

**MARKET INSIGHTS  
PROVIDED FOR:**

Downtown Boston

Life Sciences

Industrial / Flex

Suburban Office

Cambridge Office

**Q3 2025**

# Greater Boston CRE Market Insight Reports



# Q3 2025

## Downtown Office

### Uptick in Leasing Activity

Q3 marked the first positive quarter in five years for Downtown Boston's office market. Leasing activity showed meaningful improvement, highlighted by several major commitments. In addition to **Hasbro's 265,000 SF lease** at 400 Summer Street and **KKR's 130,000 SF lease** at 2 International Place, **DataDog expanded its presence to 125,000 SF** at 225 Franklin Street, more than tripling its footprint from 40,000 SF. **BNY Mellon also renewed its 205,000 SF lease** at One Boston Place.

This combination of relocations, expansions, and renewals signals that tenants are regaining confidence in making long-term real estate decisions. While challenges remain in the broader market, these deals illustrate that well-located, high-quality buildings are attracting sustained demand. If momentum continues, Downtown Boston could be entering the early stages of a recovery cycle.

Photo: Kyle Klein



### Big Moves

Two major players signed leases in Q3. Hasbro committed to approximately 265,000 SF at 400 Summer Street, and KKR leased about ~130,000 SF at 2 International Place. These moves signal that companies are willing and able to relocate when the right opportunity arises.

#### TENANT TAKEAWAY

**With companies showing renewed confidence in long-term workplace strategies, now is the time to evaluate your current space and plan for the future.**



### New Builds, Renewed Demand

Tenants remain focused on new, highly amenitized buildings. Newly delivered projects in the Financial District are continuing to build momentum, with Winthrop Center securing new leases this quarter.

#### TENANT TAKEAWAY

**Newly constructed space with high-end amenities is attracting strong interest, and certain options are becoming more competitive. Tenants may benefit from exploring opportunities earlier to secure the best fit while desirable space is still available.**



 **Market Size**  
**64,464,337 SF**

 **Vacancy**  
**19.6%**

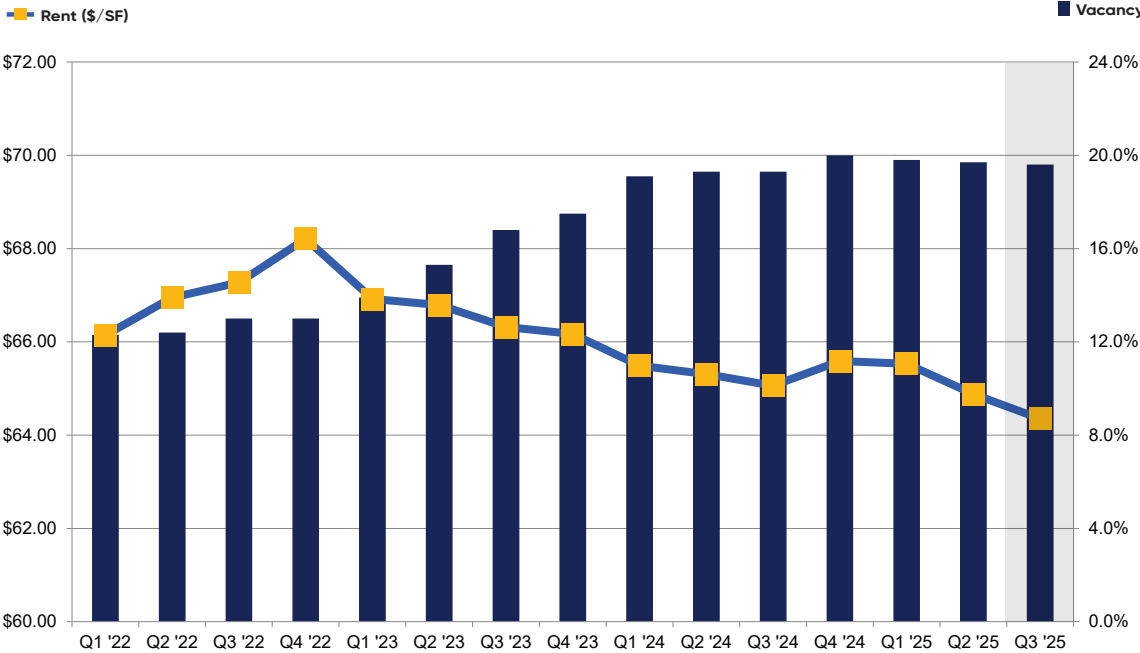
 **Sublease**  
**5.0%**

 **Available**  
**24.6%**

Arrows Indicate Quarterly Change

# Historical Rent and Vacancy

Downtown Boston’s office vacancy rate has climbed sharply, especially in the most recent year, while asking rents have remained relatively high but are beginning to soften.



# Notable Market Transactions

Tenant	Size (SF)	Submarket	Type
Hasbro	265,000	Seaport	Relocation (Cresa)
BNY	205,000	Financial District	Renewal
KKR	132,000	Financial District	Relocation
DataDog	125,000	Financial District	Renewal/Expansion
Schneider Electric	74,000	Financial District	Relocation
ServiceNow	54,000	North Station	Relocation

