

May 29, 2026

2026 Survey of Large-scale Office Building Market in Tokyo's 23 Core Cities

The average annual supply of large office buildings in metropolitan Tokyo's 23 core cities over the next five years is expected to fall below the historical annual average recorded between 1986 and 2025. This suggests that future supply will have less of an impact on the office market compared to the past.

The absorption volume in 2025, driven by strong office demand, reached 1.64 million m², an increase of 510,000 m² from the previous year and the third-highest level recorded since this survey began. The vacancy rate fell to 2.3%.

General Trends in Supply

- The annual average supply in 2026–2030 is expected to fall below the annual average recorded in 1986–2025. Therefore, the impact of future supply on the office market, including vacancy rates and rents, is expected to be limited.
- Properties with a gross office-floor area of 100,000 m² or more will account for a high proportion of supply over the next five years, continuing the trend toward larger-scale office buildings.
- Tokyo's five central cities—Chiyoda, Chuo, Minato, Shinjuku and Shibuya—are expected to account for 91% of the average annual supply through 2030, exceeding the 85% average over the last decade. Supply will increase particularly in the Nihonbashi/Yaesu/Kyobashi area.

General Trends in Demand

- The absorption volume in Tokyo's 23 core cities reached 1.64 million m², the third-highest level since this survey began in 1986, reflecting strong office demand. The vacancy rate fell by 1.4 percentage points from the previous year to 2.3%
- Buildings completed in 2025 absorbed over 90% of their total supply volume. In major business areas, nearly all supply from buildings completed in 2025 was absorbed, bringing the vacancy rate down to 1.5%, the first time within the 1% range since 2019.

■ Survey Framework

Surveyed area : Metropolitan Tokyo's 23 core cities

Target : Office buildings with a gross floor space of at least 10,000m² and fully constructed by 1986 or later.

Supply volume is based on publicly available information as well as on-site and interview-based research through early May 2026.

Gross office-floor space includes space owned and used by the same company, but not non-office (retail, residential, hotels, etc.) space.

1-1 General Trends in Supply Volume

- The average annual supply of large office buildings in Tokyo's 23 core cities over the next five years (2026–2030) is projected to fall below the historical average (1986–2025).
- The modest change in supply volume is likely to have a limited impact on the office market compared to the past.

The supply of large office buildings in Metropolitan Tokyo's 23 core cities over the next five years (2026–2030) is expected to average 820,000 m²/year, down from the annual average of 1,020,000 m²/year in 1986–2025 (Figure 1). Therefore, future supply is forecasted to have only a limited impact on the office market, including vacancy rates and rents.

