Lincoln

Office Market Report

Fairfield County

Q3 2026

The Fairfield County office leasing market continued its slow journey toward equilibrium with Q3 leasing rebounding by almost 300,000 square feet–approximately 21% higher than Q2 levels. However, the uptick still left total leasing velocity 25% below the five-year moving average. Sublease space dropped by over 10% to approximately 800,000 square feet, the lowest level since 2017. While sublease space helped decrease the availability rate by 30 basis-points to just over 25%, Stamford's availability rate remained above 27%.

The market recorded 190,000 square feet of negative net absorption in Q3, leaving annual absorption just barely positive at 15,000 square feet year-to-date. Rent pricing fell modestly in Q3 from $35.25 to $35.00 per square foot.

There were three significant new leases totaling nearly 85,000 square feet as Fairfield County continues to benefit from its proximity to NYC. Rhone Apparel leased 33,000 square feet in Stamford, BIC signed for 32,000 square feet in Norwalk, and NE Consulting Group leased 18,000 square feet in Danbury. Bank of America renewed its 115,000 square-foot space in Stamford.

The Federal Reserve raised interest rates by 25 basis-points in September, adding more cost burden to commercial real estate operators–frequently in the millions of dollars for new acquisitions, construction, and refinancing. Low interest rates have helped operators shift non-competitive and functionally obsolete office buildings to other uses over the past five years, lowering the overall statistical base. If interest rates continue to climb, the slow march to equilibrium may take longer as it becomes more difficult to finance and repurpose properties into residential, medical, and retail uses.

Two significant sales took place in Q3. In Greenwich, Healthcare Realty Trust purchased 75 Holly Hill Lane, a class A medical building, for $65 million. Older class B office buildings at 101 and 102 Merrit 7 in Norwalk sold to Saber-Hightower. Purchased for $11.4 million, the buildings will be converted into residential apartments. Both sales illustrate the industry's continued focus on investing in medical office properties and converting office buildings into residential uses.

Market Snapshot

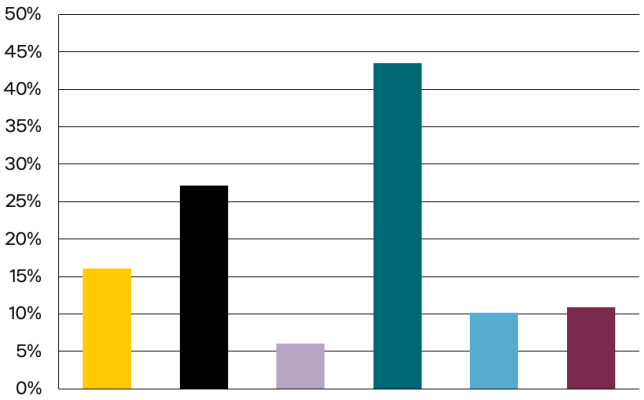
37 MSF
office market size

25.2%
vacancy rate

$35.00
average asking rent

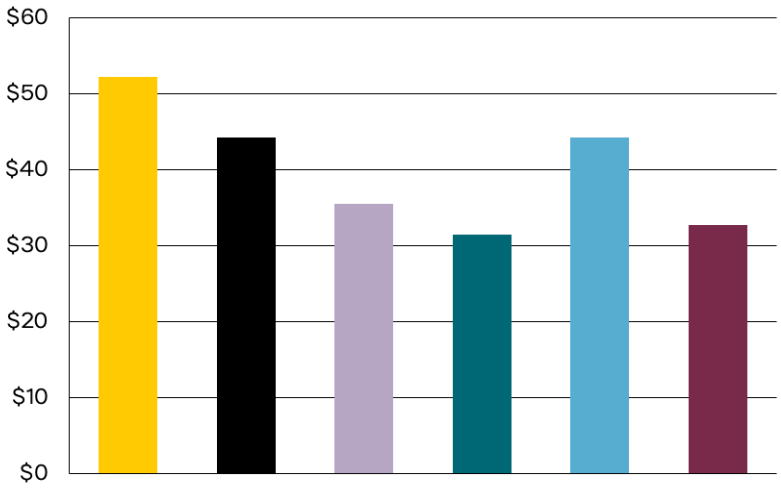
(100,000)
absorption (SF)

Vacancy Rates



Submarket	Vacancy Rate	Total Inventory
Greenwich	16.1%	4,100,000
Stamford	27.2%	15,700,000
Darien/New Canaan	6.0%	581,000
Norwalk	43.5%	5,285,940
Westport	10.2%	1,400,000
Fairfield/Southport	10.9%	720,000

Average PSF Asking Rate



Submarket	Avg PSF Asking Rate
Greenwich	$52.25
Stamford	$44.25
Darien/ New Canaan	$35.50
Norwalk	$31.50
Westport	$44.25
Fairfield/ Southport	$32.75

Key Leases Q3 2026

Tenant	Deal Type	Size (SF)	Address	City
Bank of America	Renewal	115,000	600 Washington Blvd.	Stamford
Rhone Apparel	New	33,000	300 Atlantic St.	Stamford
BIC	New	32,000	501 Merritt 7	Norwalk
NE Consulting Group	New	19,000	44 Old Ridgebury Rd.	Danbury

Key Sales Q3 2026

Property	City	Size (SF)	Price	PSF
75 Holly Hill Lane	Greenwich	102,000	$65,000,000	$636
101-102 Merritt 7	Norwalk	452,000	$11,400,000	$25

* Data derived from Costar and other sources deemed to be reliable

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