Is Triangle Commercial Real Estate Facing a Divide?

Office vacancies rise, yet specialized sectors show robust demand.

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THE DATA

18.5%

Office Vacancy Rate

The Triangle's office vacancy rate in Q2 2026.

The UNC Wood Center for Real Estate Studies reports a slight increase from Q1's 17.9%, indicating a continued recalibration in the office market. This trend reflects evolving work patterns and new supply coming online.

Source: UNC Chapel Hill Wood Center for Real Estate Studies · Published July 15, 2026
[BREAKING]

01

Office Sector Adapts to Evolving Occupancy Needs

The rising office vacancy rate suggests tenants are optimizing space or seeking modern, flexible environments. This period of adjustment presents opportunities for strategic repositioning and redevelopment of older assets to meet future demand.

02

Industrial and Life Sciences Remain Strong Growth Drivers

In contrast to office trends, industrial absorption is robust, maintaining a low 3.5% vacancy rate. The life sciences sector continues its significant demand for specialized lab and research facilities, underscoring the Triangle's economic diversification.

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