Figure 1 : Large Office Building Supply Trends in Tokyo's 23 Core Cities

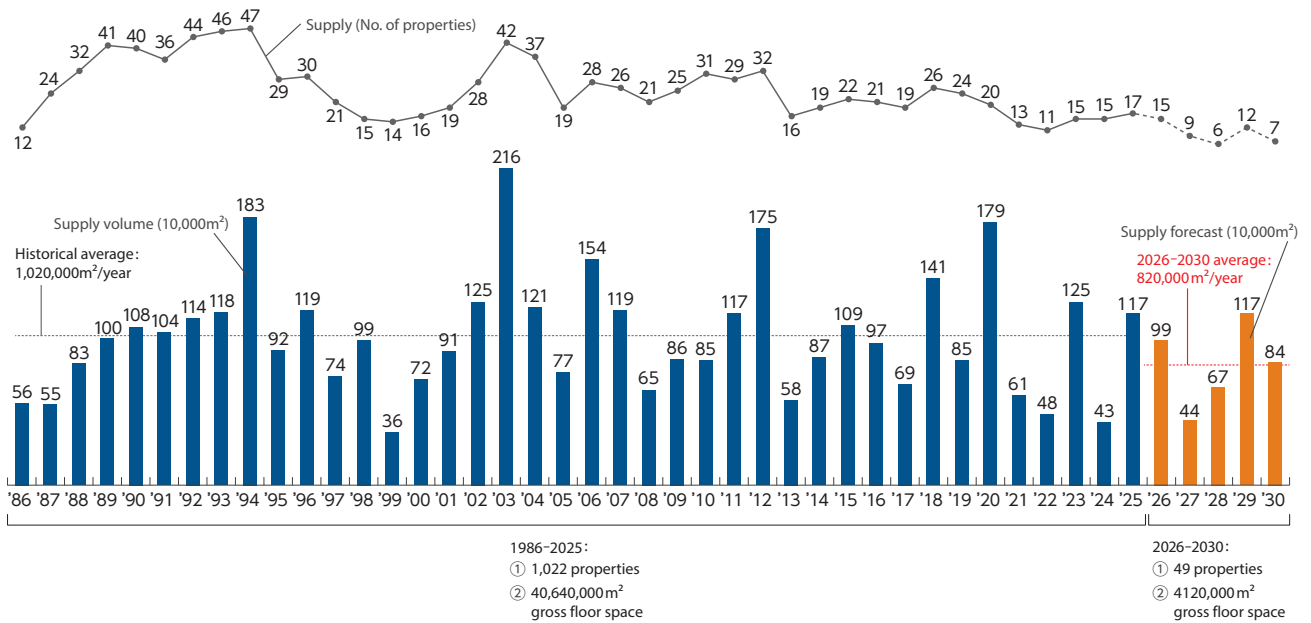
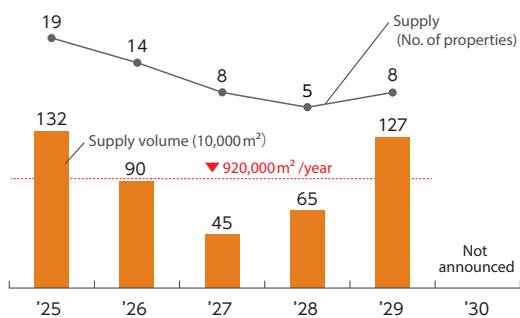


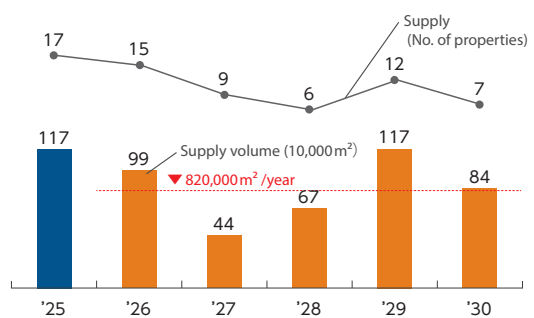
Figure 2 compares the current five-year supply forecast to the previous survey's forecast (released on May 22, 2025). The supply forecasts for 2028 have increased while those for 2029 have decreased, due mainly to revised construction completion dates.

Figure 2 : Comparison of Current and Previous Five-year Trends in Large Office Building Supply Volume

May 2025 Market Trend Survey



May 2026 Market Trend Survey



1-2 Supply Volume Trends by Office Building Scale

○ The average supply per property continued to trend upward, indicating a persistent shift toward larger-scale office buildings.

Figure 3 breaks down the supply trends in Figure 1 into properties with a gross office-floor space of at least, or less than, 100,000 m². After a substantial supply volume of 850,000 m² in 2025, a high percentage of properties in the 100,000 m² or more class is expected to continue in the future, including 990,000 m² in 2029 and 780,000 m² in 2030.

Figure 3 : Trends in Supply of Properties with Gross Office-floor Space of 100,000 m² or More