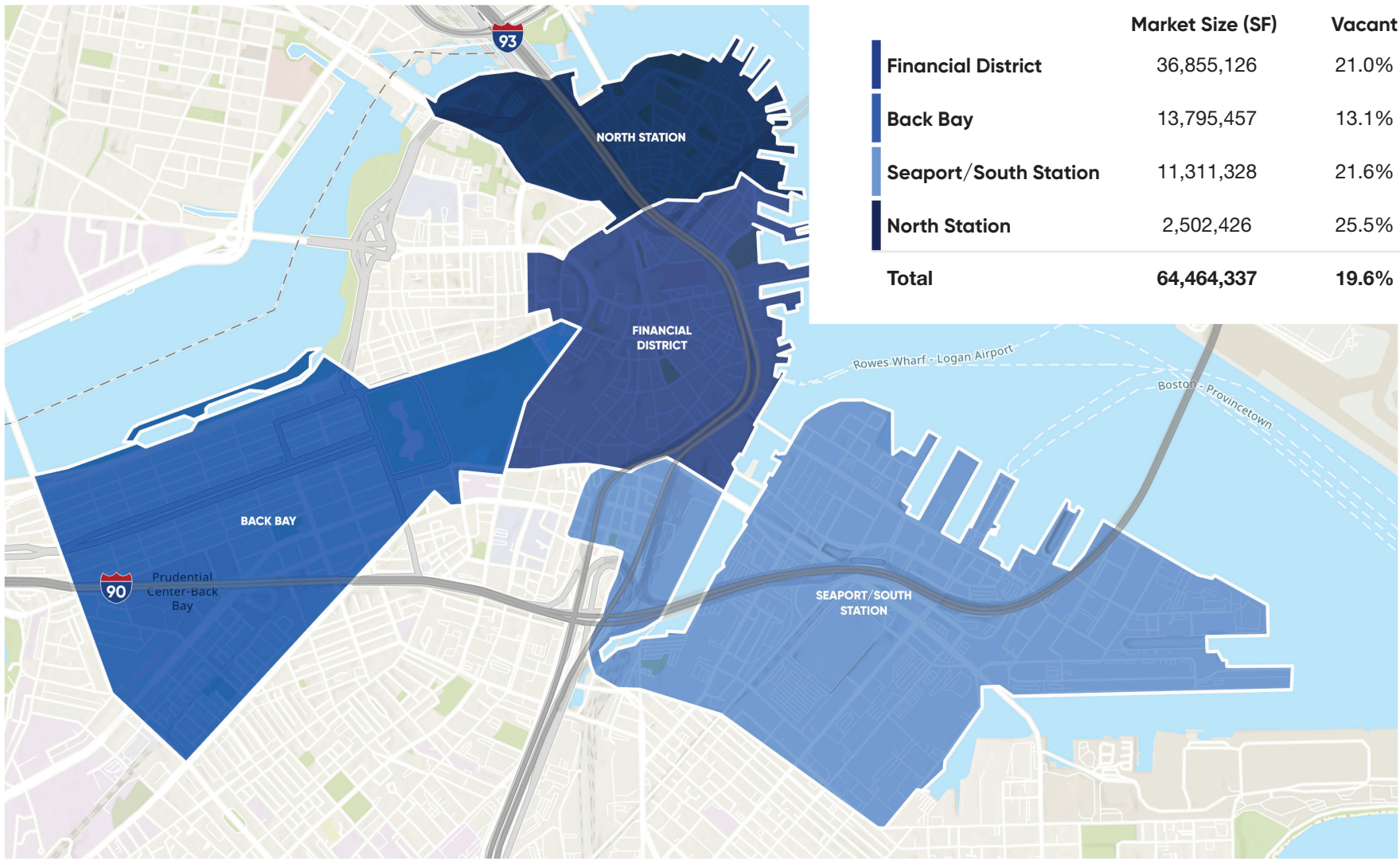
On behalf of Hasbro, Cresa Boston successfully negotiated a landmark lease, marking one of the most significant office transactions in recent years. This substantial commitment reflects strong confidence in the Seaport's thriving Class A office market and Boston's status as a premier hub for talent.



Hasbro, Relocation to 400 Summer Street | Photo: CoStar



# By the Numbers Submarkets



	Market Size (SF)	Vacant	Sublease	Available	Rent/SF	
					Class A	Class B
Financial District	36,855,126	21.0%	3.5%	24.5%	\$70.04	\$51.15
Back Bay	13,795,457	13.1%	4.6%	17.7%	\$70.78	\$55.03
Seaport/South Station	11,311,328	21.6%	9.3%	30.9%	\$77.32	\$55.22
North Station	2,502,426	25.5%	9.6%	35.1%	\$63.00	\$50.29
Total	64,464,337	19.6%	5.0%	24.6%	\$70.83	\$52.95





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**Matt Harvey**  
Principal



**Derek Losi**  
Principal



**Andrew Orpik**  
Principal



**Olivia Weckwerth**  
Advisor



**Rick Lowe**  
Principal



**Vicki Keenan**  
Managing Principal



**Adam Subber**  
Managing Principal



**Dan Sullivan**  
Managing Principal



Photo: Kyle Klein

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# Q3 2025 Life Sciences

BOSTON | CAMBRIDGE | INNER SUBURBS | ROUTE 128

## Moving in the Right Direction

Greater Boston's life sciences market continues to work through one of its most challenging periods in recent history. In Q3, more than 25 companies in Massachusetts announced layoffs totaling roughly 2,000 employees. Despite these headwinds, **both demand and leasing velocity have gained momentum since the start of the year**. Even with the uptick in activity, the market is still in the early stages of recovery. For now, tenants can continue to secure favorable deal terms and prioritize flexibility—dynamics that are unlikely to change significantly in the near term.

Photo: Shutterstock



## Leasing Activity Up

**Q3 recorded more than 770,000 SF of leasing, doubling activity from Q2.** Growth was driven by a mix of companies expanding within their existing buildings or submarkets, planting a new flag in Greater Boston, and extending current leases.

### TENANT TAKEAWAY

**With demand now exceeding 2.2M SF, competition for space is re-emerging. This marks a shift from the last 18 months when tenants largely had their pick of options.**



## Later-Stage Companies Faring Well in Funding

**VC funding increased in Q3**, though most investment went to later-stage companies with proven science or those already in clinical trials.

### TENANT TAKEAWAY

**Early-stage companies (pre-seed, seed, and Series A) should continue to extend their runway by maximizing incubator space or holding onto current facilities until capital markets become more favorable.**





