

BOMA

BUILDING GUIDE

CALGARY

INSIDE
BUILDING
LISTINGS, MAPS
AND INDUSTRY
ANALYSIS

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COMMITMENT TO COMMUNITY

Projects like the Arts Commons Transformation are boosting the number and diversity of Calgary's commercial spaces, from modern upgrades to historic offerings



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Sometimes the neighbourhood where you work is as important as the building you occupy.

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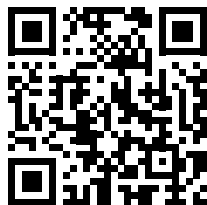
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BOMA members enrich Calgary by building community



Lloyd Suchet,
executive director,
BOMA Calgary

“**COMMITMENT TO COMMUNITY**” is a simple concept and theme to build this year’s guide around. It acknowledges that BOMA and its members are part of a broader whole, and that their successes contribute to and enrich the wider community.

While a building is commonly understood as a fixed asset with operating equipment, aesthetic and comfort features, tenant amenities and, of course, divided spaces for tenants to house their employees and operations, there is a contextual element that has always existed but has never been more well understood or important. Put simply, buildings exist in complex ecosys-

tems with different users, stakeholders, businesses and transportation needs. These elements impact each other in ways that range from subtle to significant but are always present.

The 2024-2025 *BOMA Calgary Building Guide* seeks to share stories about the ways our members demonstrate this commitment, hoping to inspire others and challenge organizations to think about how they can drive value to the broader community.

Our members and industry have become deeply involved in recent city-building initiatives, something turbocharged by the Greater Downtown Plan of 2021 that united the

Our members and industry have become deeply involved in recent city-building initiatives, something turbocharged by the Greater Downtown Plan of 2021 that united the entire downtown community.

entire downtown community. This involvement has continued unabated, as BOMA and its members play a central role in projects like the Green Line LRT, the office-to-residential conversion program and the mayor’s Downtown Safety Leadership Table. This is why we take the opportunity in publications like this to highlight how partners like Arts Commons and the BMO Centre are reinvigorating our city and demonstrating their own commitments to its revival. It is easy to see how a cultural amenity like Arts Commons and its resident companies enliven the downtown community for everyone’s benefit, while attracting Calgarians from all corners of the city at non-traditional times. Similarly, convention facilities like the BMO Centre have a proven record of attracting new visitors and bringing further economic and cultural benefits to our city.

BOMA members play a similar role for neighbouring retailers by drawing people in during the workday, with many businesses relying on this traffic for revenue—a hard lesson re-emphasized during COVID-19 lockdowns. BOMA members have also demonstrated their commitment through monetary investments, not just in the bones of their buildings but in public-facing amenities that enrich the community and animate the sidewalks. While this is most evident downtown, the “Location, Location, Location” (Pg. 20) feature demonstrates how suburban tenants create community and collaboration through thoughtful decisions and design.

In a sense, commitment has turned into investment. Each time a BOMA member upgrades their building, creates new community and tenant amenities and further integrates the private with the public realm, they are investing in the community they are part of. They do this with the full knowledge that, just as others will leverage their investments, they too will be able to leverage the investments of others. ■

BOMA LOOKING FORWARD

From tech to talent, BOMA Calgary builds foundations for the industry's future

Big things are brewing close to home. Once widely regarded as a bastion for the status quo—in commercial real estate and beyond—Alberta's reputation as a home for disruptors is growing. Startup companies and pilot projects are emerging in large numbers. But with new opportunities come new challenges.

"There's a ton of technology out there. It's popping up all the time," says Dave Sylvester, senior manager of portfolio engineering with

Oxford Properties Group. "And BOMA members are struggling to find the good stuff."

Sylvester is the chair of BOMA's Building Technology Committee to help solve this problem. Since early 2021, the committee has been identifying common industry problems, "kicking the tires" of vendors, and working toward collective solutions. Along the way, like-minded professionals can share wins and losses while brainstorming how to do things better.

"People have their successes and failures, but it's all done in isolation," says Dave Hiemstra, a longtime committee member and associate running Smith + Andersen's Intelligent Integrated Systems Team. "Ideally, not

everyone makes the same mistakes, and we can learn from each other."

Ripe fruit at the bottom

Sylvester says one of the biggest collective roadblocks professionals are facing today is a never-ending race against the clock.

"The challenge in our industry right now is time," says Sylvester. "There are probably more things to do today than we're going to accomplish."

Net-zero carbon and self-operating "smart buildings" may be long-term goals, but making the day-to-day more efficient is essential in getting there. There are plenty of ideas growing at a high level, but, as Sylvester puts



From left: Dave Hiemstra, Christina Martin, and Dave Sylvester atop the Bow Valley Square rooftop patio, which features picnic tables, barbecues, a beehive station, and city vistas.

"The challenge in our industry right now is time. There are probably more things to do today than we're going to accomplish." —Dave Sylvester

it, "It's about finding the fruit at the bottom of the tree and working our way up."

One way to be more efficient right now, Sylvester says, is by investing in demand-based maintenance solutions. Sensor technology can now be applied to everything from mouse traps to faulty HVAC systems, allowing staff to skip the manual check-ins and take a more targeted approach when attention is needed.

Similarly, there's growing potential for machine learning to identify mishaps, then deploy the right person to deal with it immediately—such as a security camera automatically prompting a guard when activity is detected at an odd hour.

The AI of it all

No tech conversation in 2024 is complete without a check-in on artificial intelligence (AI).

Hiemstra and Sylvester agree that AI's industry potential is exciting, but machines making the big decisions is still a ways away. Where Sylvester is seeing success is in first drafts of otherwise time-consuming tasks. Leasing agreements drafted by ChatGPT before being reviewed and refined by legal, for example, can save hours. Sylvester is also seeing AI models learning to monitor day-to-day building systems, such as energy consumption. When things run more efficiently than average, these models could find out why, then automatically replicate it.

While promising, Hiemstra says there's still a lot more AI talk than practical application. Humans remain a key variable in the operations equation.

"An operations team knows their building and knows it well," says Hiemstra. "Certain things really do need that human touch."

Warm welcomes and tough questions

Since 2023, Christina Martin has co-chaired BOMA Calgary's Next Gen Committee—a 10-person committee dedicated to new pro-

fessionals. As the city's relatively high wages and lower cost of living attract talent from Ontario and B.C., Martin says opportunities for innovation are blossoming within Calgary.

"Calgary is a great place to be a young working professional," says Martin. "I'm passionate about inspiring future leaders and industry collaboration."

The Next Gen Committee's events focus on both professional and social development. Trivia nights, professional panels, LinkedIn photo shoots, and the signature Calgary Stampede "Buckaroo Bash" fill the calendar, all with the goal of building skills and forging

"Traditional property management was basically landlords collecting rent, but now there's a huge switch toward hospitality." —Christina Martin

connections. In 2023, every Next Gen event sold out for both attendees and sponsors.

Dedicated to members under 35, the committee is now open to anyone entering the field. Martin's cohort represents version 3.0 of the Next Gen Committee after two former iterations aged out and largely moved onto other BOMA designations.

Into the industry and out of your comfort zone

Along with fostering discussions around useful tech and environmental, social and governance (ESG) success stories, the current Next Gen Committee has been faced with novel issues from the COVID-19 pandemic—namely, developing networking skills. "We all took a step back because we were stuck behind computer screens all day," says Martin. "We're trying to bridge that gap."

Assigned event seating and trivia teams have helped push new professionals out of their comfort zones. While Martin says crowds are often leery at first, the end results are hugely positive, with new connections and friendships made by the close of every event.

Industry-wide collaboration also allows event attendees to ask questions in a safe environment. Topics like, "How to approach senior leaders with a technology proposal" can be brought up in an informal, judgement-free space, and lived experiences can help inspire solutions.

A new era

Martin says young professionals in Calgary are driving an attitude shift in how commercial real estate is approached.

"Traditional property management was basically landlords collecting rent," says Martin. "But now there's a huge switch toward hospitality."

Taking cues from the hotels and event management industries, Martin says young professionals are eager to add value for

tenants by not just offering amenities like conference rooms and fitness centres, but activating them through tailored programming. By actively making workplaces more vibrant and welcoming, Martin is hopeful the next generation will breathe new life into Calgary's core.

"It's a really exciting time to work in commercial real estate and be able to shape what's next for downtown," says Martin. "For now and for future generations."

People forging forward

Today, the next generation is honing soft skills and bringing innovative ideas to the forefront. Tomorrow, Sylvester predicts more focused roles taking over building management—with companies hiring diverse staff in building commissioning, data science, and other specialty fields.

Through it all, professionals are continuing to talk big ideas, collaborate at BOMA events, and build foundations for the future, all while challenging preconceived notions of what's happening in the province.

"It was great to find a group of people that proved the stereotype of Alberta living in the past isn't true," says Hiemstra. "Things being done in our backyard are game-changing. It's just a matter of finding the right people who are talking about them." ■

"Things being done in our backyard are game-changing. It's just a matter of finding the right people who are talking about them." —Dave Hiemstra

BOMA Members Speak Out

Calgary's neighbourhoods are as diverse and eclectic as the people who call them home. The same can be said about the various places Calgarians work, and each neighbourhood offers its own unique benefits and amenities. We asked four BOMA members what it is that makes their work neighbourhood ideal.



Christina Martin
property manager, First Tower, Prospect Place, management services, Hines (411 1st Street S.E.)



Graham Halsall
director, sustainability and risk management, ONE Properties (205 5th Avenue S.W.)



Ted Cook
Western Canada lead, climate and energy, Cadillac Fairview (Market Mall)



Dominique Mellafont
business development, ServiceMaster Of Calgary, a division of Ordman Corp. (920 26th Street N.E.)

1 *What is the best thing about the neighbourhood where you work and where your office is located?*

► **Christina:** The best thing about the neighbourhood where I work is it is located within close proximity to the Bow River and RiverWalk pathways.

► **Graham:** At our Bow Valley Square location, we're downtown, so I appreciate the Bow River Pathway for biking in, easy access to Stephen Avenue, and being connected to the Plus 15 network for when the 8.5 months of winter take over.

► **Ted:** I work in the northwest, so, when Friday afternoon hits and it's time to head to the mountains for the weekend, I've got a jumpstart on the traffic.

► **Dominique:** The neighbourhood offers a variety of excellent local restaurants and cafés, providing so many options for lunch and coffee breaks. Additionally, the area is well-connected by public transportation, making commuting easy and convenient.

2 *If you are buying/ordering your lunch, where is your go-to spot for great food?*

► **Christina:** In the summer months, Sidewalk Citizen Bakery or CharBar in East Village. In the winters, usually somewhere that is Plus 15-connected like Omi or Chachi's!

► **Graham:** Palomino. Can't beat the barbecue, vibe and delightful patio out back.

► **Ted:** My office is located in the core of CF Market Mall, so the food court is my go-to. Lots of great options and I'm supporting my tenants.

► **Dominique:** My preferred lunch spot is Joey's Barlow, especially for their roasted corn guacamole; can't go wrong with it.

3 *Where is the go-to spot for a drink after work?*

► **Christina:** Barbarella Bar! They have the best happy hour too!

► **Graham:** Also Palomino. Great spot to catch up with people you enjoy.

► **Ted:** Again, supporting the tenant. The Keg.

► **Dominique:** Our office is surrounded by numerous local restaurants and breweries. Tool Shed Brewery is a favourite, offering a welcoming patio, great drinks, and barbecue.

4 *If you need a 30-minute break to walk or sit and relax, where are some great spots in your work community to take a breather?*

► **Christina:** Prince's Island Park.

► **Graham:** The Plus 30 level at Bow Valley Square for the peaceful rooftop patio, the RiverWalk in East Village for a car-free stroll, and bike shops in the Beltline to lose a paycheck or two.

► **Ted:** Just steps away from the Bow River Pathway and Bowmont Park, so an amazing spot to take a breather with great vistas.

► **Dominique:** We have designated areas outside our office to relax and enjoy the weather. Inside the office, we have a cozy area with comfortable couches for breaks. For a scenic view, the Max Bell Centre offers a beautiful outlook of downtown.