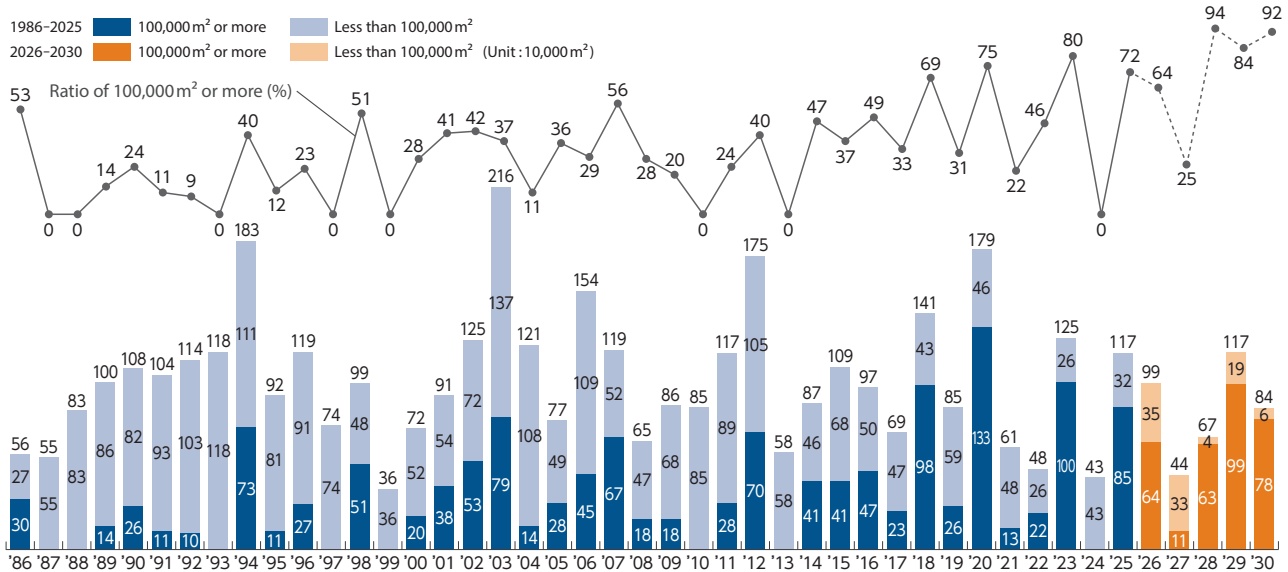


Figure 4 presents the data from Figure 3 as five-year averages. For the 2026–2030 period, the average supply of properties with a gross office-floor space of 100,000 m² or more is projected to be 630,000 m²/year, second only to 650,000 m²/year in 2016–2020. The supply ratio for this class of property is expected to be 76% of total supply. Additionally, Figure 5 shows the five-year average trend in average supply per property. In 2021–2025, the average was 56,000 m²/property, double the 27,000 m²/property average in 1986–1990, indicating a long-term trend toward larger-scale office buildings.

Figure 4 : Trends in Supply of Properties with Gross Office-floor Space of 100,000 m² or More (five-year average)

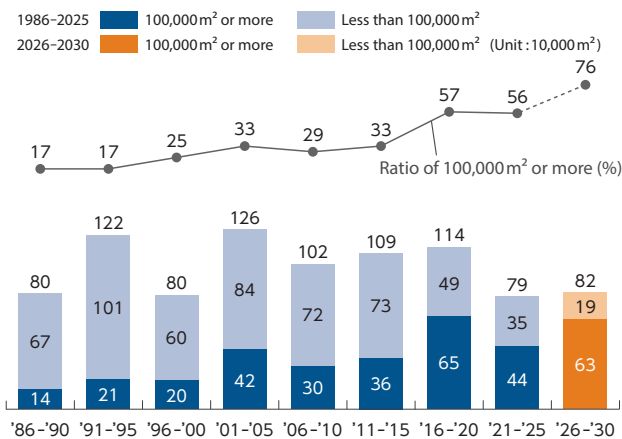
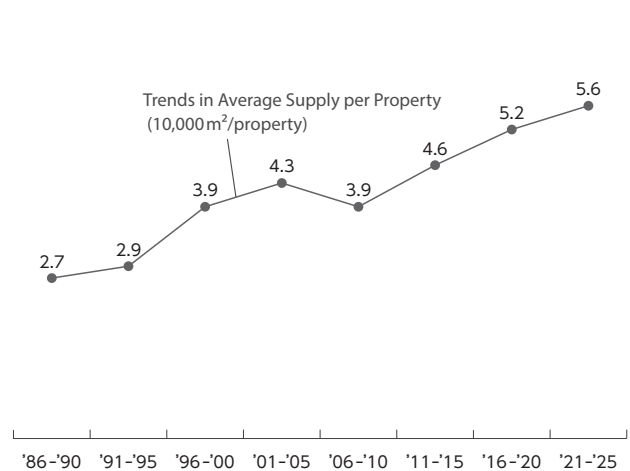


Figure 5 : Trends in Average Supply per Property (five-year average)



1-3 Supply Volume Trends by Area

- Average supply in Tokyo's five central cities in 2026–2030 is expected to be lower than the average in 2016–2025.
- The expected ratio of supply in the five central cities in 2026–2030 is 91%, which would surpass the 2016–2025 average of 85%.
- The seven major business areas in central Tokyo are expected to account for 73% of supply in 2026–2030. This share has been increasing in recent years, and these areas are expected to become even more competitive in the future.