**Market Size**  
51,072,256 SF



**Vacancy**  
31.5%



**Sublease**  
5.0%

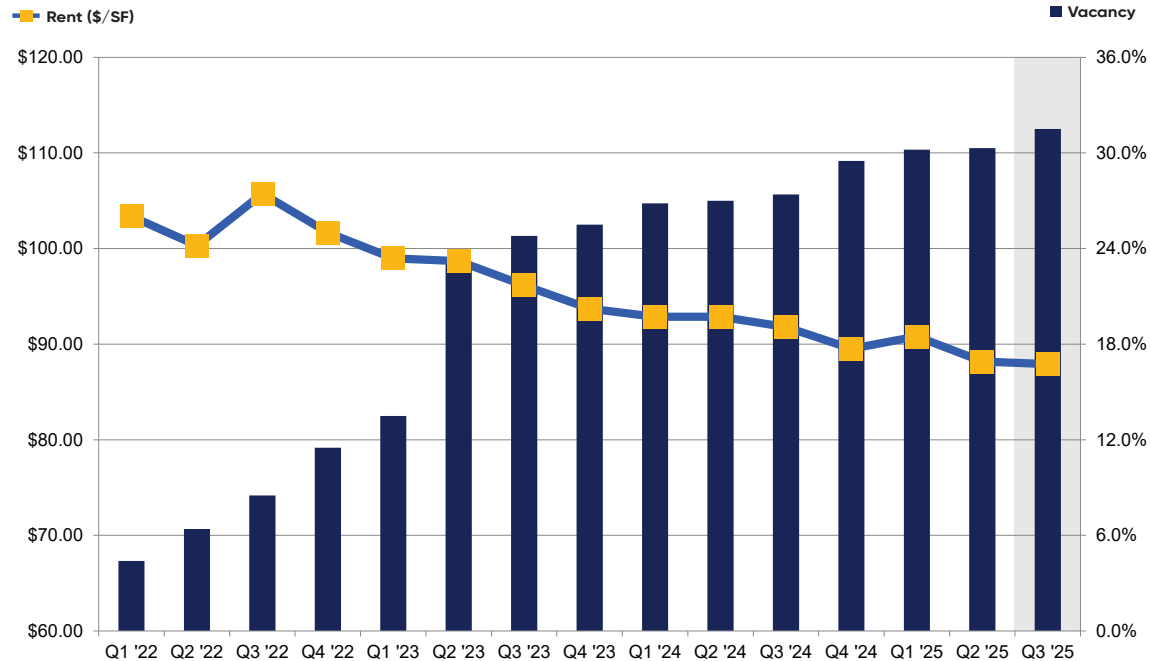


**Available**  
36.6%

Arrows Indicate Quarterly Change

## Historical Class A Rent and Vacancy

Vacancy continues to climb as new supply outpaces demand. Sublease space remains high, and leasing activity is limited, keeping rents steady but increasing competition among landlords.



## Notable Market Transactions

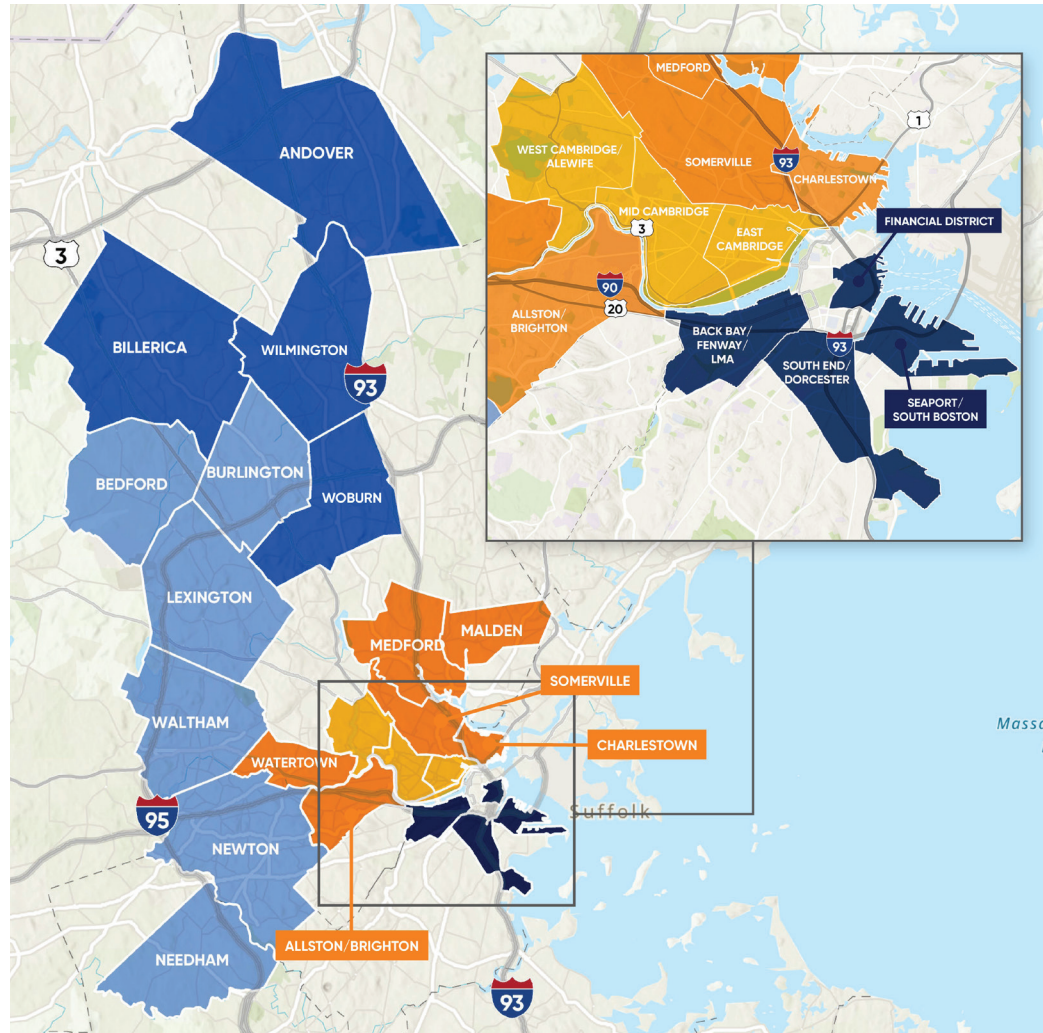
Tenant	Size (SF)	Submarket	Type
Lila Sciences	235,500	Alewife	New Location
CBSET	80,000	Waltham	New Location
Eli Lilly	75,000	Boston	New Location
AI Proteins	40,000	Fenway	New Location
Psivant	20,000	Watertown	Relocation
Stellaromics	19,000	Boston	Expansion
Terrain Bio	13,397	Cambridge	New Location