5 *If it's "bring your pet to work day," where is a great spot to bring your furry friend for a walk?*

► **Graham:** The old Nexen Building turtle ponds. Otherwise, I'd take a pup to the Eau Claire helipad and wait for something interesting to happen.

► **Ted:** Don't think we have a "bring your pet to work day" but if we end up having one then it's Bowmont Park for my furry friend with a quick dip or two in the Bow after to cool her off.

► **Dominique:** There are several parks and off-leash areas nearby. The Max Bell Centre isn't an off-leash park but again it has some nice views.





COMMITMENT TO COMMUNITY

The Arts Commons Transformation project will boost the performing arts centre's commercial capacity and renew its commitment to Calgary arts lovers

When it first opened its doors in 1985 — then known as the Centre for the Performing Arts — Arts Commons was the third-largest performing arts centre in Canada. However, not long after it opened, Arts Commons CEOs were already looking ahead to the future, anticipating lifestyle challenges as the building aged and the city grew.

Fast-forward 20 years, and an expansion project was in the pipeline. Initially called

Project 2010, it is now known as Arts Commons Transformation (ACT).

The Arts Commons Transformation project is ambitious: it is the largest arts-focused building project currently taking place in Canada. The \$660-million project includes renovations and improvements to the existing campus and the construction of a new 162,000-square-foot building with two theatres. The project will break ground this year, and the first phase — the opening of the new space — is scheduled to be complete in time for the 2028/2029 arts season. Along

with ensuring local arts groups can continue to thrive, the planned renovation and expansion of the campus will boost Arts Commons as a commercial space and be an essential contribution to the hub of exciting commercial developments happening in downtown Calgary.

Commercial spaces in the arts world

Alex Sarian, president and CEO of Arts Commons, explains that the way commercial spaces operate in the arts and culture realm is different from other industries.

"We're very mindful about this balance of commercial activity and community activity, not because we're in the business of making money, but because we need to be able to afford our desire to invest in the community." —Alex Sarian



A conceptual rendering of Arts Commons Transformation, a \$660-million project that includes renovations, improvements and a new building with two theatres.

"Arts Commons was created to be the home of resident companies, like Theatre Calgary, the Calgary Philharmonic Orchestra, and Alberta Theatre Projects. Our commitment to them is that we provide them low market-value access to these venues, which essentially means we're subsidizing their use, to a certain degree, within our facilities," says Sarian. "But I tell my team: there's no mission without a margin. In order for us to subsidize these arts groups, we need to generate surpluses somewhere else."

In other words, Arts Commons doesn't gen-

erate surpluses off the backs of its resident companies. However, it needs to generate surpluses somewhere to fulfil its commitment to Calgary, which is to reinvest money back into the local arts community, support local arts groups, and ensure Calgary's theatre, music, and dance scenes thrive.

That's where commercial activities come in. Arts Commons' work with Live Nation and non-resident arts groups, as well as leasing space for events like weddings and graduations, all generate income.

"We're very mindful about this balance of

commercial activity and community activity, not because we're in the business of making money, but because we need to be able to afford our desire to invest in the community," says Sarian.

A modernized and revitalized space

ACT will boost commercial opportunities for the performing arts centre and benefit further commercial development around the campus.

For starters, construction of the new building will include two new theatres, one seating 1,000 and the other 200. The expansion is much needed. When Arts Commons opened in 1985, it was home to three resident companies; today, it is home to six resident companies and more than 200 community groups and partners use the space for venue rentals. These additional stages will increase Arts Commons' seating capacity — and, in turn, the campus' commercial potential — by 45 per cent.

Additionally, the design of the new space and renovation of the existing space will reimagine both patrons' and artists' experiences.

"Arts Commons was designed in a very different time; it can feel like a 1980s strip mall, where, if you take a wrong turn, you might end up in a beautiful theatre," laughs Sarian. The renovation will open up the original building so the stages, companies, and productions feel less siloed. Additionally, the renovations will focus on improving accessibility for all, while the new building will be an incredible work of architecture "that is accessible to the community, honours the needs of the artists and is truly of, and for, Calgary, while still pushing the envelope on who we're becoming," says Sarian.

All these elements of the project are likely to attract outside tenants interested in leasing space.

Sarian adds that projects like ACT create ripple effects throughout downtown. "What's interesting right now is seeing how [many] developers working on office-to-residential conversions are anchoring themselves around cultural institutions," he says, like the

National Music Centre, the Central Library and Glenbow. “Developers acknowledge that these projects, once they’re done, become a gravitational pull for people, whether they live downtown or not. We know that for every \$1 people spend at Arts Commons, they’re spending an additional \$4 to \$6 within a five-block radius.”

Reconsidering how arts spaces are leased

Another piece of the puzzle that plays into ACT is how the campus’ stages are used and leased. Historically, for the most part, Theatre Calgary shows are only staged in the Max Bell Theatre; Alberta Theatre Projects (ATP) performances are shown in the Martha Cohen Theatre; and Calgary Philharmonic concerts are just in the Jack Singer Concert Hall.

“The economics of that make no sense to me,” says Sarian. “Why should Theatre Calgary do a one-person experimental show in the same venue in which they’re doing *A Christmas Carol*? When you have a blockbuster show, you should level up into a bigger theatre, and when you are looking to take artistic risks, you should downsize and mitigate that risk.”

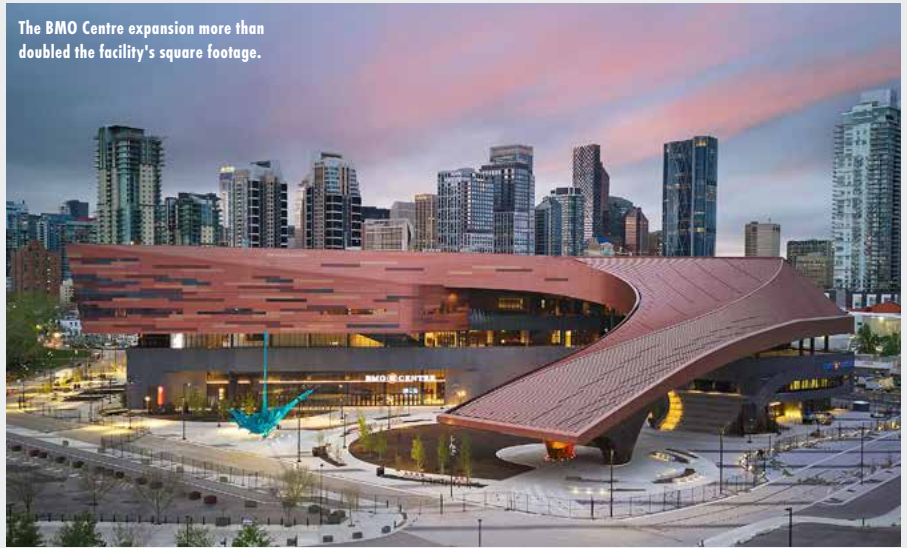
While the team is experimenting with this already, the Arts Commons Transformation project will boost what Sarian calls “the venue fluidity model.”

“By adding these two new venues across the street, it’s not like we’re saying those two venues are now exclusively for commercial activities. We’re adding two venues to our family of spaces so that all companies can flex in and out of them, depending on what their goals are. It’s kind of like 3D chess: if a Theatre Calgary show goes into Martha Cohen and ATP goes into the new theatre across the street, that frees up the Max Bell Theatre for anyone who wants to use it, either for community or at a commercial rate,” says Sarian.

Put another way, this model will elevate all Arts Commons venues as economic engines.

This project is a boon for Calgary’s downtown and for Arts Commons’ commercial opportunities and growth, but Sarian believes, at its core, the Arts Commons Transformation project is for the community. By increasing commercial opportunities and renting out its spaces, Arts Commons can ensure the great local companies Calgarians know and love can continue to live in subsidized spaces and carry on staging amazing productions.

The BMO Centre expansion more than doubled the facility’s square footage.



An unconventional convention centre

Less than two kilometres south of Arts Commons sits Stampede Park, and on June 5, it celebrated the official opening of the BMO Centre expansion. The expansion includes a new 565,000-square-foot space, in addition to a 50,000-square-foot exhibit hall that added to the existing infrastructure in 2020. When combined with the existing space, the project more than doubled BMO Centre’s space.

The project broke ground in April 2021, but the need for the expansion was identified in 2013.

“It was really about looking at diversification,” says Greg Newton, executive vice-president of conventions and events and general manager at BMO Centre, Calgary Stampede. “When you looked at where most of the business in Calgary was coming from, it was very regional in nature and very dependent on the boom market. What Calgary needed was something that was going to attract more visitors from outside of the province, as well as provide enough space for a city that was growing quickly.”

The expansion is already attracting commercial business; one client interested in leasing space told Newton it looks like “a hotel on steroids.” Unlike traditional

convention centres, the expansion’s design doesn’t maximize every square foot into leasable space. Instead, its hospitality-forward design is a place where both locals and visitors want to gather. There’s an outdoor plaza, art pieces like the Spirit of Water installation outside the centre, and modern finishes. All this puts Calgary on the map as a destination for conventions.

While there are no permanent commercial tenants in the BMO Centre, Newton believes the modern expansion will elevate commercial opportunities.

“I’m excited for people to engage with the space. Hopefully, this is a gathering place that locals and visitors will be using for decades to come, to celebrate some of the biggest milestones in life, be it a graduation, or holiday party, or business success or convention,” says Newton. “We’ve never booked more weddings.”

Newton adds, “I think the space is also attracting a lot of eyeballs for other commercial developments in and around the area. It’s certainly the biggest project in our organization’s history and [it will encourage] other commercial development in and around the BMO Centre, which will meet the growing needs of Calgary.” ■

“I’m excited for people to engage with the space. Hopefully, this is a gathering place that locals and visitors will be using for decades to come.” —Greg Newton

GIVING HISTORIC CALGARY BUILDINGS A NEW LEASE

These Calgary buildings feature rich histories with modern amenities to welcome new tenants to their spaces



Calgary's commercial real estate sector is rich with history, featuring a variety of historic buildings that have been modernized to meet the needs of today's businesses. These classic structures, located throughout the city, offer a unique blend of historic charm and contemporary amenities, supporting a variety of industries from energy and technology to health care and environmental services. Whether you're a startup tech company seeking innovative spaces or an established energy firm looking for a prestigious location, Calgary's historic buildings provide the perfect space for your business.



Calgary's first skyscraper, the Grain Exchange Building offers a range of lease options for a variety of tenants.



old. While Calgary Grain Exchange Ltd. eventually outgrew the building, it has since housed various businesses and professionals, including physicians, dentists, land developers, and more. Current suites for lease within the building include a range of options, from single-room offices with sweeping city views to offices and boardrooms, rooms

1

Grain Exchange Building

Location: 815-1 Street S.W.

Heritage feature: Calgary's first skyscraper

Tenants: Small businesses

Today, Brookfield Place is Calgary's tallest building at 56 storeys. But once upon a time, the Grain Exchange Building was the city's first and biggest skyscraper, standing at a soaring six storeys.

The building was built for, owned, and operated by William Roper Hull, a key figure in Calgary's history and economic growth. Hull was one of the first pioneers to use irrigation

methods and was a founding member of Calgary Grain Exchange Ltd., established due to the fast-growing agricultural development in the years before the First World War. At its peak, the Grain Exchange Building housed 21 grain companies and the Exchange Ltd., which used telegraphic communication with other major grain centres and set Alberta grain prices for farmers. The building was also the first to be a truly "fireproof" structure. It was built using a combination of traditional masonry and cladding paired with the Kahn structural system, which uses angled distributed stresses and the "Kahn trussed bar" for concrete construction. Together, Calgary Grain Exchange Ltd. and Hull guided Calgary toward becoming a major grain centre in Alberta.

As a historic Calgary building with a significant role in the city's history, this building is a great option for modern tenants, new and

with kitchens/kitchenettes and reception areas, and ample storage. These character office spaces make an ideal fit for small companies ready to set up in Calgary and be part of the business block where the building is located. The basement of the building is also designed as a bowling alley and billiard room for extra fun for tenants or to open up to visitors.