The supply of large office buildings in the five central cities of Chiyoda, Chuo, Minato, Shinjuku and Shibuya is expected to average 750,000 m² in 2026–2030, below the 820,000 m² average in 2016–2025 (Figure 6). However, these five cities are forecast to account for 91% of Tokyo's total supply, exceeding their 85% average in 2016–2025.

Figure 6 : Trends in Large Office Building Supply Volume, by Location

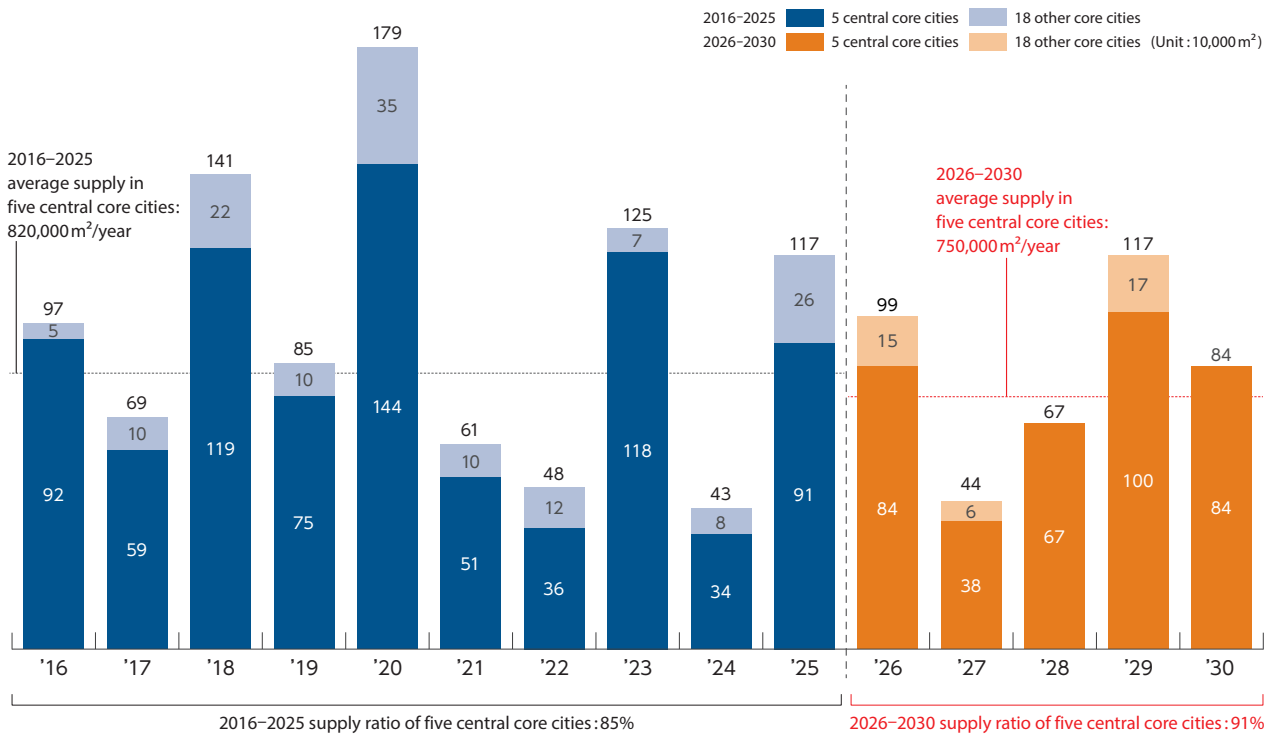


Figure 7 shows the seven major business areas that Mori Building monitors for reference purposes, and Figure 8 shows the forecasted supply volumes and ratios of each area in 2026–2030. Total supply in Tokyo's 23 core cities is expected to reach 4.12 million m², of which the top seven areas will account for 3.00 million m², or 73%. The largest supply will be in Nihonbashi/Yaesu/Kyobashi (1,050,000 m², or 25%), where large redevelopments including offices, hotels, commercial facilities and cultural facilities are underway near Tokyo Station and in Nihonbashi.

Figure 9 shows the supply volume share by area (5-year averages), including major business areas, since 1986. Over the next five years, the supply share of the five central cities is expected to be 91% and that of the major business areas 73%, indicating that supply will continue to be concentrated in central Tokyo.