Lila Sciences, Alewife Park Development Render | Photo/Render: IQHQ



# By the Numbers Submarkets



		Market Size (SF)	Vacant	Sublease	Available	Rent/SF	
						Class A	Class B
Cambridge	East Cambridge	11,973,499	14.7%	6.3%	21.0%	\$105.00	\$90.00
	Mid Cambridge	3,435,557	21.6%	11.3%	32.8%	\$100.00	\$75.00
	West Cambridge/Alewife	2,700,204	36.1%	9.7%	45.7%	\$85.00	\$65.00
	<b>Total</b>	<b>18,109,260</b>	<b>19.2%</b>	<b>7.7%</b>	<b>26.93%</b>	<b>\$101.07</b>	<b>\$83.43</b>
Boston	Seaport/South Boston	5,316,538	23.1%	5.6%	28.7%	\$100.00	\$85.00
	Financial District	634,632	81.8%	6.5%	88.3%	\$100.00	\$95.00
	Back Bay/Fenway/LMA	2,130,437	28.1%	1.6%	29.7%	\$105.00	\$90.00
	South End/Dorchester	929,000	53.8%	6.2%	60.0%	\$82.00	\$70.00
	<b>Total</b>	<b>9,010,607</b>	<b>31.6%</b>	<b>4.8%</b>	<b>36.3%</b>	<b>\$99.33</b>	<b>\$85.34</b>
Inner Suburbs	Charlestown	761,866	47.4%	9.4%	56.8%	\$80.00	\$70.00
	Medford/Malden	790,618	48.7%	11.5%	60.2%	\$55.00	\$50.00
	Somerville	2,471,603	73.4%	0.7%	74.1%	\$85.00	\$75.00
	Watertown	3,433,694	46.6%	5.4%	52.1%	\$85.00	\$70.00
	Allston/Brighton	2,010,412	69.6%	0.0%	69.6%	\$95.00	\$80.00
	<b>Total</b>	<b>9,468,193</b>	<b>58.7%</b>	<b>3.9%</b>	<b>62.6%</b>	<b>\$84.22</b>	<b>\$71.76</b>
Route 128 West	Bedford/Burlington	3,327,569	44.5%	1.4%	45.9%	\$65.00	\$50.00
	Lexington/Waltham	8,137,432	24.0%	3.1%	27.0%	\$73.00	\$63.00
	Newton/Needham	540,342	26.5%	0.0%	26.5%	\$65.00	\$60.00
	<b>Total</b>	<b>12,005,343</b>	<b>29.8%</b>	<b>2.5%</b>	<b>32.2%</b>	<b>\$70.42</b>	<b>\$59.26</b>
Route 128 North	Wilmington	128,370	17.4%	0.0%	17.4%	\$30.00	\$25.00
	Woburn	1,298,511	14.9%	6.1%	21.0%	\$54.00	\$40.00
	Billerica	385,763	16.3%	0.0%	16.3%	\$28.00	\$26.00
	Andover	666,209	56.9%	0.9%	57.7%	\$55.00	\$45.00
	<b>Total</b>	<b>2,478,853</b>	<b>26.5%</b>	<b>3.4%</b>	<b>29.9%</b>	<b>\$48.98</b>	<b>\$38.39</b>



# Venture Capital Activity

Venture investment in Greater Boston remained steady, driven by confidence in the region’s life sciences ecosystem. Large, late-stage raises signaled investor focus on proven biotech platforms rather than early-stage risk, reflecting a selective but healthy funding environment. The market continues to show resilience, with capital concentrating in companies advancing clinical milestones and specialized research, which reinforces Boston’s position as the anchor of U.S. life sciences innovation.



## Notable Tenant VC Raises



TREELINE  
BIOSCIENCES

\$200M

HQ in Watertown, MA



X4  
PHARMACEUTICALS

\$85M

HQ in Boston, MA



DEWPOINT  
THERAPEUTICS

\$60M

Located in Boston, MA



Treeline Biosciences, 500 Arsenal Street, Watertown, MA | Photo: CoStar



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**John Coakley**  
Managing Principal



**Paul Delaney**  
Managing Principal



**Greg Lewis**  
Managing Principal



**Carter Swaebe**  
Advisor



**Vicki Keenan**  
Managing Principal



Photo: Shutterstock

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# Q3 2025

## Industrial/Flex

ROUTE 128 | ROUTE 495 | SOUTHERN NH

### Flex Market in Transition

The flex segment is in transition. While demand from “tough tech” tenants once fueled activity from 2021 through 2023, today a mix of economic uncertainty and reduced venture capital has slowed momentum. Some companies are evaluating space dispositions or full exits, with Factorial Energy in Methuen and Ambri in Marlborough being notable examples.

At the same time, little to no speculative development has left a shortage of quality product for tenants. On the capital markets side, investors are steering away from office and prioritizing “utility” flex and industrial space, which helps sustain rent levels. Elevated construction costs remain a major hurdle, making it difficult for tenants to justify relocating or replicating capital-intensive facilities.

Photo: Shutterstock



### Concessions Increase

Lower tenant demand through Q3 has pushed landlords to offer more free rent and higher construction allowances to attract commitments.

#### TENANT TAKEAWAY

**Tenants can use the softer demand environment to negotiate for stronger economics, richer concession packages and more flexible lease terms.**



### Development Down

No notable new projects have entered permitting or development as the market works to re-balance fundamentals. With little new supply on the horizon, existing quality flex product will remain scarce.

#### TENANT TAKEAWAY

**Tenants should start any real estate evaluation process early to secure the right space before competition returns.**



# Industrial Flex

**Market Size**

↑ 198,860,882 SF

↑ 73,316,169 SF

**Vacancy**

↓ 8.4%

↑ 11.5%

**Sublease**

≡ 1.2%

≡ 2.2%

**Available**

↓ 10.2%

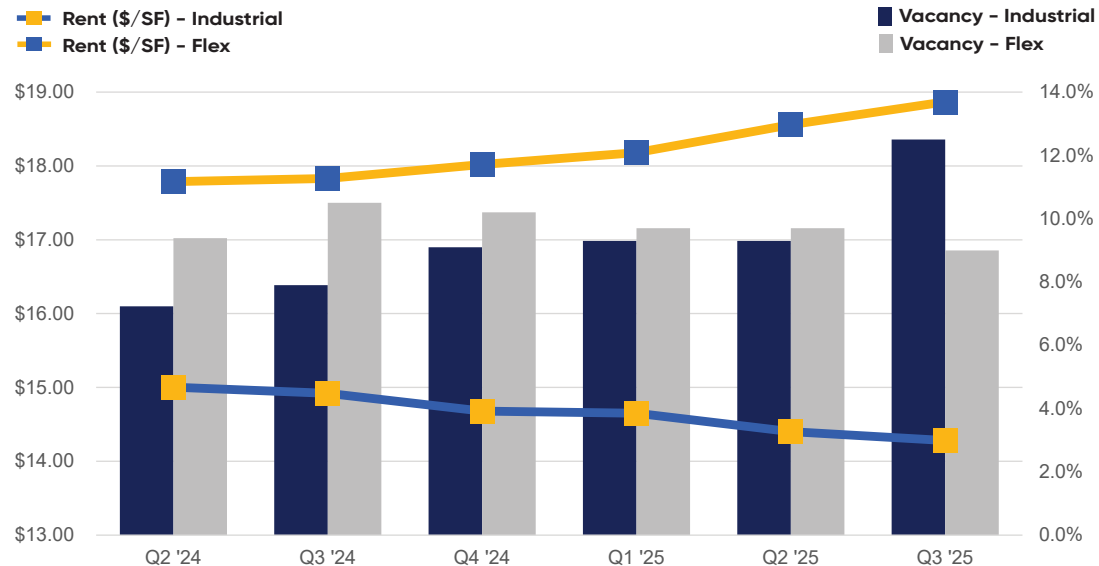
↓ 13.9%

Arrows Indicate Quarterly Change

## Historical Rent and Vacancy

Note: Cresa began tracking this market in Q2 2024.

Relatively stable occupancy levels have held the market in check over the last year. Economic uncertainty continues to restrain demand for now.