The ground floor of the building offers a visually striking opportunity for a restaurant owner to set up. Imagine welcoming customers into the building as they step through the grand oak doors with bevelled glass underneath a soaring sandstone arch. It wouldn't be the first time the building has housed a local eatery. In the past, the original Divino and Gypsy Bistro-Wine Bar were once tenants. Currently, Plowshare Artisan Diner is a tenant and a testament to the Grain Exchange Building's flexibility for various tenants.

2

Elveden House

Location: 717-7 Avenue S.W.

Heritage feature: Tallest building on the Prairies when built; built for a Guinness family subsidiary by Commonwealth Construction Company

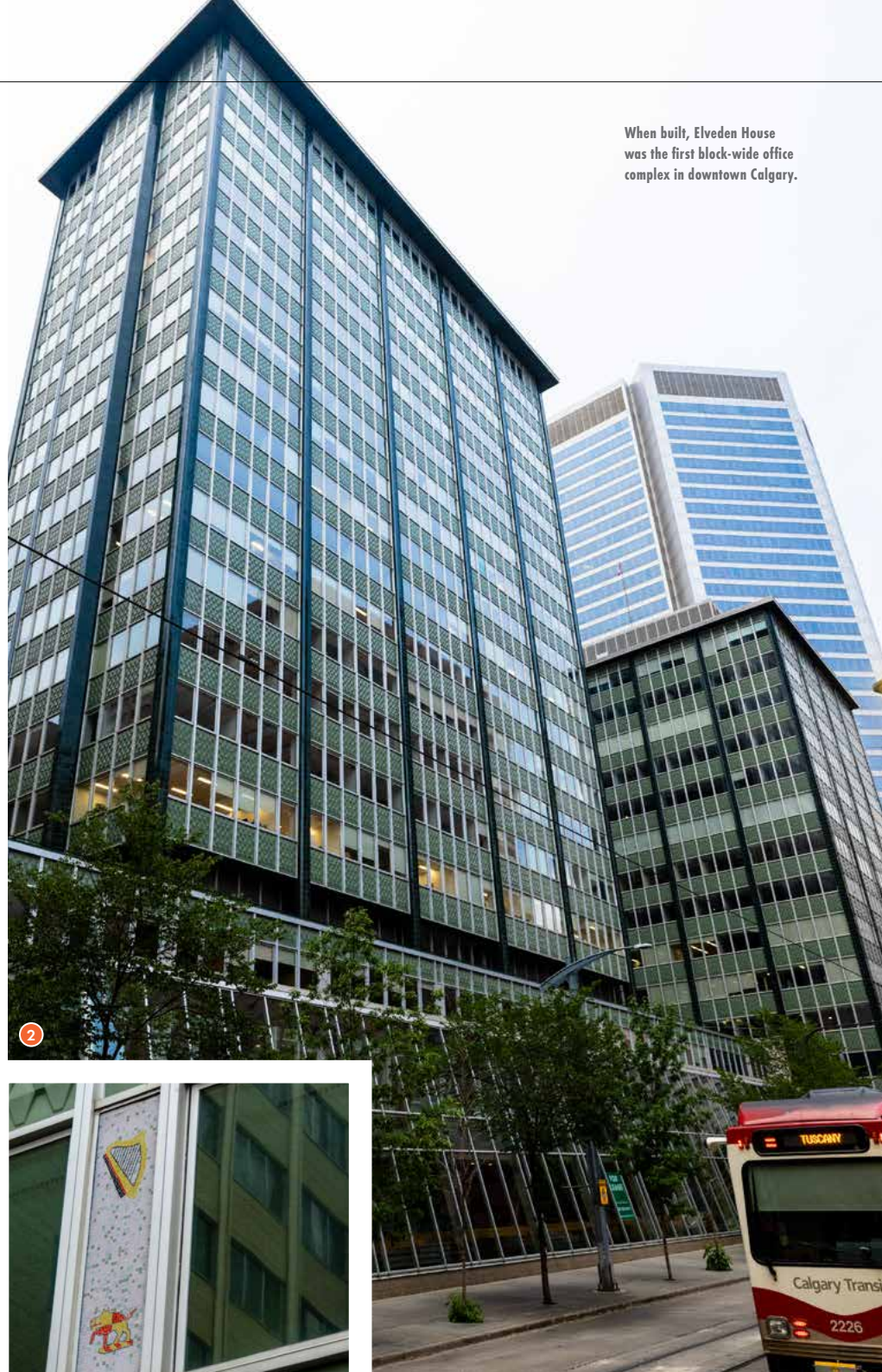
Tenant: Office space

Signing a building lease is crucial for both tenants and building owners. It's a significant step in securing your business investment. Sometimes, committing to a longer lease can demonstrate entrepreneurial spirit and a commitment to establishing your business in one city. This kind of dedication is what ultimately led to the construction of Calgary's historic Elveden House many years ago.

On Dec. 31, 1759, Arthur Guinness signed a 9,000-year lease on the St. James's Gate Brewery in Dublin. Thanks to his dedication, St. James's Gate became the largest brewery in the world and, over the years, became known for their successes in brewing, banking, and politics.

For many years, Calgary was a hub for agriculture. However, a significant oil discovery in Leduc in 1947 quickly transformed the city into the administrative centre of Western Canada's petroleum industry. As oil company representatives flocked to Calgary, setting up headquarters in hotel rooms and aging office buildings, a construction boom ensued to meet the growing demand. Elveden Centre, the first block-wide office complex in downtown Calgary, emerged during this period and has remained a landmark of the city's skyline since the 1960s. Developed by British Pacific Building Ltd., a subsidiary of the Guinness family, the name "Elveden" originates from their estate in Suffolk, England, and is linked to Viscount Elveden (Arthur Francis Benjamin Guinness).

The mid-century modern ambiance of the building, paired with its striking downtown-west views, makes it a great option for any commercial tenant. The interior office spaces offer various sizes and floor plans with flexible leasing terms. However, Elveden House also offers a tempting possibility as an office-to-residential conversion program as a part of the City's Downtown Calgary Develop-



When built, Elveden House was the first block-wide office complex in downtown Calgary.



ment Incentive Program. The building boasts fully upgraded elevators, life safety, and HVAC systems, and newly renovated common areas. With 20 floors, each spanning roughly 7,800 square feet, there is plenty of creative space to convert into welcoming housing

for small families or couples. Elveden House is also adjacent to local restaurants, cafes, convenience stores, personal banking, Stephen Avenue, and three LRT stations. In 2005, Elveden House was designated a Category A (top-priority) site by the Calgary Heritage Authority (now Heritage Calgary), prioritizing the building to continue to remain a part of Calgary's history and skyline, whether for office tenants or possibly housing tenants.

Since its completion in 1916, Customs House has continued to reflect Calgary's role as a wholesale distribution centre.



3

Customs House

Location: 134-11 Avenue S.E.

Heritage feature: Former federal government customs house

Tenant: Artistic and architectural tenants

Back in the day, the Customs House, completed in 1916, acted as a sorting warehouse, receiving goods and mail from all around the world. Before reshipment, it was inspected, recorded, and valued for any taxes still owed. While the building was primarily used as a sorting warehouse, it also housed eight administrative offices and a second-storey long room, which acted as the grand public area of the building.

The Warehouse District, where the Customs House is located, was established in the early 20th Century as an important wholesale distribution centre between Winnipeg and Vancouver. Calgary, being the last large settlement along the CPR mainline east of the Rocky Mountains (as well as the first settlement after exiting the mountains), made the city an ideal location for a major rail centre. The line north connecting to Edmonton further cemented its role. Today, the Customs House acts as an anchor for the Warehouse District in Calgary, which stretches from Stampede Trail S.E. (formerly Olympic Way S.E.) to 4 Street S.W., between 10 and 12



Avenues S.W. Within this stretch is a wide collection of many cross-Canada companies with established warehouses, shops, and offices.

Symbolically, the Customs House continues to reflect Calgary's role as a wholesale distribution centre, attracting architecture and design firms. In fact, the Chicago commercial-style warehouse-type building — rectangular in shape, a flat roof with red brick

and sandstone cladding — continues to house such firms. The proximity to the budding culture and entertainment district also offers a unique opportunity for artistic tenants to settle in. It wouldn't be the first time an artistic touch came to the Customs House or Warehouse District. During the filming of HBO's *The Last of Us*, the Warehouse District and Customs House were featured in several episodes of the post-apocalyptic show. ■

COMMUNITY and AMENITIES

Calgary's commercial real estate sector remains resilient amid challenges

Over the past decade, office space across Calgary, particularly in the greater downtown area, has weathered significant challenges, including the drop in oil prices in 2015 and the COVID-19 pandemic.

"In terms of our downtown economy, we've stabilized, grown, and adapted to become a lean, well-oiled machine," says Ryan Handley, vice-president, office leasing at Brookfield Properties.

Handley oversees Brookfield's nine million square feet of assets, which includes premium downtown office space. He says Calgary's energy sector remains pivotal in keeping his buildings full.

"From our standpoint, we've been fortunate. The energy industry that supports us and drives downtown office space is leading the charge in North America's return to office after the pandemic," Handley says.

Handley attributes the 85 to 90 per cent occupancy rates of his portfolio's top-tier or AA-rated buildings (Bankers Hall, Brookfield Place, Fifth Avenue Place, and the Suncor Energy Centre) to the shifts made by landlords in Calgary after the 2015 commodities crash. As Calgary began to recover, it also saw an influx of non-energy sector tenants from the technology, finance, engineering, and environmental sectors.

"It's no different than shopping for a home; our tenants have a checklist of things they want for their people. They want amenities that foster community and wellness." —Robin Kelly

"We had to be reactive because, after 2015, our vacancy went from an estimated 10 to 25 per cent over the course of a year," he says. "As a result, the community became very creative in adding amenities to their spaces."

Fifth Avenue Place

Brookfield's Fifth Avenue Place exemplifies this emerging standard, which is crucial for bringing workers back to the office, Handley



says. Built in 1980, the 1.5 million-square-foot office project comprises two 35-storey towers and has received substantial amenity upgrades over the past decade.

"It's no different than shopping for a home; our tenants have a checklist of things they want for their people. They want amenities that foster community and wellness," says Robin Kelly, property manager at Fifth Avenue Place.

Kelly notes that Brookfield has a "blank" concrete show floor with ceiling tiles removed and painted white, allowing potential tenants to visualize their work culture in the space. Every inch of office space is maximized to edge out the competition.

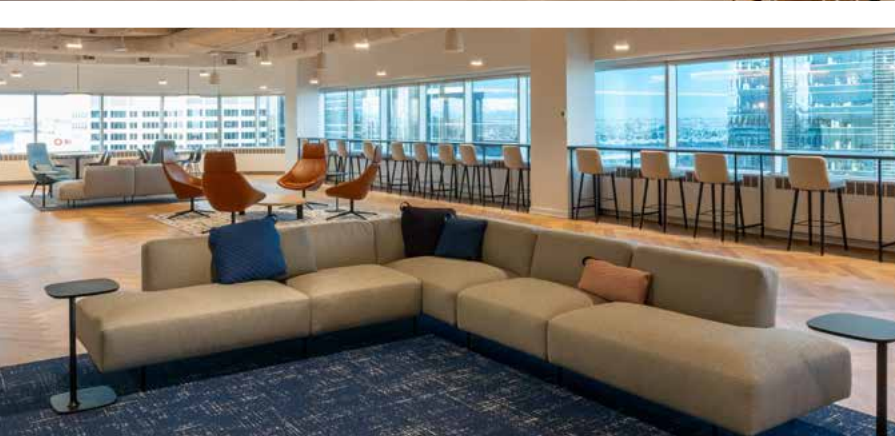
"There are places where we've moved the blinds above the bulkhead to get an extra four inches of window space. It makes a big difference," she says.

Getting Cirrus

In February 2024, Brookfield opened Cirrus at Fifth Avenue Place. Located on the 34th and 35th floors of the West Tower, Cirrus boasts a 3,600-square-foot tenant lounge, a tech-equipped conference centre, and a 6,700-square-foot full-service fitness facility. The space was designed to entice and retain tenants while taking advantage a unique opportunity.

