rate	22.08%	12.84%	↓ 9.23 pp
Avg. Net Rent/ft. ²	\$17.87	\$18.15	↑ 1.57%
Avg. RTCAM/ft. ²	\$10.54	\$11.06	↑ 4.93%
Avg. Gross Rent/ft. ²	\$28.41	\$29.22	↑ 2.85%

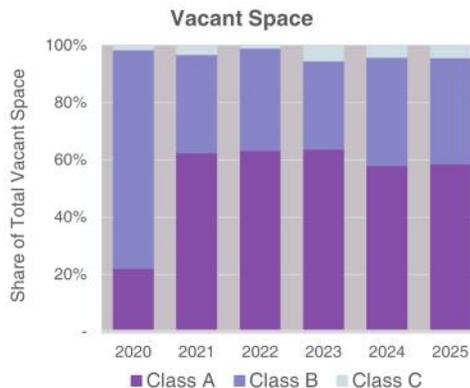
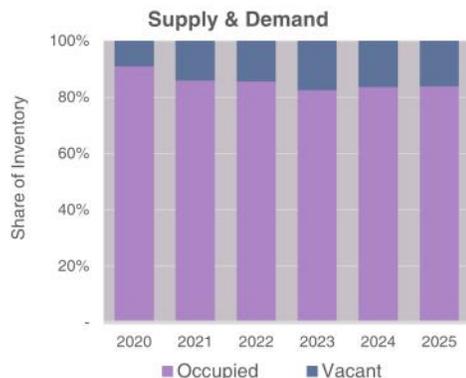


EAST & WEST ST. JOHN'S



Year at a Glance

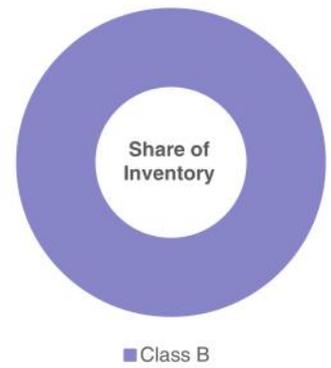
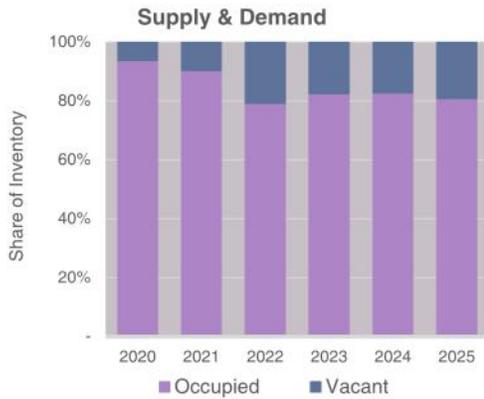
	2024	2025	Change
Office Inventory (ft. ²)	1,048,810	1,048,810	↔ ---
Net Absorption (ft. ²)	10,969	2,199	↓ (8,770)
Vacancy Rate	16.20%	15.99%	↓ 0.21 pp
Avg. Net Rent/ft. ²	\$18.84	\$18.92	↑ 0.42%
Avg. RTCAM/ft. ²	\$11.93	\$12.05	↑ 1.01%
Avg. Gross Rent/ft. ²	\$30.76	\$30.96	↑ 0.65%



MOUNT PEARL / PARADISE

Year at a Glance

	2023	2024	Change
Office Inventory (ft. ²)	353,098	353,098	↔ ---
Net Absorption (ft. ²)	(2,733)	(6,844)	↓ (4,111)
Vacancy Rate	17.30%	19.23%	↑ 1.94 pp
Avg. Net Rent/ft. ²	\$16.52	\$16.52	↔ ---
Avg. RTCAM/ft. ²	\$ 7.13	\$ 7.70	↑ 7.99%
Avg. Gross Rent/ft. ²	\$23.65	\$24.22	↑ 2.41%



DECEMBER 2025 MARKET SURVEY

ST. JOHN'S NL OFFICES & WAREHOUSES

Glossary

Inventory/Supply: The total rentable area of office space in the rental market, occupied or vacant.

Vacancy Rate - The vacancy rate excludes any space available for sub-lease: it is the total amount of space which is vacant and not currently leased.

Absorption - This is the amount of additional space absorbed by the market during that period. It is the incremental market demand.

Building Class:

Office Class - This is the industry definition common to this particular marketplace.

Class A - These office buildings command the highest rents, have “presence” by virtue of their distinctive design and lobbies, are air-conditioned and sprinklered. They are regarded as “prestige” buildings in their marketplace and are usually the most modern buildings. They typically include the leading firms of lawyers and accountants, together with regional or head offices for banks, financial institutions and other major companies, as their tenants.

Class B - These are “second tier” office buildings in terms of rents. They are usually older than Class A buildings and lack “presence”. They are air conditioned and are usually sprinklered. They are regarded as offering modern, but not “prestige” office accommodation in their marketplace. Typically they were built over 20 years ago. Tenants usually include second tier firms of lawyers and accountants, together with a wide selection of private sector companies, provincial and local government agencies.

Class C - These include all office buildings not classed as “A” or “B”.

Class W - Distribution warehouse.

Class F - Flex space. This type of space may be used for retail or office use as an alternative to pure warehousing and is typically located at the entrance to a business park in an area with high traffic exposure.

Income & Expense Data:

Net Absolute Rent - This is often referred to as “AAA” or “Base” rent and does not include Realty or Business Occupancy Taxes, Common Area Maintenance (CAM), or any other services such as Electricity, Cleaning or Heating.

Current Realty Taxes - These are the Realty Taxes (not the Business Occupancy Taxes) currently paid by the Landlord and which are recovered from the Tenant usually as part of the Service Rent.

Current CAM - This is the additional amount recovered by the Landlord from the Tenant to cover the operating and maintenance costs of the building including the tenant suites. Common Area Maintenance (CAM) typically includes fire insurance, repairs and maintenance, cleaning (common areas plus often the tenant suites), electricity (common areas plus often the tenant suites), heating and air conditioning (common areas plus often the tenant suites), water, garbage removal, snow clearing, elevator maintenance, management, security, etc. It, together with the Realty Taxes, is recovered by the Landlord from the Tenant as “Service Rent”, if the Tenant has a “net absolute” lease.

Total Realty Taxes + CAM (RTCAM) - This is the total of the Realty Taxes and CAM, and is often recovered from the tenant as “Service Rent”.

Total Gross Rent - This is the total rent recovered from the Tenant by the Landlord and is the total of the Base (Net Absolute Rent) plus the Service Rent (Realty Taxes + CAM).



ONE TEAM: SEVEN AREAS OF EXPERTISE

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