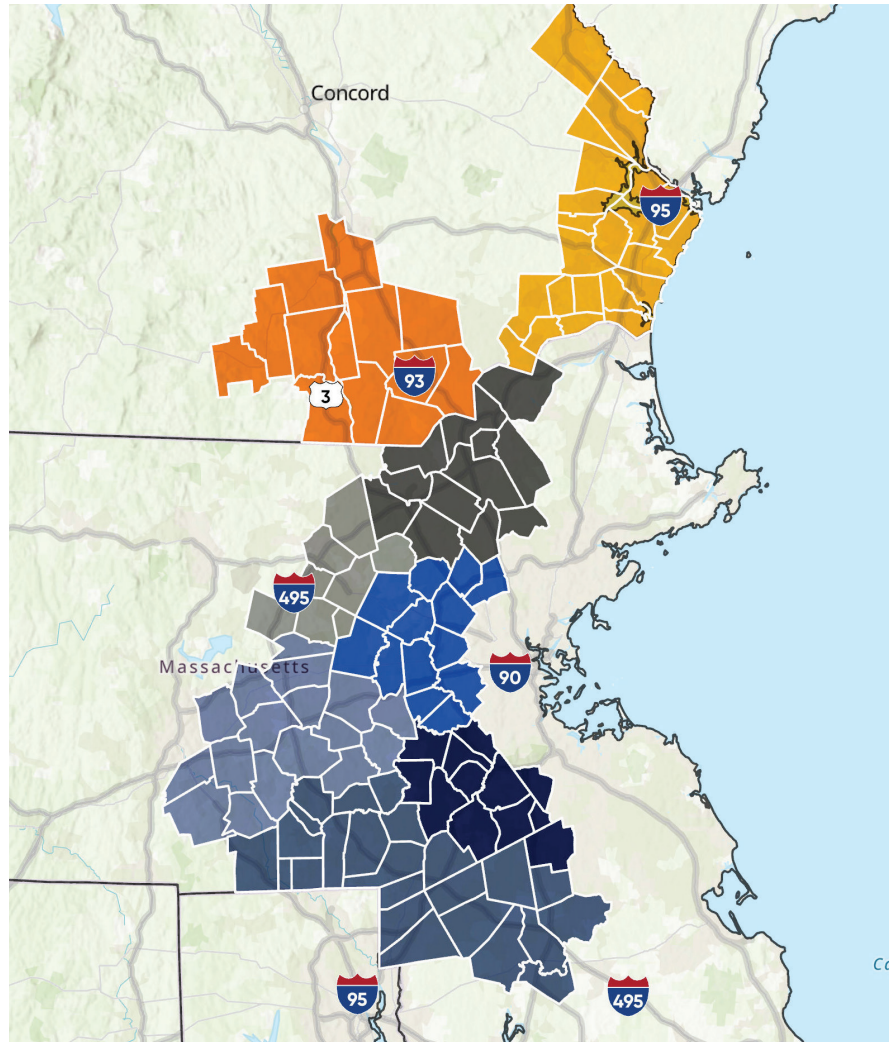
## Notable Market Transactions

Tenant	Size (SF)	Submarket	Use	Type
Destination XL	674,000	128 South	Industrial	Renewal
IMS	87,000	Southern NH	Flex	Relocation
York HVAC	44,000	495 MetroWest	Industrial	New lease
LeMaitre Vascular	34,000	495 North	Flex	New lease
Dana Safety Supply	32,000	495 MetroWest	Industrial	New lease





# By the Numbers Submarkets



Industrial		Market Size (SF)					Average Rent/SF (NNN)	
				Vacant	Sublease	Available		
Route 495	North	36,412,103		5.7%	0.5%	6.4%		\$17.50
	Central	3,658,390		0.1%	2.7%	5.7%		\$14.00
	MetroWest	21,525,201		6.9%	0.8%	8.9%		\$13.75
	South	52,945,910		13.2%	1.7%	15.5%		\$12.50
	<b>Total</b>	<b>114,541,604</b>		<b>9.2%</b>	<b>1.2%</b>	<b>11.1%</b>		<b>\$14.37</b>
Route 128	Northwest	12,782,418		9.0%	0.7%	9.4%		\$21.00
	South	22,640,922		8.7%	2.3%	13.9%		\$15.50
	<b>Total</b>	<b>35,423,340</b>		<b>8.8%</b>	<b>1.7%</b>	<b>12.3%</b>		<b>\$17.48</b>
Southern NH	Seacoast	12,505,781		6.5%	0.5%	7.6%		\$12.50
	Route 3/Route 93	36,390,157		6.2%	1.0%	6.3%		\$13.00
	<b>Total</b>	<b>48,895,938</b>		<b>6.3%</b>	<b>0.9%</b>	<b>6.6%</b>		<b>\$12.87</b>

Flex		Market Size (SF)					Average Rent/SF (NNN)	
				Vacant	Sublease	Available		
Route 495	North	18,096,389		12.0%	2.7%	14.2%		\$21.00
	Central	3,521,404		15.5%	9.2%	17.5%		\$17.00
	MetroWest	13,401,789		9.7%	1.1%	11.9%		\$17.75
	South	7,834,911		11.9%	0.9%	12.8%		\$15.25
	<b>Total</b>	<b>42,854,493</b>		<b>11.6%</b>	<b>2.4%</b>	<b>13.5%</b>		<b>\$18.60</b>
Route 128	Northwest	12,109,069		13.7%	3.4%	17.6%		\$24.50
	South	7,318,905		11.3%	0.3%	14.8%		\$19.00
	<b>Total</b>	<b>19,427,974</b>		<b>12.8%</b>	<b>2.2%</b>	<b>16.5%</b>		<b>\$22.43</b>
Southern NH	Seacoast	3,112,345		9.2%	1.8%	11.5%		\$14.00
	Route 3/Route 93	7,921,357		9.4%	1.4%	10.8%		\$14.50
	<b>Total</b>	<b>11,033,702</b>		<b>9.3%</b>	<b>1.5%</b>	<b>11.0%</b>		<b>\$14.36</b>



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**Mark Mulvey**  
Managing Principal



**Joe Doyle**  
Managing Principal



**Dave Ross**  
Principal



**Mark Coelho**  
Principal



**Nate Heilbron**  
Senior Advisor



**Allison Hoffman**  
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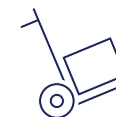
# Q3 2025 Suburban Office

ROUTE 128 | ROUTE 495

## New Ownership, New Basis, New Momentum?

The suburban Boston office market continues to recalibrate as asset pricing adjusts to new realities. While trophy product still dominates transaction volume, recent sales such as 93 Worcester Street in Wellesley and 130 Turner Street in Waltham highlight a broader re-pricing trend. This shift allows owners to reset basis and re-engage the market with greater flexibility. Lower acquisition costs give operators more room to offer concessions that were previously cost-prohibitive, creating opportunities for tenants to secure more competitive economic packages as the market resets.