"Normally, you wouldn't see many amenities on the top two floors of a highrise as that's prime real estate. But in this case, they're half-floors because they house the building's operation systems, so it wasn't

"From our standpoint, we've been fortunate. The energy industry that supports us and drives downtown office space is leading the charge in North America's return to office after the pandemic." —Ryan Handley



“When you’re doing yoga, looking out over the Rocky Mountains and the Calgary skyline, it’s pretty amazing. So that space specifically gave us a competitive advantage.” —Jessa Morrison

easy to find tenants for those,” says Jessa Morrison, director of marketing, arts, and events at Brookfield Properties.

“When you’re doing yoga, looking out over the Rocky Mountains and the Calgary skyline, it’s pretty amazing. So that space specifically gave us a competitive advantage,” Morrison says.

Creative collision points

But simply building it doesn’t guarantee they will come. Morrison says her team hosts weekly events, fitness classes, and programs

to fully utilize the new amenities and break up the monotony of daily office life. Everything happening in the building is communicated through an app exclusive to tenants. From fitness to watercolour classes, Morrison says it’s about fostering “creative collision points” where tenants can become part of a unique community.

“Millennials and Gen Z especially seek a more integrated place where wellness and socializing are built into their workday, where their days and nights aren’t so compartmentalized,” Morrison says.

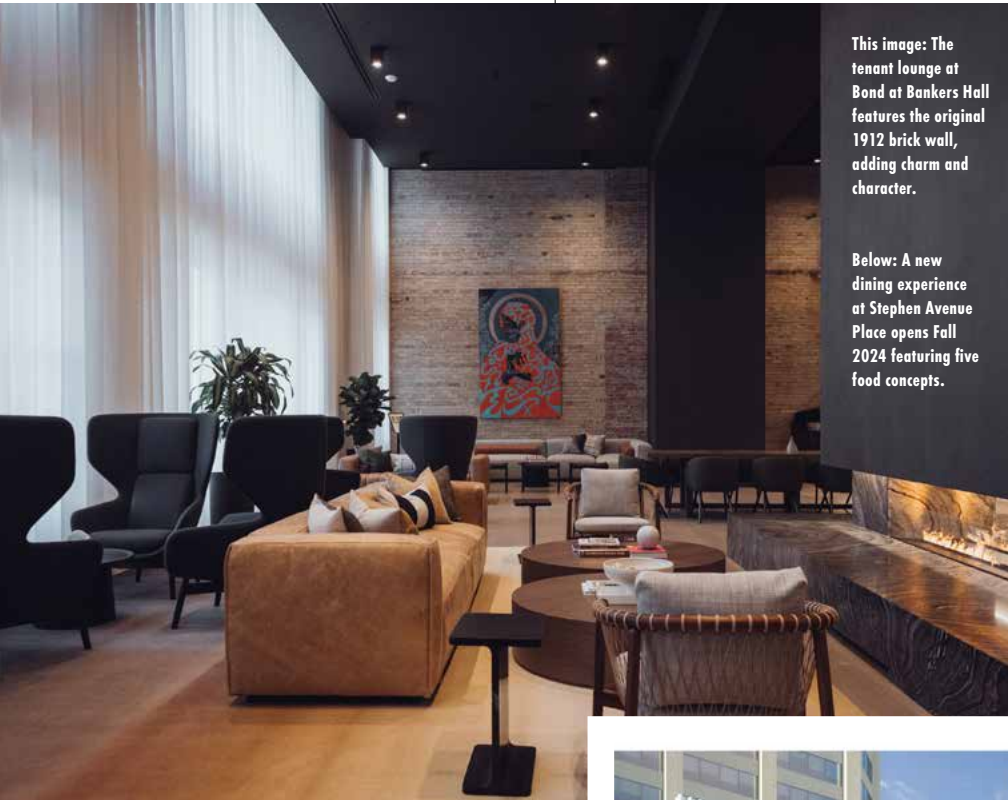
Cirrus at Fifth Avenue Place features a 6,700 square-foot fitness facility and a 3,600 square-foot lounge.

New ways to bond

Retail amenities also play a central role in Brookfield’s strategy to secure tenants. A few blocks south of Fifth Avenue Place is Bond at Bankers Hall. Opening to the complex’s tenants in June 2024, the space unites (bonds) three properties—Bankers Hall, Bankers Court, and the Royal Bank Building. It features several amenities—a tenant lounge, conference centre, and an 11,200-square-foot full-service fitness centre with upgrades including a cycle studio and saunas in the change rooms.

“The space used to be a health club, original to the building,” says JP Drolet, director of construction services at Brookfield.

“We had to remove a swimming pool and squash courts. And because there was a con-



This image: The tenant lounge at Bond at Bankers Hall features the original 1912 brick wall, adding charm and character.

Below: A new dining experience at Stephen Avenue Place opens Fall 2024 featuring five food concepts.

"We work closely with neighbouring buildings. It really is a collaboration."

—Armelle Kilpatrick

to both people and place," he says. "It's a vibrant space now. It's super busy."

As these projects continue to evolve to meet the needs of a modern workforce, establishing exciting retail partnerships becomes essential to being competitive. Stephen Avenue Place, formerly and still referred to by many Calgarians as the Scotia Centre, received a \$30-million renovation when new owners Slate Asset Management bought the building in 2018. Slate enlisted Concorde Entertainment Group, with an over three-decade track record of opening some

of Calgary's hottest restaurants and bars, to open award-winning restaurant Major Tom and National on 8th, which boasts "Western Canada's largest rooftop patio." Concorde is also set to open a new dining experience at Stephen Avenue Place in fall 2024.

"Unlike a traditional food court, it's going to be a food hall with five food concepts unique to Concorde within one restaurant environment," says Armelle Kilpatrick, director of property man-

agement at Colliers, which manages Stephen Avenue Place.

And while commercial real estate owners compete for tenants, it's a competition among peers committed to a shared vision of an innovative, thriving work culture in Calgary, Kilpatrick says.

"We work closely with neighbouring buildings. It really is a collaboration," she says. "Landlords are trying to create good services so people will come back to the office and utilize them." ■



nection between the three buildings, there were a lot of different floor slab heights and ceiling heights. It was a bit of a challenge to design," he says.

Drolet says Bond at Bankers Hall has an upscale vibe, reflecting the building's history, which includes several high-end law firms.

"It feels luxurious in terms of the colour, design, features, and material selection. There's stone, wood, and we kept the original 1912 brick wall in the tenant lounge to give it character," Drolet says.

Bond at Bankers Hall also offers tenants direct access to 220,000 square feet of sky-lit shopping and the Plus 15 walkway system.

"Having good retail amenities is very important. It's something people tend to gather towards," Drolet says.

Encouraging connections

Drolet cites a new Analog Coffee at Bankers Hall as an example of designing retail spaces that create a communal environment. His team combined three separate retail spaces that were compartmentalized and blocking natural light coming through a bank of windows at the rear of the building. They re-

moved the walls and brought the Analog Coffee kiosk to the centre of the space. They also placed seating along the bank of windows that look onto hustle and bustle of Stephen Avenue and gathering pods that integrate with the flow of traffic through the Plus 15.

"We created a much more human-focused use of the space that encourages connection

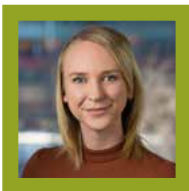
"We created a much more human-focused use of the space that encourages connection to both people and place." —JP Drolet

LOCATION LOCATION LOCATION

Sometimes where you are is as important as the space you occupy

When you think of an ideal location for office space, your mind might go straight to the bustling streets of downtown, where businesspeople walk to a fitness class during their lunch breaks and have meetings in nearby coffee shops. And for some, downtown is the ideal location.

But for other businesses and individual corporate endeavours, a location outside the city core can bring various benefits and help promote different work cultures. Luckily, Calgary has many thriving areas where you can love where you work and what you do. Here are a few Calgarians who explain why they love where they're located.



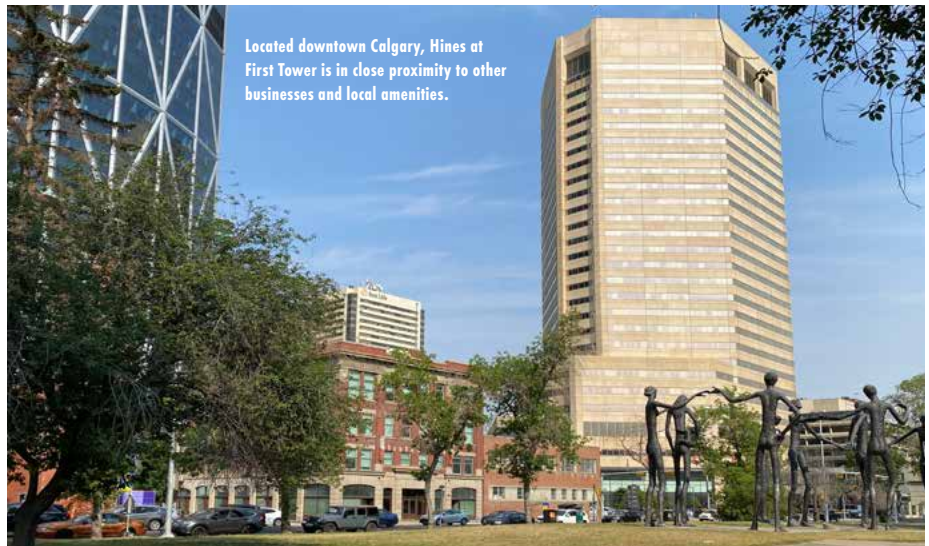
Downtown

Being among all the other businesses not only creates a convenient hub for meetings and in-person collaborations, but the

area's liveliness is also a source of inspiration to some downtown workers like Christina Martin, a property manager for Hines at First Tower, located at 411 1st Street S.E.

"The buzz from working downtown inspires people. You don't get that when you're behind a computer screen working in your house," she says. "That energy helps inspire me and makes me excited to come downtown each day."

Inside First Tower, you'll find a strong work culture brimming with opportunities. Martin



Located downtown Calgary, Hines at First Tower is in close proximity to other businesses and local amenities.

"The buzz from working downtown inspires people. You don't get that when you're behind a computer screen working in your house." —Christina Martin

explains that the number of surrounding amenities and chances to get to know your coworkers outside the office strengthens the internal dynamic.

"Having an opportunity to go for lunch with your team downtown or for drinks after work builds a stronger corporate culture," she says.

Surrounded by lively streets like Stephen Avenue and shared outdoor spaces like the public terraces at First Tower, the area's vibrant amenities are easy to take advantage of. Downtown offers a variety of outdoor patios to catch happy hour in the sun, a vibrant coffee culture, and green spaces like Prince's Island Park or the indoor Devonian Gardens. But more than a strong internal work culture, Martin emphasizes that working downtown

creates a lot of business opportunities, as well.

"Making sure you're close to the resources relevant to your target market and having a location close to what they value is great," she says, adding that proximity helps facilitate collaborations and brainstorming between businesses. For junior team members, interactions with fellow employees or those involved in similar businesses offer more chances to ask questions in casual settings. "It's good exposure, and that builds a company culture within itself," says Martin.

First Tower is located on the east end of the downtown business network, making it easy to get in and out of downtown. It's also near the river pathways, so employees can enjoy the open air.

"It's one thing to design a beautiful building, but the location is definitely important to us, as well," says Martin. "You can change a building or renovate it, but you can't change the location."



Beltline

Equally rich with buzz and excitement, the Beltline boasts a mix of residences, parks, restaurants, and bars. Plus, it offers similar

benefits to downtown, where businesses can be within proximity of one another. The Beltline combines a thriving business hub with eclectic shops and amenities within one lively neighbourhood, making it a great place to connect both during and outside working hours.

For organizations like BOMA Calgary, being close to other businesses and who they serve is a top priority.

"It's important to be close to our members," explains Aydan Aslan, digital marketing, events and communications professional for BOMA Calgary. "It's the reason why we're in the Beltline. We can walk to them, or they can come to us just because of our proximity."