In the post-pandemic era, as companies increasingly strive to offer offices that employees want to come to as well as offices that meet diverse workplace needs, major business areas offering excellent transportation access and a wide range of urban functions are expected to become even more competitive.

Figure 7 : Major Business Areas (for Reference)



Figure 8 : Supply Share in Major Business Areas (2026–2030)

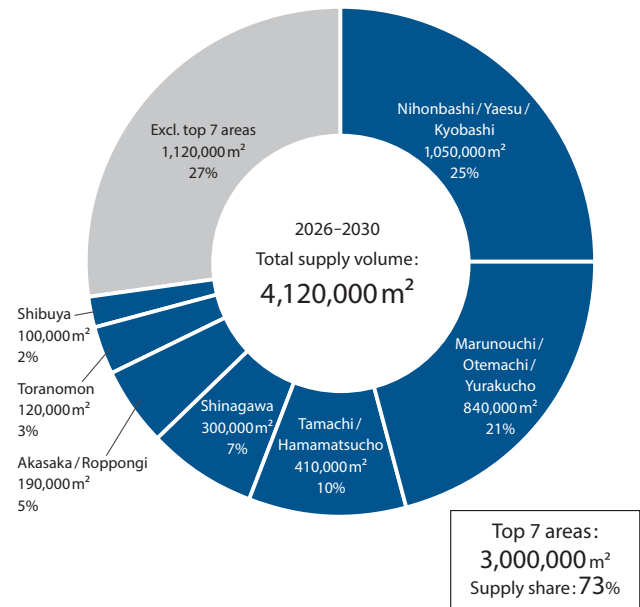
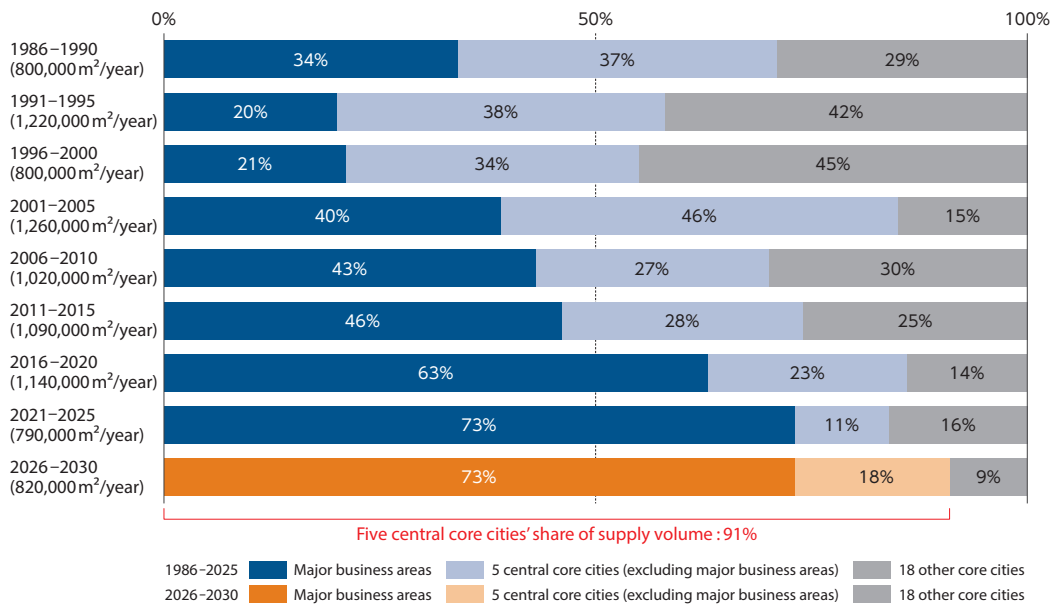


Figure 9 : Large Office Building Supply-volume Share, by Location (five-year average)



2 Absorption Volume and Vacancy Rates

- The absorption volume in Tokyo's 23 core cities reached 1.64 million m² in 2025, the third-highest level since this survey began.* The overall vacancy rate fell sharply by 1.4 percentage points to 2.3%.
- The absorption volume of newly supplied buildings exceeded 90% of total new supply in 2025. Nearly all new supply was absorbed in major business areas, lowering the vacancy rate to 1.5%, the first time it has been within the 1% range since 2019.