Photo: Duncan Lake



## Rising Office Relocation Commitments

As workplace behaviors and hybrid working models stabilize in the post-COVID market, occupiers are beginning to recommit capital toward relocations.

### TENANT TAKEAWAY

**Evaluate viable relocation options and align stakeholders early to secure the most favorable deals.**



## Quality Bias Continues

The majority of new leases were signed in Class A properties, reflecting tenant confidence in high-quality, amenity-rich buildings. And, with virtually no new office development in the suburban pipeline and the demand for quality product persisting, the best-in-class segment will continue to tighten.

### TENANT TAKEAWAY

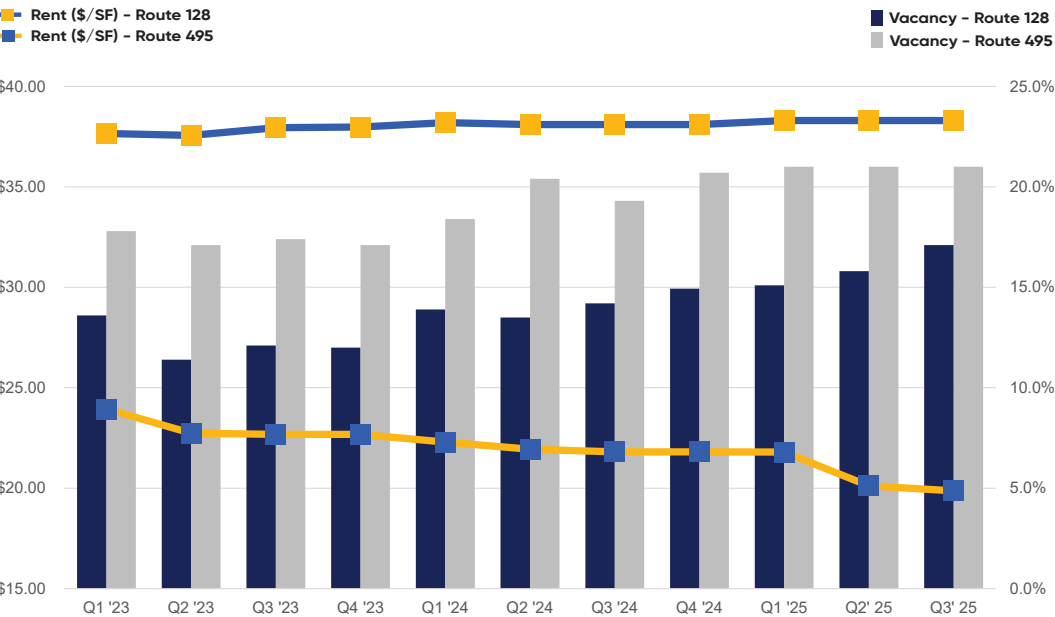
**Tenants should be prepared to move quickly when strong opportunities arise.**

		Market Size		Vacancy		Sublease		Available	
Route 128	≡	44,880,284 SF		↑	17.1%	↓	4.6%	↑	27.8%
Route 495	↓	27,610,956 SF		↑	21.0%	↓	3.8%	↑	28.7%

Arrows Indicate Quarterly Change

Historical Rent and Vacancy

Average asking rents have remained relatively stable, with only modest upward movement. Despite rising availability, rents have held steady as landlords maintain face rates and use concessions to attract tenants.