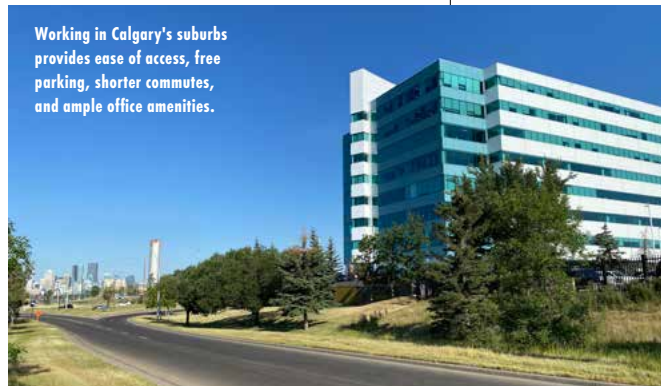
BOMA's office is located on 11th Avenue, next to a yoga studio, kitty-corner from Last Best Brewing and Distilling, and only about a 10-minute walk from Central Memorial Park. The surrounding amenities make it convenient to walk everywhere or enjoy lunch in the park, and it promotes a cohesive team unit within the company. Aslan explains it's not



In the heart of the Beltline, BOMA Calgary's office is located close to its members, outdoor parks, and several amenities.

"It's definitely very important to be close to our members, it's the reason why we're in the Beltline. We can walk to them, or they can come to us just because of our proximity." —Aydan Aslan

"It was almost euphoric when we arrived; people were so excited to be here. From my perspective, they've really embraced the suburban transfer from downtown." —Jason Westrup



Working in Calgary's suburbs provides ease of access, free parking, shorter commutes, and ample office amenities.

uncommon for the team to go for lunches or after-work drinks, and Beltline's vibrancy and diversity make it much more exciting to be part of those events.



Suburbs

Jason Westrup, vice-president for Projects Canada for Wood, is no stranger to working in the suburbs. Having worked briefly

in Quarry Park, Westrup explains he fell in love with the perks of working in the suburbs, one of the most significant being accessible, free parking.

As the COVID-19 pandemic began to slow and employees started to return to in-person work, Wood — a leading consulting and engineering company across energy and materials markets — was devoted to finding an office space and location to attract and retain the best talent in the Canadian market.

Parking was non-negotiable when Westrup considered amenities he wanted to offer his staff. Today, the Wood office has more than 400 parking spaces,

and Westrup explains the commute is much easier for most of his staff. Located off Barlow Trail and Memorial Drive S.E., Wood's new office is the ideal location for its hundreds of staff members who live in different areas across the city.

"In the modern world, people have enough stresses and strains to deal with on a daily basis. I think having a workplace that people want to come into and is also easy to get to is a really important aspect in today's working life," says Westrup.

While a suburban office means you may sacrifice some surrounding amenities, that's not entirely the case for Wood. Combined with a hybrid work model in which employees work in shifts and share desks, Wood was able to cut down costs significantly and reinvest that money in resources that would make up for the loss of downtown's bustling streets.

Staff get to work in new, bright, and open spaces. There is no worry over parking, and the commute is easier and shorter for most. With the money it saved, Wood was able to offer everything you might need in an office location, from a tenant's lounge, conference centre, gym, and food services to games and leisure activities on every floor, a social club and wellness committee, and even golf simulators.

The move to suburban Calgary was very well-received by the team. "It was almost euphoric when we arrived; people were so excited to be here. From my perspective, they've really embraced the suburban transfer from downtown," says Westrup.

Wood even took into consideration the concern of losing the downtown café culture, so it engaged with Nespresso Canada to offer high-calibre, barista-like coffee in the office.

"What we've really tried to do within Wood is take away some of those constraints and burdens and deliver the best possible workspace and location that we can for our staff," affirms Westrup. ■

Downtown: The downtown office sector has seen consecutive quarters of negative net absorption to start the year as leasing has been subdued and occasional right-sizing events continue to occur.

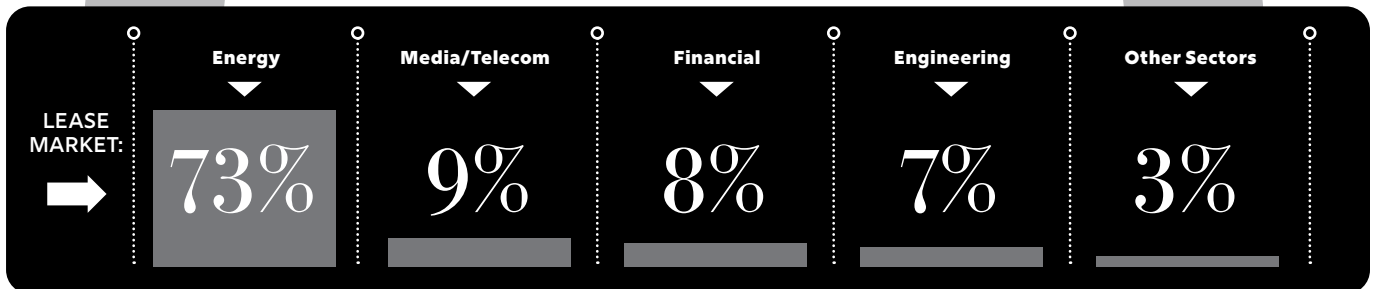
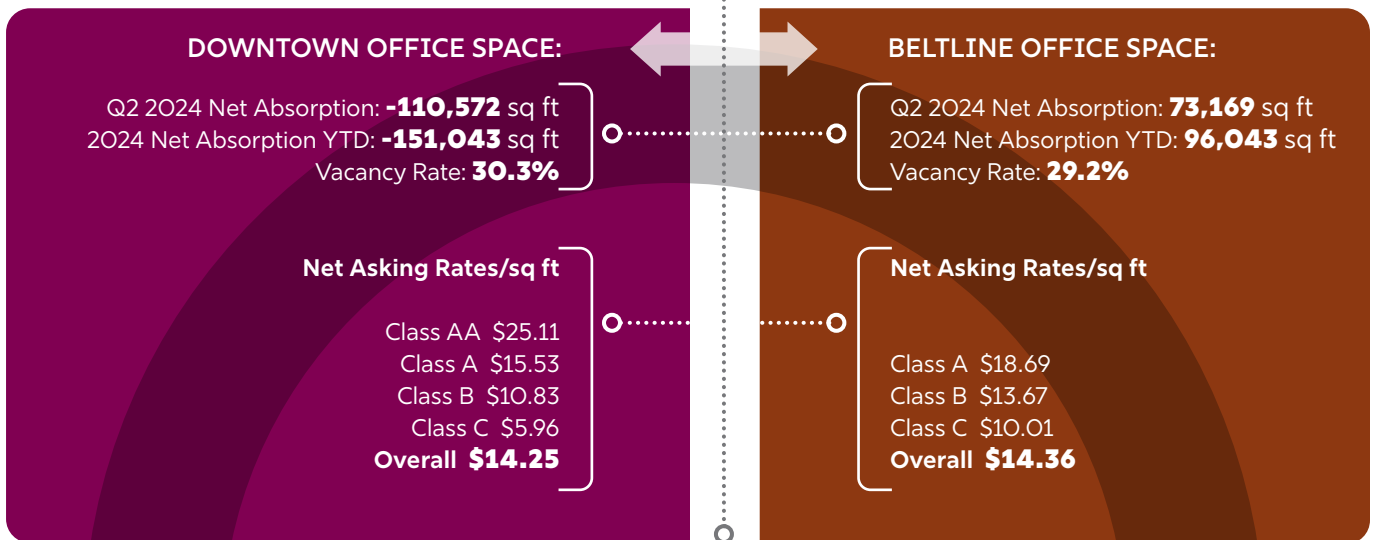
- ➡ Office conversions remain a key to reducing vacancy in the downtown core.

Progress on the City's program can be found here:
<https://www.calgary.ca/development/downtown-incentive.html>

- ➡ **Sublease space:** Total sublease space downtown has fallen **22.3%** over the last year through a combination of tenants reoccupying their own space, new deals, and lease expiries that have pushed the total amount of sublease space to its lowest level since 2014.

Beltline: The Beltline has shown improvements in leasing activity, posting five straight quarters of positive net absorption. However, its **29.2%** vacancy rate remains the highest of any suburban submarket.

- ➡ The removal of space from demolitions/conversions is expected to lower vacancy rates slightly in the Beltline, but not to the same extent as Downtown where the bulk of conversions are occurring.
- ➡ The majority of positive momentum occurring over the past five quarters has been generated in Class A buildings as tenants continue to seek high-quality space.



KEY TRENDS:

AVAILABILITY LIMITATIONS DEPENDING ON NEEDS:

Large blocks of premium, well-located space in Downtown Calgary remain limited to only a handful of properties. The current vacancy for AA office in the central core is **10.9%**. This is reduced further to **6.2%** when looking at large blocks of contiguous space. A company with a large footprint looking to relocate to the central core of downtown may find very few options that suit its needs. On top of this, the gap is widening between Class A buildings that have modernized in recent years and those that haven't. Vacancy in the central core sits at **8.5%** for class A buildings that are undergoing or have undergone capital improvements in the past three years.

NEXT ROUND OF RESIDENTIAL CONVERSIONS ON THE HORIZON:

Calgary's Development Incentive Program paused its application intake in Q4 2023 due to robust demand. It is anticipated that the next round of funding for the program will go forward in 2024. Several buildings are currently under review and the market will be anticipating their announcement. Alberta led the nation in population growth in 2023 with approximately **200,000** newcomers. While a boon for Calgary's economic future, the pressure on our strained housing market will only increase, emphasizing the need for the conversion program to continue.

Suburban: The suburban market continues to show signs of improvement, with vacancy falling to **21.9%** and posting five consecutive quarters of positive net absorption with leasing activity being driven by a diverse set of tenants.

- ➔ **Submarkets:** All suburban office submarkets have had positive net absorption over the last 12 months. With the South and Northeast seeing the largest amounts.
- ➔ **Tenants:** Suites under **5,000 sq ft** have seen the greatest reduction in total options available in the last 12 months as the market for these users remains active due to the strength of the local economy and small businesses.

Industrial: Net absorption continued to be driven primarily by pre-leasing of new supply, as **740,000 sq ft** of new inventory came to the market at **58.9%** pre-leased. The introduction of vacant new supply pushed availability to **5.9%**, its highest level in three years.

- ➔ **New Supply:** A record-breaking cycle of new development has seen **16.8 million sq ft** of new supply brought on since the beginning of 2022. **2.6 million sq ft** remains under construction, all of which will be delivered before the end of the year.
- ➔ **Sublease space:** Sublease space continues to rise as occupiers re-evaluate space needs following a multi-year period of rapid expansion. **The 2.1 million sq ft** currently on the sublease market is the highest ever recorded.