* Following 2.24 million m² in 2003 and 1.82 million m² in 1994 (compilation of absorption volume data began in 1993).

The absorption volume in Tokyo's 23 core cities in 2025, supported by robust office demand, reached 1.64 million m², the third-highest level since this survey began. The overall vacancy rate declined by 1.4 points for the year to 2.3% by year-end (Figure 10). A breakdown of the absorption volume reveals that in the 23 core cities, over 90% (1.09 million m²) of total supply (1.17 million m²) was absorbed. In major business areas, nearly all (840,000 m²) of the total supply (860,000 m²) was absorbed, and the vacancy rate fell to 1.5%, the first time within the 1% range since 2019 (Figures 11 and 12). These results demonstrate that the current strength of the office market is being driven by strong office demand in major business areas.

Figure 10 : Supply Volume, Absorption Volume and Vacancy Rate (Tokyo's 23 Core Cities)

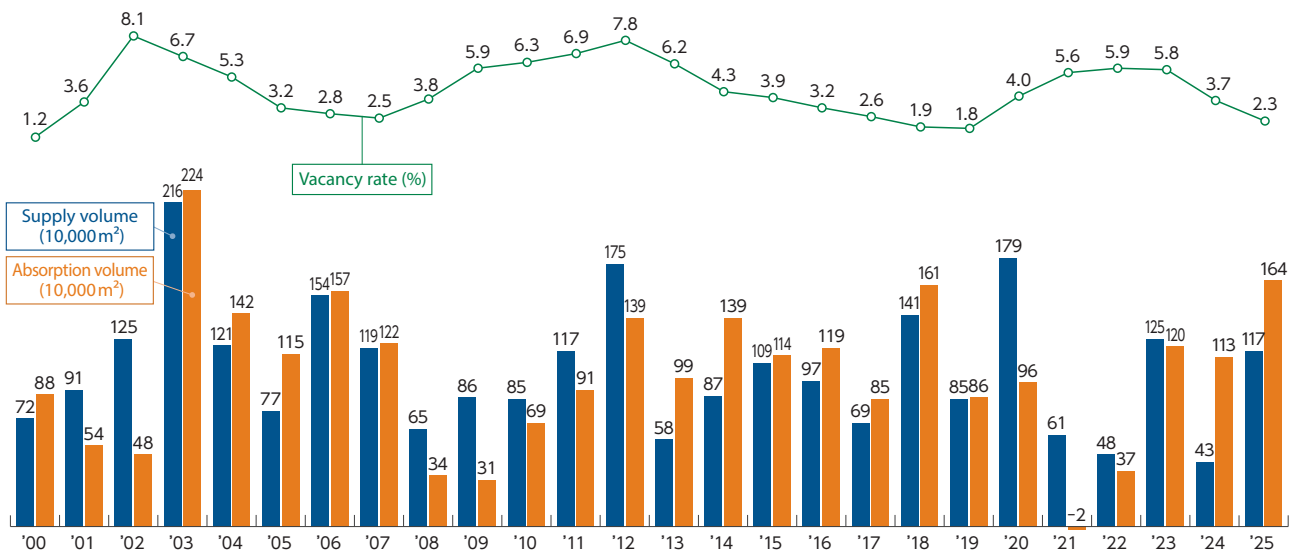


Figure 11 : Supply Volume, Absorption Volume and Vacancy Rate (Major Business Areas & Others)