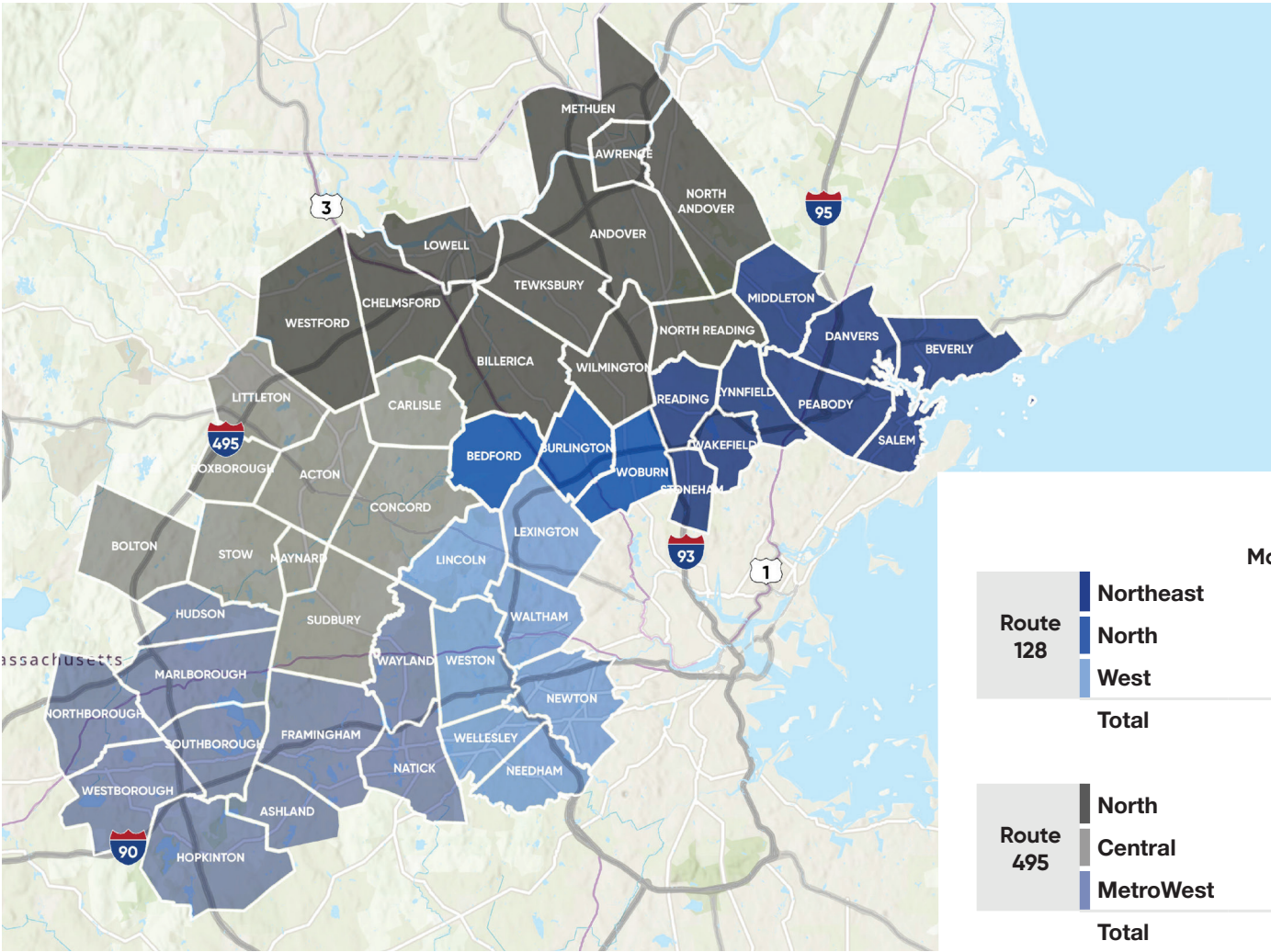
Notable Market Transactions

Suburban office activity is being sustained primarily by renewals and relocations rather than new demand. Most transactions occurred along Route 128, underscoring the corridor’s strength as the core suburban hub.

Tenant	Size (SF)	Submarket	Type
CBSET	87,000	128 West	Relocation
Apellis Pharmaceuticals	57,141	128 West	Renewal/Downsize
QinetiQ	49,260	128 West	Renewal
Comsol	45,020	128 North	Renewal/Expansion
Madrigal Pharmaceuticals	44,595	128 West	Relocation
Cogent Biosciences	31,578	128 West	Relocation
Boston University	23,000	495 West	Renewal
Planet Group	20,000	128 North	Renewal



# By the Numbers Submarkets



						Rent/SF	
						Class A	Class B
Route 128	Northeast	6,904,468	15.7%	0.9%	16.0%	\$29.00	\$24.00
	North	13,112,926	16.4%	5.1%	28.4%	\$42.00	\$31.00
	West	24,862,890	17.8%	5.3%	30.8%	\$47.00	\$37.00
	Total	44,880,284	17.1%	4.6%	27.8%	\$42.77	\$33.25
Route 495	North	13,860,943	15.5%	3.4%	21.3%	\$22.75	\$18.75
	Central	3,642,309	33.6%	0.5%	40.0%	\$20.25	\$16.25
	MetroWest	10,107,704	24.0%	5.5%	34.9%	\$21.00	\$17.50
	Total	27,610,956	21.0%	3.8%	28.7%	\$21.78	\$17.96



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Photo: Duncan Lake

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# Q3 2025 Cambridge Office

## Cambridge Office Market Holds Steady

Cambridge has historically been a magnet for tech companies thanks to its proximity to MIT and Harvard. In recent years, however, Downtown Boston captured more of this activity. Looking ahead, the AI boom could represent a major opportunity for Cambridge, which does not yet have an established AI cluster.

With significantly reduced office rents and its continued proximity to world-class institutions, Cambridge is well positioned to attract AI-focused tenants and reassert its role as a hub for innovation.

Photo: Duncan Lake



## No Big Groups

The market continues to see a lack of large (25,000+ SF) pure office users exploring space.

### TENANT TAKEAWAY

**With demand softening, tenants can use current conditions to secure prime space with strong negotiating leverage.**



## Kendall Square Sustains Its Competitive Edge

Despite broader headwinds, Kendall Square remains the top choice for biotech and tech tenants. Most groups touring or transacting continue to prioritize being in the heart of Kendall Square.

### TENANT TAKEAWAY

**The “bump-in” factor still matters - companies want to cluster near like-kind organizations, with added value placed on nearby retail and rapid transit access.**