SUBURBAN OFFICE

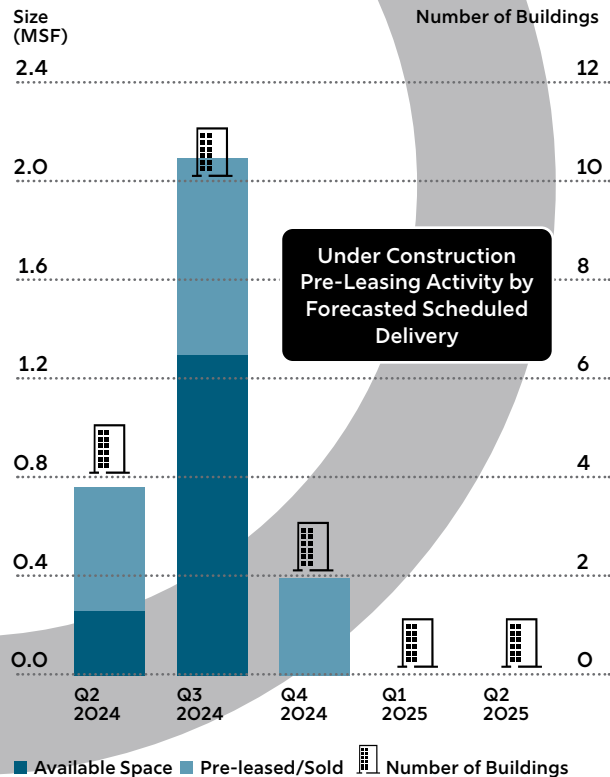
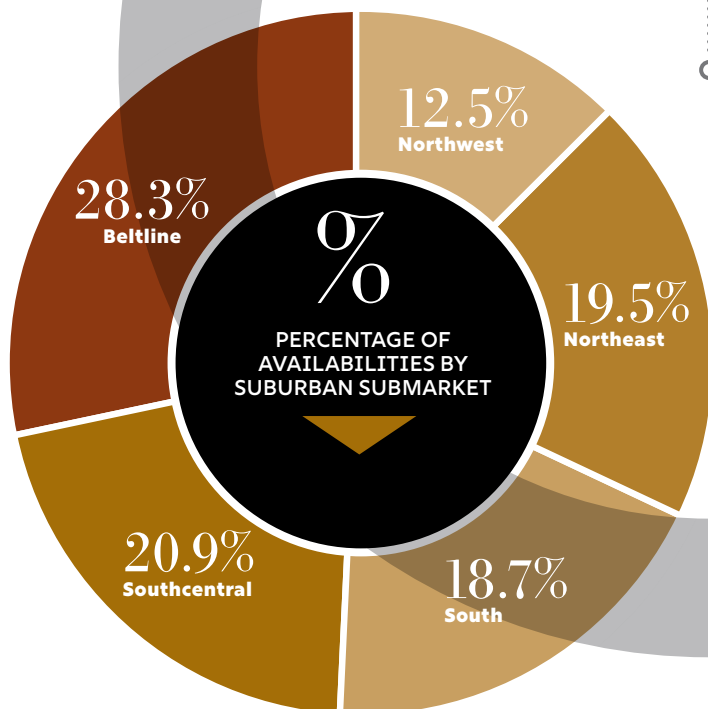
Q2 2024 Net Absorption: **114,203 sq ft**
 2024 Net Absorption YTD: **141,483 sq ft**
 New Supply Q2 2024 -?
 New Supply YTD **127,466 sq ft**
 Vacancy Rate (%) **21.9%**

Net Asking Rates/sq ft

Class A \$20.08
 Class B \$13.39
 Class C \$12.67
 Overall **\$16.90**

INDUSTRIAL

Availability Rate **5.9%**
 Vacancy Rate **5.0%**
 Net Absorption **384,673 sq ft**
 Net Absorption YTD **1,746,018 sq ft**
 New Supply **739,713 sq ft**
 New Supply YTD **2,630,922 sq ft**
 Net Asking Rent (per sq ft) **\$11.35**



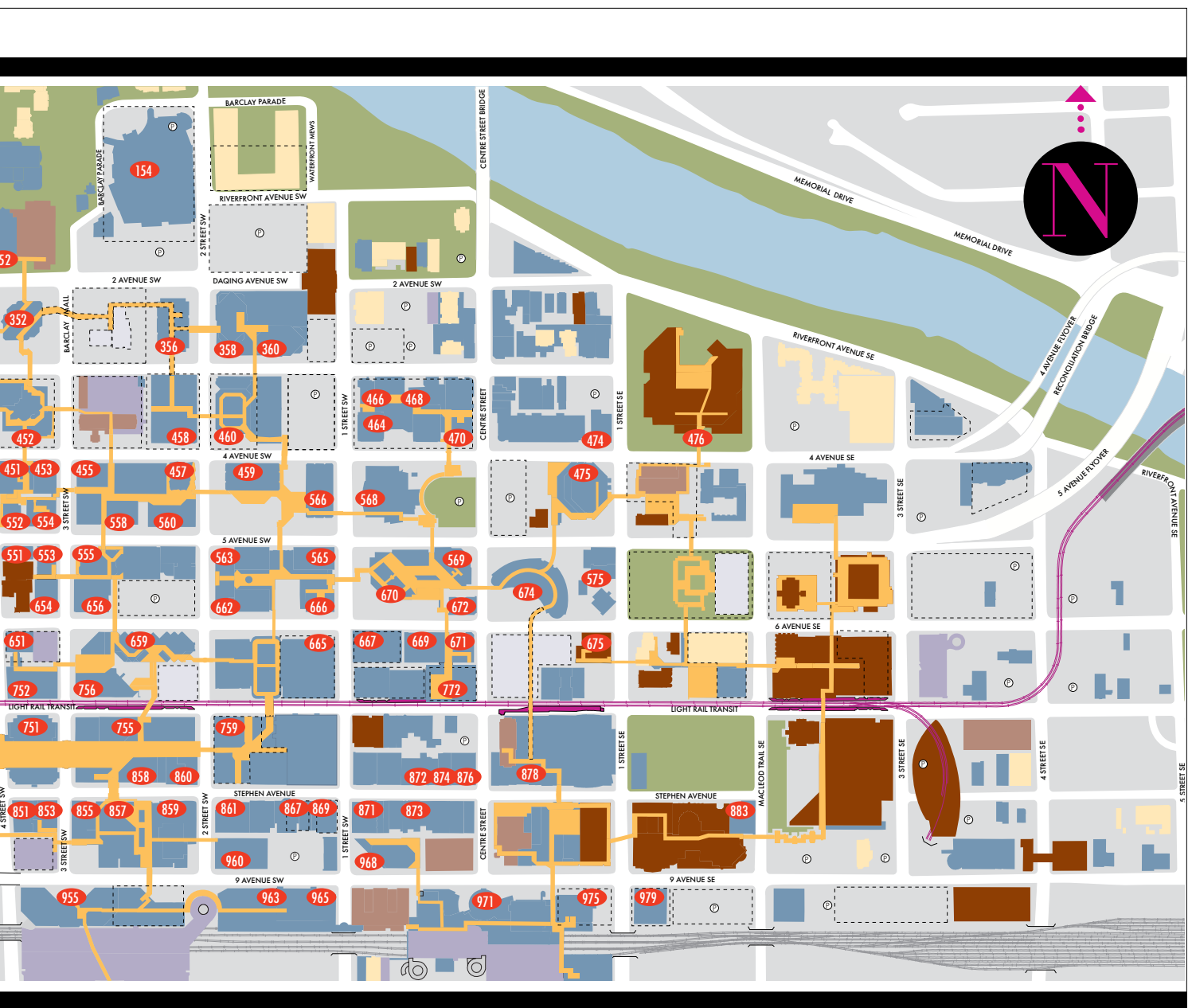
CALGARY BUILDING LISTINGS AND MAPS

DOWNTOWN



Buildings listed in **bold** have been certified through BOMA BEST, the leading environmental certification program for commercial buildings. See www.bomabest.com for updates

| MAP REF | BUILDING NAME | ADDRESS | LEASING CONTACT (TELEPHONE/E-MAIL) | BLDG AREA | RETAIL AREA | AVG FL PLATE | PKNG STALLS | # OF FLOORS | BUILT/RENO |
|------------|-----------------------------|---------------------|--|---------------|---------------|---------------|-------------|-------------|-------------|
| 234 | Joe Phillips Building | 101 6 St SW | dmlolina@pbaland.com; 403-777-2722 | 25,959 | 0 | 12,980 | 21 | 2 | 1912/2001 |
| 345 | Eau Claire Place I | 525 3 Ave SW | dpayne@triovest.com; 403-209-3492 | 75,443 | 0 | 10,778 | 41 | 7 | 1979/98 |
| 346 | Centennial Place W | 250 5 St SW | adundas@oxfordproperties.com; 403-206-6477 | 457,451 | 6,281 | 23,000 | 265 | 23 | 2010 |
| 347 | Eau Claire Place II | 521 3 Ave SW | dpayne@triovest.com; 403-209-3492 | 139,730 | 0 | 9,401 | 87 | 17 | 1980 |
| 348 | Centennial Place E | 520 3 Ave SW | adundas@oxfordproperties.com; 403-206-6477 | 779,703 | 1,669 | 21,885 | 528 | 40 | 2010 |
| 352 | Devon Tower | 400 3 Ave SW | adundas@oxfordproperties.com; 403-206-6477 | 818,815 | 14,255 | 19,500 | 425 | 46 | 1988 |
| 356 | Calgary City Centre Phase 1 | 215 2 St SW | peter.stack@cadillacfairview.com; 403-571-2532 | 829,651 | 21,549 | 24,462 | 632 | 36 | 2016 |
| 358 | Livingston Place W Tower | 250 2 St SW | alberta.tai@quadreal.com; richard.morden@quadreal.com; aisling.macaulay@quadreal.com | 424,222 | 5,895 | 22,000 | 252 | 22 | 2008 |
| 360 | Livingston Place S Tower | 222 3 Ave SW | alberta.tai@quadreal.com; richard.morden@quadreal.com; aisling.macaulay@quadreal.com | 435,364 | 5,895 | 22,000 | 252 | 22 | 2008 |
| 432 | Alberta Infrastructure | 710 4 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 41,434 | - | 13,811 | - | 3 | 1979/2002 |
| 434 | McFarlane Tower | 700 4 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 206,692 | 2,630 | 12,351 | 158 | 19 | 1979 |
| 450 | Altius Centre | 500 4 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 334,515 | - | 11,072 | 292 | 32 | 1973/1991 |
| 451 | Fourth & Fourth | 435 4 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 88,738 | 24,257 | 12,896 | 84 | 7 | 1978 |
| 452 | Shell Centre | 400 4 Ave SW | peter.stack@cadillacfairview.com; 403-571-2532 | 682,024 | 30,091 | 20,667 | 82 | 33 | 1977 |
| 453 | Northland Place | 407 3 St SW | glacombe@aspennproperties.ca; 403-216-2660 | 25,100 | 8,168 | 11,500 | 92 | 3 | 1996 |
| 455 | Calgary Place II | 355 4 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 221,991 | - | 12,400 | 138 | 23 | 1969/2006 |



| MAP REF | BUILDING NAME | ADDRESS | LEASING CONTACT (TELEPHONE/E-MAIL) | BLDG AREA | RETAIL AREA | AVG FL PLATE | PKNG STALLS | # OF FLOORS | BUILT/RENO |
|------------|-------------------------------|---------------------|--|----------------|---------------|---------------|-------------|-------------|-------------|
| 457 | Canada Place | 407 2 St SW | bdavies@triovest.com; dpayne@triovest.com; 403-245-4447 | 196,768 | 3,066 | 11,559 | 0 | 18 | 1975 |
| 458 | Jamieson Place | 308 4 Ave SW | alberta.tai@quadreal.com; richard.morden@quadreal.com; aisling.macaulay@quadreal.com | 810,630 | 31,408 | 23,400 | 495 | 38 | 2010 |
| 459 | Fifth Avenue Place West Tower | 237 4 Ave SW | ryan.handley@brookfieldproperties.com; 403-770-7122 | 707,373 | 48,273 | 24,200 | 791 | 35 | 1981/2016 |
| 460 | 240FOURTH | 240 4 Ave SW | alberta.tai@quadreal.com; richard.morden@quadreal.com; aisling.macaulay@quadreal.com | 646,446 | 4,911 | 23,500 | 227 | 31 | 2019/2020 |
| 464 | The Ampersand - West Tower | | glacombe@aspennproperties.ca; 403-216-2660 | 338,319 | 4,436 | 12,175 | 182 | 28 | 1981/2020 |
| 466 | The Ampersand - North Tower | 140 4 Ave SW | glacombe@aspennproperties.ca; 403-216-2660 | 333,550 | 2,804 | 12,741 | 181 | 28 | 1982/2020 |
| 468 | The Ampersand - East Tower | 112 4 Ave SW | glacombe@aspennproperties.ca; 403-216-2660 | 458,842 | 8,836 | 16,836 | 280 | 28 | 1984/2020 |
| 475 | First Tower | 411 1 St SE | Kara.Dusseldorp@jll.com; 403-456-2348 | 703,193 | 12,745 | 26,500 | 2,085 | 27 | 1982/20/21 |
| 476 | Harry Hays Building | 220 4 Ave SE | asarvis@mlpm.ca; 403-532-6501 | 480,544 | 388 | 64,584 | 298 | 8 | 1978 |
| 518 | Place 926 | 926 5 Ave SW | eric.horne@avisonyoung.com; jason.kopchia@avisonyoung.com; 403-232-4301 | 85,429 | 4,432 | 7,908 | 57 | 10 | - |
| 521 | Stock Exchange Tower | 300 5 Ave SW | andrew.baird@gwlr.com; 403-777-4294 | 404,543 | 16,174 | 13,500 | 112 | 31 | 1978 / 1996 |
| 525 | Atrium I | 839 5 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 110,616 | 10,940 | 14,239 | 84 | 8 | 1978 |
| 528 | 800 5th Ave | 800 5 Ave SW | warren.hedges@colliers.com; landon.king@colliers.com; 403-266-5544 | 238,640 | 0 | 12,250 | - | 22 | 1983 |
| 531 | Calgary Place - Retail | 414 3 Street SW | Geoff.Christie@choicereit.ca; 403-235-3443 | - | 77,928 | - | - | 2 | 1926/2006 |
| 533 | 715 5 Avenue SW | 715 5 Ave SW | glenn.simpson@avisonyoung.com; 403-232-4329 | 399,563 | 7,517 | 12,600 | 391 | 32 | 1974/2020 |
| 535 | 639 5 Avenue SW | 639 5 Ave SW | jlachance@equium.ca; 403-265-4431 | 281,851 | 8,268 | 12,000 | 87 | 25 | 1969/1996 |