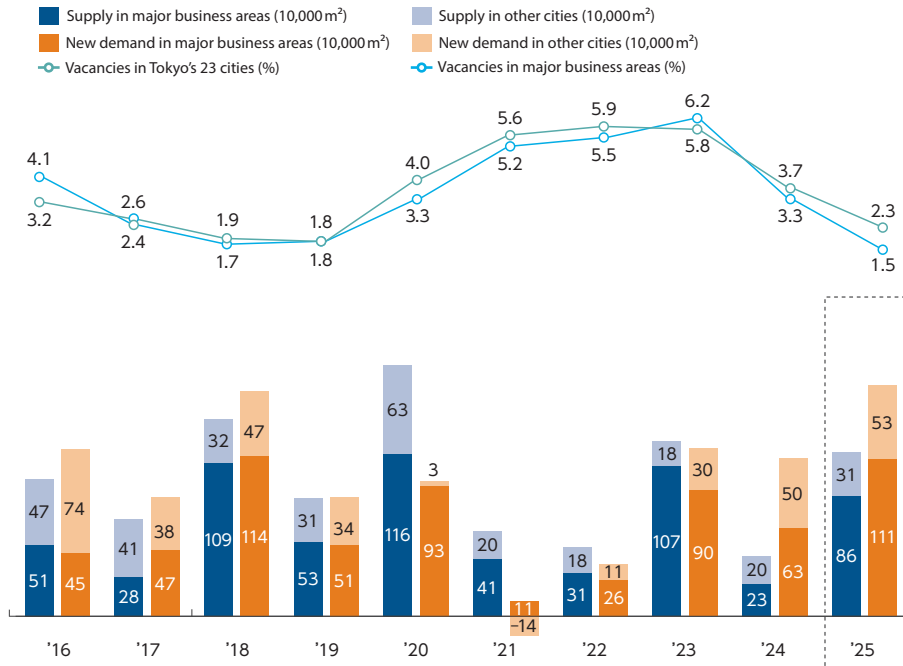
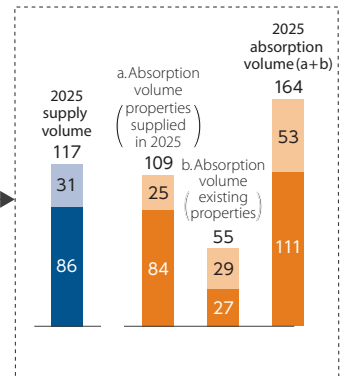


Figure 12 : Breakdown of 2025 Supply Volume and Absorption Volume (Major Business Areas & Others)

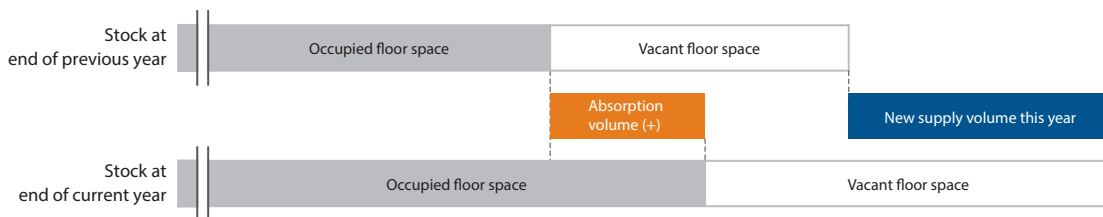


Concept of Absorption Volume

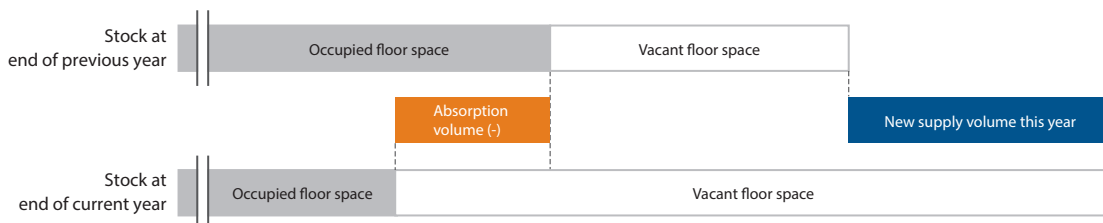
For large office buildings (at least 10,000 m² and fully constructed by 1986 or later), absorption volume refers to floor space newly occupied in the current year. It is calculated as [(vacant floor space at end of previous year) + (newly supplied floor space) - (vacant floor space at end of current year)], as shown in Figure 13.

Figure 13 : Concept of Absorption Volume

(1) When absorption volume is positive



(2) When absorption volume is negative



Figures are converted to gross floor area by dividing the net leased area by the average effective ratio of 65.5% for a typical large office building.