**Market Size**  
**11,583,557 SF**



**Vacancy**  
**17.8%**



**Sublease**  
**8.9%**



**Available**  
**26.6%**

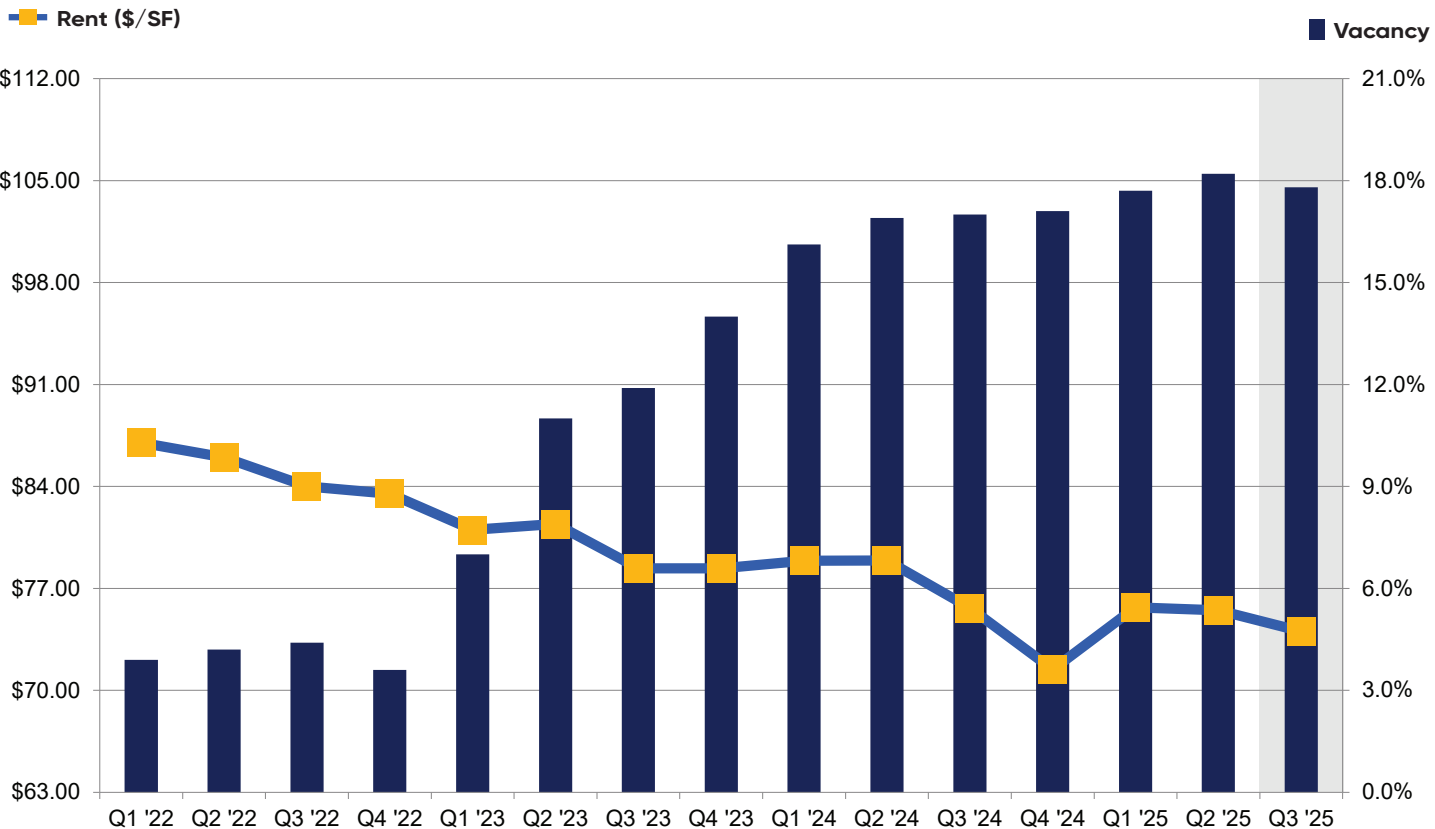
Arrows Indicate Quarterly Change

Historical Class A Rent and Vacancy

As Sublease availability has climbed steadily since 2020, reaching its highest level in recent years, while direct vacancy has stabilized after an initial rise. This suggests that excess space is largely coming from tenants offloading space rather than new development, and that the market is gradually adjusting by absorbing surplus through sublease activity instead of new leasing demand.

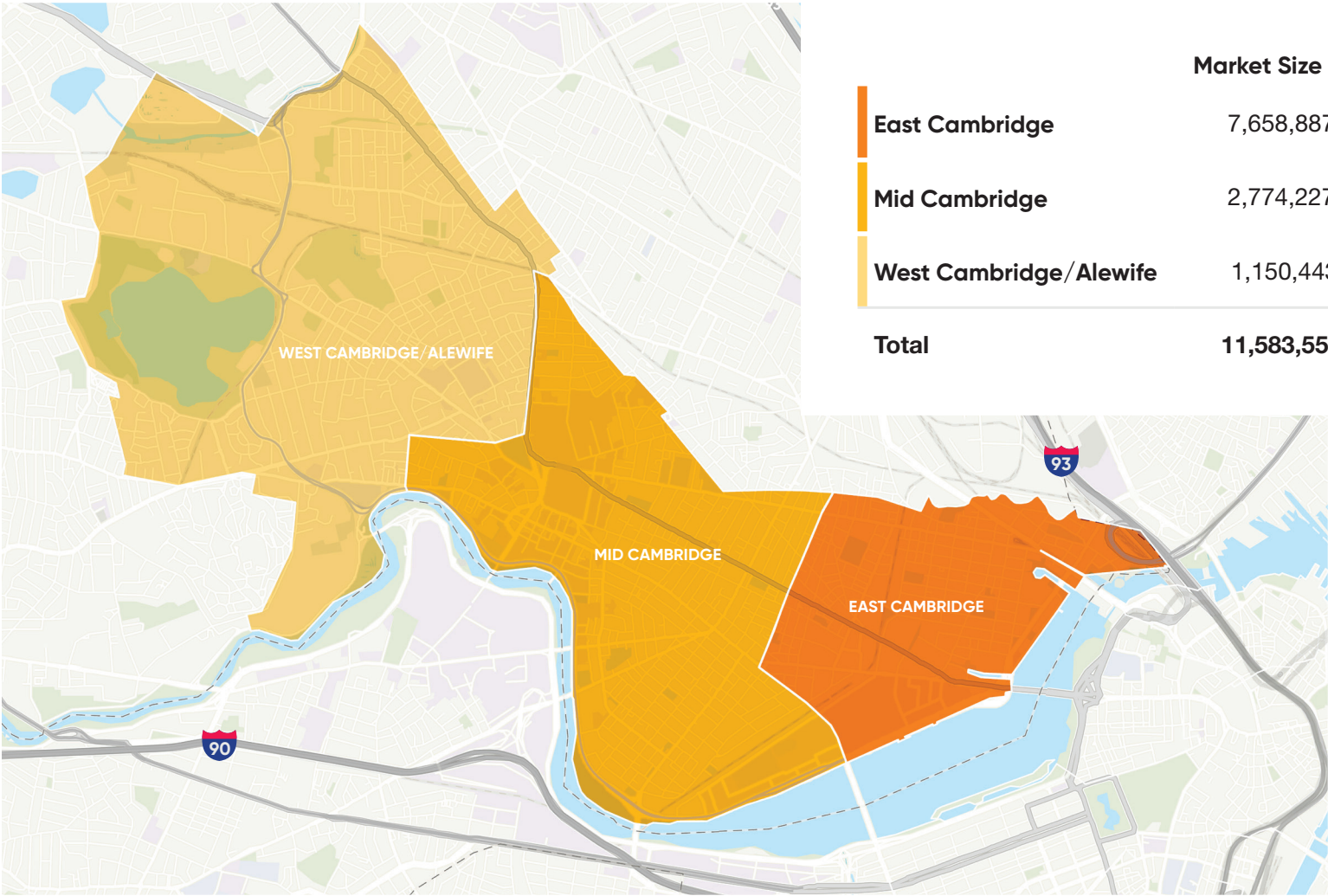


Photo: Kyle Klein





# By the Numbers Submarkets



	Market Size (SF)	Vacant	Sublease	Available	Rent/SF	
					Class A	Class B
East Cambridge	7,658,887	20.32%	10.80%	31.12%	\$82.00	\$50.00
Mid Cambridge	2,774,227	15.80%	2.30%	18.10%	\$60.00	\$50.00
West Cambridge/Alewiffe	1,150,443	5.20%	12.30%	17.50%	\$55.00	\$50.00
Total	11,583,557	17.80%	8.90%	26.60%	\$74.05	\$50.00



Photo: Kyle Klein



# Meet the Team



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cresa



**John Coakley**  
Managing Principal



**Paul Delaney**  
Managing Principal



**Carter Swaebe**  
Advisor



**Adam Subber**  
Managing Principal



**Dan Sullivan**  
Managing Principal

## About Cresa Boston

Cresa is the world's largest commercial real estate advisory firm that exclusively represents occupiers and specializes in the delivery of fully integrated real estate solutions. We work with our clients to align their business plans and their real estate needs, increase their productivity, and consistently save them money — results that have earned us numerous industry awards along the way. Our team of real estate advisors, project managers, strategic planners, analysts, and space planners listen to tenants' needs, meticulously research market conditions, firmly negotiate terms, and manage the design and construction of projects to customize the best possible occupancy solutions.

## Contact

For more information about Cresa and the Boston CRE Market, please contact:

**Cresa Boston**  
280 Congress Street  
Boston, MA 02210  
617.758.6000  
[cresa.com/boston](https://cresa.com/boston)

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