| MAP REF | BUILDING NAME | ADDRESS | LEASING CONTACT (TELEPHONE/E-MAIL) | BLDG AREA | RETAIL AREA | AVG FL PLATE | PKNG STALLS | # OF FLOORS | BUILT/RENO |
|------------|-----------------------------------|-------------------------|--|----------------|---------------|---------------|-------------|-------------|------------------|
| 538 | 622 5th | 622 Fifth Avenue | lsuba@scoutrealestate.ca; 403-609-5588 | 42,760 | 0 | 8,264 | 30 | 5 | 1980 |
| 543 | Fifth and Fifth | 605 5 Ave SW | andrew.baird@gwlra.com; 403-777-4294 | 495,358 | 16,003 | 15,327 | 245 | 34 | 1979 / 2008 |
| 545 | Five Ten Fifth | 510 5 Street SW | aly.lalani@colliers.com; 403-298-0408 | 109,145 | 6,578 | 6,410 | 27 | 18 | 1981 |
| 546 | Aquitaine Tower | 540 5 Ave SW | gerry.jobagy@yalecanada.com; 403-571-3195 | 246,752 | 0 | 13,500 | 88 | 20 | 1968 |
| 551 | 441 5 Avenue SW | 441 5 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 64,171 | 3,020 | 6,328 | - | 10 | 1973 |
| 552 | 444 5 Avenue SW | 444 5 Ave SW | glacombe@aspenproperties.ca; 403-216-2660 | 172,250 | 5,337 | 8,360 | 6 | 23 | 1972 |
| 554 | Roslyn Building | 400 5 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 132,323 | 21,232 | 13,886 | 33 | 10 | 1966 |
| 555 | 333 Fifth Avenue | 333 5 Ave SW | gerry.jobagy@yalecanada.com; 403-571-3195 | 241,457 | 24,551 | 15,600 | 115 | 17 | 1978 |
| 558 | Calgary Place I | 330 5 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 308,487 | - | 12,400 | 138 | 29 | 1968/2006 |
| 566 | Fifth Avenue Place East Tower | 425 1 St SW | ryan.handley@brookfieldproperties.com; 403-770-7122 | 719,416 | 48,273 | 24,200 | 791 | 35 | 1981/2016 |
| 568 | TC Energy Tower | 450 1 St SW | michaelweicker@hrreit.ca; 403-920-7922 | 931,187 | 18,972 | 28,669 | 560 | 35 | 2001 |
| 569 | Suncor Energy Centre East Tower | 111 5 Ave SW | ryan.handley@brookfieldproperties.com; 403-770-7122 | 585,662 | 24,462 | 21,000 | 849 | 32 | 1983 |
| 575 | North-West Travellers Bldg | 515 1 St SE | ashley.kane@avisonyoung.com; 403-571-4252 | 26,040 | - | 5,393 | - | 4 | 1912/2004 |
| 618 | Place 9-6 | 940 6 Ave SW | eric.horne@avisonyoung.com; 403-232-4339 | 157,860 | 0 | 14,351 | 138 | 11 | 1983 |
| 626 | Atrium II | 840 6 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 110,190 | 9,265 | 14,382 | 86 | 8 | 1979 |
| 629 | AMEC Place | 801 6 Ave SW | gerry.jobagy@yalecanada.com; 403-571-3195 | 409,460 | 16,365 | 15,900 | 256 | 28 | 1982 |
| 630 | Place 800 | 800 6 Ave SW | ben_oldfield@manulife.com; 403-355-3002 | 220,090 | 9,011 | 12,660 | 76 | 17 | 1978 |
| 632 | 736 SIXTH | 736 6 Ave SW | Kara.Dusseldorp@jll.com; 403-456-2348 | 212,302 | 5,316 | 9,506 | 93 | 22 | 1981 |
| 634 | 700 Sixth Avenue | 700 6 Ave SW | gerry.jobagy@yalecanada.com; 403-571-3195 | 224,990 | 10,694 | 11,000 | 34 | 22 | 1968 |
| 635 | Britannia Building | 703 6 Ave SW | roseleen.bhatti@avisonyoung.com; 403-232-4325 | 133,803 | 0 | 15,324 | 49 | 9 | 58/95/16 |
| 635 | Britannia | 703 6th AVE SW | ashley.kane@avisonyoung.com; 403-571-4252 | 133,212 | - | - | - | - | - |
| 640 | Bradie Building | 630 6 Ave SW | aborle@estancia.ca; 403-750-2220 | 92,430 | 0 | 7,110 | 68 | 15 | 1965/1975 |
| 644 | Petex Building | 600 6 Ave SW | ajones@barclaystreet.com; 403-290-0178 | 122,189 | 7,302 | 12,000 | 25 | 11 | 1964 |
| 646 | Calgary House | 550 6 Ave SW | eric.horne@avisonyoung.com; jason.kopchia@avisonyoung.com; 403-232-4301 | 169,736 | 7,005 | 14,909 | 69 | 11 | 1966 |
| 651 | 606 4 Street SW | 606 4 St SW | Kara.Dusseldorp@jll.com; 403-456-2348 | 125,000 | 0 | 9,980 | - | 15 | 69/98/16 |
| 654 | 404 6 Avenue | 404 6 Ave SW | knault@icmgroup.ca; 403-256-5350 | 83,833 | 0 | 12,000 | 0 | 7 | 1970/2017 |
| 656 | Centrium Place | 332 6 Ave SW | bdavies@triovest.com; dpayne@triovest.com; 403-245-4447 | 223,767 | 3,813 | 16,920 | 72 | 15 | 2007 |
| 659 | Intact Place | 311/321 6 Ave SW | alberta.tai@quadreal.com; richard.morden@quadreal.com; aisling.macaulay@quadreal.com | 464,757 | 25,313 | 13,757 | 189 | 18 | 1980 |
| 665 | Brookfield Place Calgary | 225 6 Ave SW | ryan.handley@brookfieldproperties.com; 403-770-7122 | 1,400,000 | 34,400 | 27,500 | 550 | 56 | 2017 |
| 669 | Telephone Building | 119 6 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 84,410 | 0 | 14,660 | 28 | 4 | 1911/2005 |
| 670 | Suncor Energy Centre West Tower | 150 6 Ave SW | ryan.handley@brookfieldproperties.com; 403-770-7122 | 1,121,618 | 24,462 | 22,600 | 849 | 52 | 1983 |
| 672 | Oddfellows Building | 100 6 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 35,927 | 0 | 6,337 | 0 | 3 | 1912/2005 |
| 709 | 1035 7th AVE SW | 1035 7th AVE SW | ashley.kane@avisonyoung.com; 403-571-4252 | 75,420 | - | - | - | - | - |
| 710 | Parallel Centre | 1040 7 Ave SW | eric.horne@avisonyoung.com; jason.kopchia@avisonyoung.com; 403-232-4301 | 81,094 | 15,846 | 13,516 | 43 | 6 | 1979 |
| 711 | 1023 7 Avenue SW | 1023 7 Ave SW | jim@fceproperties.ca; 403-350-9696 | 21,500 | 700 | 4,300 | 13 | 5 | 1982 |
| 712 | Plaza 1000 | 1000 7 Ave SW | dcarleton@riverparkproperties.ca; 403-253-0600 | 160,033 | 2,420 | 16,453 | 244 | 10 | 2003 |
| 722 | Northland Gateway Building | 910 7 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 149,258 | 20,295 | 10,602 | 131 | 15 | 1982 |
| 724 | Dominion Centre | 665 8 Street SW | aly.lalani@colliers.com; 403-298-0408 | 98,456 | - | 9,338 | 49 | 11 | 1980 |
| 726 | 840 7th Avenue SW | 840 7 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 286,074 | 22,758 | 14,447 | 224 | 21 | 1979/2001 |
| 729 | 801 Seventh | 801 7 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 615,000 | 17,000 | 18,000 | 343 | 37 | 82/00/15 |
| 731 | Guinness House | 727 7 Ave SW | aborle@estancia.ca; 403-750-2220 | 128,511 | 9,069 | 10,900 | 92 | 15 | 1964 |
| 733 | Elveden House | 717 7 Ave SW | aborle@estancia.ca; 403-750-2220 | 172,140 | 14,798 | 7,800 | 43 | 20 | 1961 |
| 737 | Iveagh House | 707 7 Ave SW | aborle@estancia.ca; 403-750-2220 | 147,879 | 8,690 | 10,800 | 23 | 14 | 1962 |
| 739 | Encor Place | 645 7 Ave SW | eric.horne@avisonyoung.com; jason.kopchia@avisonyoung.com; 403-232-4301 | 359,024 | 970 | 12,380 | 109 | 29 | 1988 |
| 743 | 707 Fifth | 707 5 St SW | ben_oldfield@manulife.com; 403-355-3002 | 607,440 | 6,754 | 21,500 | 400 | 27 | 2017 |
| 752 | 444 - Seventh | 444 - 7th Ave SW | Kara.Dusseldorp@jll.com; 403-456 2348 | 245,000 | - | 26,314 | - | 10 | 63/00/16 |
| 756 | First Canadian Centre | 350 7 Ave SW | lucas.beck@gwlra.com; nicci.fedorek@gwlra.com; 403-777-0410 | 510,709 | 0 | 13,000 | 192 | 41 | 1982 |
| 756 | Stephen Avenue Place | 700 2 St SW | aly.lalani@colliers.com; 403-298-0408 | 603,340 | 87,798 | 14,829 | 84 | 42 | 1976 |
| 756 | Life Plaza | 734 7 Ave SW | aly.lalani@colliers.com; 403-298-0408 | 237,953 | - | 14,571 | - | 18 | 1980 |
| 756 | Ten Ten Building | 1010 - 8 Avenue SW | aly.lalani@colliers.com; 403-298-0408 | 24,768 | - | 11,250 | 10 | 4 | 1980 |
| 756 | 1000 8 Avenue SW | 1000 8 Ave SW | dpayne@triovest.com; bdavies@triovest.com; 403-209-3492 | 41,930 | 4,318 | 8,500 | 36 | 5 | 1980 |
| 756 | Panarctic Plaza | 815 8 Ave SW | AWallace@berezan.ca; 403-508-5016 | 151,716 | 4,491 | 12,330 | 134 | 13 | 1982 |
| 756 | First Alberta Place | 777 8 Ave SW | AWallace@berezan.ca; 403-508-5016 | 311,145 | 10,858 | 14,489 | 50 | 23 | 1981 |
| 756 | Western Canadian Place N | 707 8 Ave SW | alberta.tai@quadreal.com; richard.morden@quadreal.com; aisling.macaulay@quadreal.com | 668,860 | 8,277 | 18,400 | 153 | 41 | 1983 |
| 756 | 635 8th Avenue | 635 8 Ave SW | eric.horne@avisonyoung.com; jason.kopchia@avisonyoung.com; 403-232-4301 | 273,143 | 9,483 | 10,501 | 155 | 26 | 1983 |
| 756 | Western Union Building | 640 8 Ave SW | gerry.jobagy@yalecanada.com; 403-571-3129 | 73,300 | 0 | 6,237 | 10 | 12 | 1964 |
| 756 | Strategic Centre | 630 8 Ave SW | alexi.olcheski@avisonyoung.com; 403-232-4332 | 52,231 | 8,831 | 8,705 | 3 | 6 | 1950 |