Major Large Office Buildings Scheduled for Completion (includes some completed projects)

Name of Project (Name of Building)	Floor Area (m ²)	Lead Project Developer(s)	Location
2026			
Sumitomo Shiba Park Building	39,700	Sumitomo Realty & Development	Shiba, Minato-ku
TOFROM YAESU TOWER	225,000	Redevelopment Association (Tokyo Tatemono)	Yaesu, Chuo-ku
TAKANAWA GATEWAY CITY THE LINKPILLAR 2	208,500	East Japan Railway Company	Konan, Minato-ku
Nakano M-SQUARE	91,300	Redevelopment Association (Mitsui Fudosan)	Nakano, Nakano-ku
Tokyo Midtown Nihonbashi Nomura Mitsui Tower	374,800	Redevelopment Association (Mitsui Fudosan, Nomura Real Estate)	Nihombashi, Chuo-ku
OIMACHI TRACKS BUSINESS TOWER	250,000	East Japan Railway Company	Hiromachi, Shinagawa-ku
Otemachi Gate Building	85,300	Mitsubishi Estate	Uchi-Kanda, Chiyoda-ku
Meiji Yasuda Shinjuku Building	96,900	Meiji Yasuda Life Insurance Company	Nishi-Shinjuku, Shinjuku-ku
Nomura Real Estate Nihonbashi Honcho Building Project	35,100	Nomura Real Estate	Nihonbashi Honcho, Chuo-ku
2027			
Nihonbashi Honcho Mitsui Building & forest	27,500	Mitsui Fudosan	Nihonbashi Honcho, Chuo-ku
Osaki Riverwalk Garden Osaki Core Project	69,200	Redevelopment Association (Tokyu Land Corporation)	Higashi-Gotanda, Shinagawa-ku
World Trade Center Building Main Building & Terminal	205,500	World Trade Center Building, Kajima Corporation, Tokyo Monorail, East Japan Railway Company	Hamamatsucho, Minato-ku
Sankaido Building Reconstruction Project	34,800	Kajima Corporation	Akasaka, Minato-ku
TORANOGATE	119,900	Redevelopment Association (Chuo-Nittochi, Urban Renaissance Agency, Sumitomo Realty & Development)	Toranomon, Minato-ku
Dogenzaka 2-Chome South District Redevelopment	87,100	Redevelopment Association (Mitsubishi Estate)	Dogenzaka, Shibuya-ku
2028			
Akasaka 2 and 6-Chome District Redevelopment East Block	167,700	Mitsubishi Estate, TBS Holdings	Akasaka, Minato-ku
TOKYO TORCH Torch Tower	553,000	Mitsubishi Estate	Otemachi, Chiyoda-ku
Tokio Marine Building Project	125,500	Tokio Marine Holdings, Tokio Marine & Nichido Fire Insurance	Marunouchi, Chiyoda-ku
2029			
Yaesu 2-Chome Central District Redevelopment Project	389,300	Redevelopment Association (Mitsui Fudosan, Kajima Corporation, Urban Renaissance Agency, Sumitomo Realty & Development, etc)	Yaesu, Chuo-ku
Shinagawa Station West Exit Area District A	311,800	Keikyu Corporation, Toyota Motor Corporation	Takanawa, Minato-ku
Uchisaiwaicho 1-Chome District South Area Redevelopment	285,900	Dai-ichi Life, Chuo-Nittochi, etc.	Uchisaiwaicho, Chiyoda-ku
Yaesu 1-Chome North District Redevelopment South Block	185,500	Redevelopment Association (Tokyo Tatemono)	Yaesu, Chuo-ku
Higashi-Ikebukuro 1-Chome District Redevelopment	155,600	Redevelopment Association (Sumitomo Realty & Development)	Higashi-Ikebukuro, Toshima-ku
Tamachi Station West Exit Area Development Project	98,600	Mitsui Fudosan, Morinaga Milk Industry, East Japan Railway Company	Shiba, Minato-ku
SMBC Kudan Project	42,600	Sumitomo Mitsui Banking Corporation	Kudan-Minami, Chiyoda-ku
2029			
Kyobashi 3-Chome East District Redevelopment	166,800	Redevelopment Association (Tokyo Tatemono, Japan Post Real Estate)	Kyobashi, Chuo-ku
M Project (MUFG Head Office New Building Construction)	169,000	MUFG Bank	Marunouchi, Chiyoda-ku

- Supply volume figures provided by Mori Building are based on actual office-floor space and do not necessarily agree with total floor space figures (which include retail and residence floor areas) shown in the table above.

- Projects for which only the year of supply is published are, in principle, recorded as supply at the end of the fiscal year.

- In the column "Lead Project Developer(s)," a company or organization in parentheses () is a major enterprise participating as an associate member, special-purpose company (S.P.C.), specified constructor, partner or joint-venture participant.