DOWNTOWN

| MAP REF | BUILDING NAME | ADDRESS | LEASING CONTACT (TELEPHONE/E-MAIL) | BLDG AREA | RETAIL AREA | AVG FL PLATE | PKNG STALLS | # OF FLOORS | BUILT/RENO |
|---------|--------------------------|---------------|--|-----------|-------------|--------------|-------------|-------------|------------|
| 756 | Plains Midstream Plaza | 607 8 Ave SW | lucas.beck@gwlr.com; nicci.fedorek@gwlr.com; 403-777-0410 | 242,250 | 12,202 | 19,658 | 82 | 13 | 2007 |
| 756 | Watermark Tower | 530 8 Ave SW | lucas.beck@gwlr.com; nicci.fedorek@gwlr.com; 403-777-0410 | 408,427 | 10,861 | 14,431 | 291 | 27 | 1983/2016 |
| 756 | Royal Bank Building | 335 8 Ave SW | ryan.handley@brookfieldproperties.com; 403-770-7122 | 335,000 | - | 12,700 | 1,169 | 24 | 1969/2000 |
| 756 | Bankers Hall West Tower | 888 3 St SW | ryan.handley@brookfieldproperties.com; 403-770-7122 | 822,000 | - | 21,500 | 1,169 | 47 | 2000 |
| 756 | Bankers Hall East Tower | 855 2 St SW | ryan.handley@brookfieldproperties.com; 403-770-7122 | 822,000 | 253,000 | 20,500 | 1,169 | 47 | 1989 |
| 756 | Leeson & Lineham | 209 8 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 37,358 | 5,022 | 6,208 | 4 | 6 | 1910/98 |
| 756 | Alberta Block | 805 1 St SW | svonvegessack@alliedreit.com; 587-779-6154 | 33,984 | 19,175 | 10,544 | 0 | 3 | 1900/2008 |
| 756 | Alberta Hotel Building | 808 1 St SW | svonvegessack@alliedreit.com; 587-779-6154 | 51,978 | 29,902 | 11,281 | 0 | 4 | 1888/1997 |
| 756 | Molson's Bank Building | 116 8 Ave SW | bdavies@triovest.com; dpayne@triovest.com; 403-209-3492 | 10,042 | 3,800 | 3,100 | 4 | 3 | 1912 |
| 756 | Young Block | 129 8 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 8,673 | 4,591 | 2,387 | 3 | 3 | 2002 |
| 756 | Ashdown Hardware Bldg | 110 8 Ave SW | bdavies@triovest.com; dpayne@triovest.com; 403-209-3492 | 15,540 | 7,198 | 3,885 | 0 | 3 | 1891 |
| 756 | 718 8 Ave. SW | 718 8 Ave. SW | eric.horne@avisonyoung.com; jason.kopchia@avisonyoung.com; 403-232-4301 | 24,800 | - | 6,200 | - | 4 | 2012 |
| 756 | Hudson's Block | 102 8 Ave SW | bdavies@triovest.com; dpayne@triovest.com; 403-209-3492 | 23,602 | 0 | 11,600 | 0 | 2 | 1891/1978 |
| 878 | Doll Block | 116 8 Ave SE | bdavies@triovest.com; dpayne@triovest.com; 403-209-3492 | 4,911 | 1,561 | 1,650 | 0 | 3 | 1907 |
| 883 | Burns Building | 237 8 Ave SE | svonvegessack@alliedreit.com; 587-779-6154 | 90,981 | 9,701 | 9,928 | 0 | 7 | 1912/1991 |
| 932 | Western Canadian Place S | 700 9 Ave SW | alberta.tai@quadreal.com; richard.morden@quadreal.com; aisling.macaulay@quadreal.com | 429,700 | 8,633 | 15,120 | - | 31 | 1983 |
| 955 | Gulf Canada Square | 401 9 Ave SW | andrew.baird@gwlr.com; 403-777-4294 | 1,072,970 | 71,903 | 48,000 | 56 | 20 | 1979/1990 |
| 960 | Bankers Court | 850 2 St SW | ryan.handley@brookfieldproperties.com; 403-770-7122 | 255,000 | 9,000 | 21,600 | 179 | 15 | 2008 |
| 968 | 150 9 Avenue SW | 150 9 Ave SW | glacombe@aspenproperties.ca; 403-216-2660 | 442,572 | 5,421 | 16,040 | 51 | 28 | 1981 |
| 971 | Tower Centre | 131 9 Ave SW | glacombe@aspenproperties.ca; 403-216-2660 | 260,956 | 63,031 | 62,635 | 180 | 5 | 1969 |
| 975 | Palliser One | 125 9 Ave SE | APL@aspenproperties.ca; 403-216-2660 | 395,070 | 7,230 | 16,400 | 300 | 27 | 1970/2010 |
| 973 | Le Germain | 110 9 Ave SW | eric.horne@avisonyoung.com; jason.kopchia@avisonyoung.com; 403-232-4301 | 95,500 | 2,169 | 10,000 | - | 11 | 2010 |



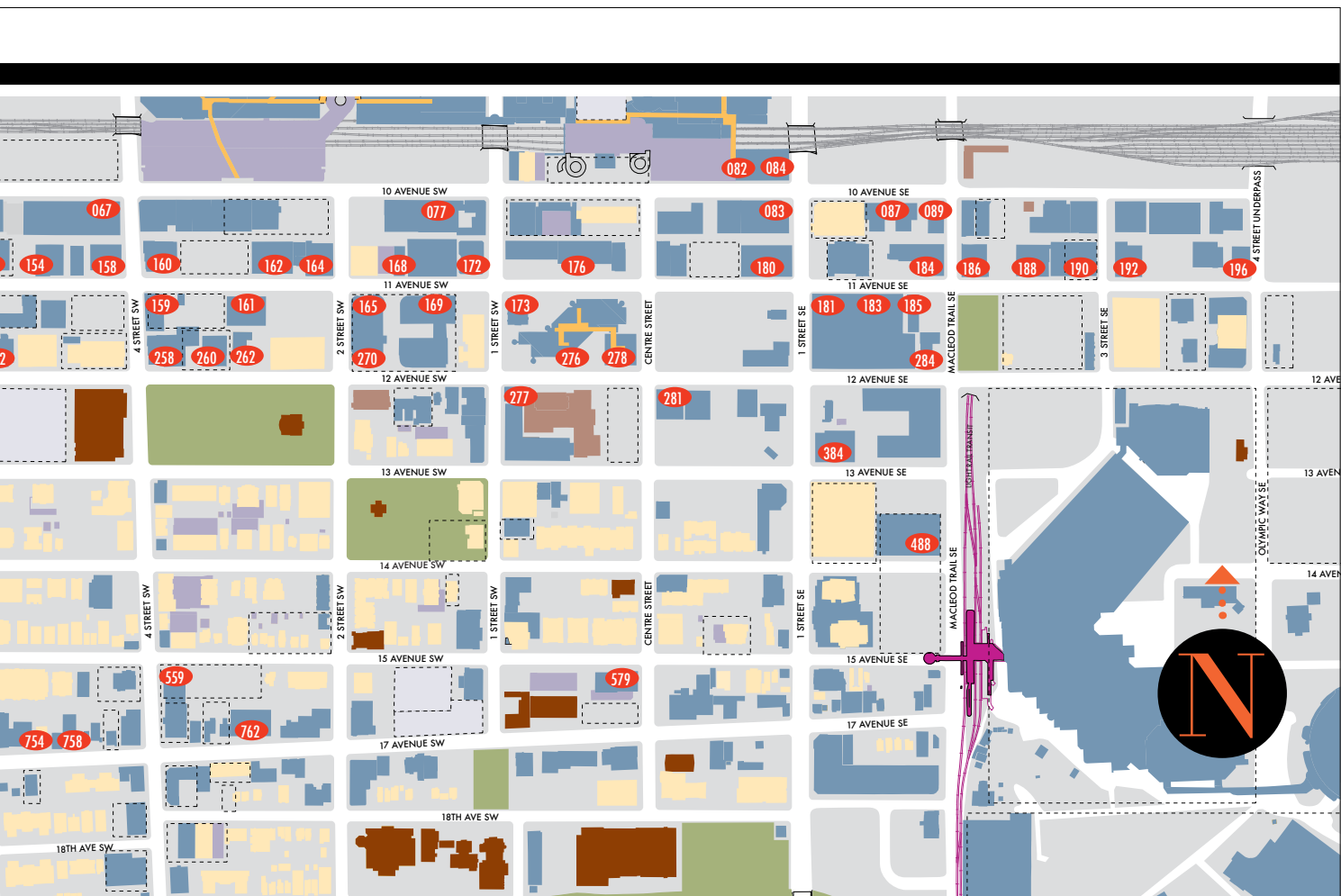
50 years is a pretty good start.

Thoughtful construction since 1974 | labbeleech.com



Buildings listed in **bold** have been certified through BOMA BEST, the leading environmental certification program for commercial buildings. See www.bomabest.com for updates

| MAP REF | BUILDING NAME | ADDRESS | LEASING CONTACT (TELEPHONE/E-MAIL) | BLDG AREA | RETAIL AREA | AVG FL PLATE | PKNG STALLS | # OF FLOORS | BUILT/RENO |
|---------|----------------------|----------------------|---|-----------|-------------|--------------|-------------|-------------|------------|
| 15 | 1725- 10th Ave SW | 1725- 10 Ave SW | sbutt@avenuecommercial.ca; 403-802-6767 | 22,160 | 5,960 | 8,100 | 18 | 3 | 1980 |
| 20 | The Mark on 10th | 903 - 10th Avenue SW | alex.i.olcheski@avisonyoung.com; 403-232-4332 | 10,921 | - | 5,460 | 13 | 2 | 2016 |
| 46 | 11th Street Crossing | 1140 10 Ave SW | info@guardianag.ca; 403-374-2546 | 30,000 | 0 | 30,000 | 82 | 1 | 1976 |
| 47 | Lancore Square | 1021 10 Ave SW | lr@quinco.ca; 780-415-5650 | 45,931 | 0 | 11,750 | 99 | 4 | 1981 |
| 57 | Cooper Blok | 809 10 Ave SW | svonvegesack@alliedreit.com; 587-779-6154 | 38,602 | 0 | 5,858 | 34 | 6 | 1920/1996 |
| 59 | 707 10th Avenue | 707 10 Ave SW | dcarleton@riverparkproperties.ca; 403-253-0600 | 47,086 | 0 | 15,695 | 95 | 3 | 1977 |
| 63 | Kipling Square | 601 10 Ave SW | svonvegesack@alliedreit.com; 587-779-6154 | 53,079 | 2,455 | 12,126 | 13 | 2 | 1905/1980 |
| 77 | MacCosham Place | 215 10 Ave SW | daniel.pearse@hotmail.com; 403-237-6564 | 34,838 | 22,037 | 6,300 | 12 | 3 | 45547 |
| 82 | Palliser Annex | 112 10 Ave SE | APL@aspenproperties.ca; 403-216-2660 | 13,000 | - | 6,500 | 9 | 2 | 2010 |
| 83 | MEG Place | 1001 1 St SE | sbutt@avenuecommercial.ca; 403-802-6767 | 49,500 | - | 16,500 | 62 | 3 | 1987 |
| 84 | Palliser South | 140 10 Ave SE | APL@aspenproperties.ca; 403-216-2660 | 300,474 | 5,303 | 17,596 | 200 | 18 | 2009 |
| 87 | Brownstones | 221 10 Ave SE | svonvegesack@alliedreit.com; 587-779-6154 | 14,253 | - | 14,253 | 106 | 1 | 1906 |
| 54 | 999 8 Street SW | 999 8 St SW | Katie.Sapieha@cbre.com; Colin.Macdonald@cbre.com; Mathew.Summers@cbre.com | 113,828 | 1,249 | 16,261 | 210 | 7 | 1980 |
| 89 | Demcor Building | 239 10 Ave SE | svonvegesack@alliedreit.com; 587-779-6154 | 26,833 | 5,610 | 6,388 | 106 | 3 | 1906 |
| 106 | Winwood Place | 1324 11 Ave SW | sbutt@avenuecommercial.ca; 403-802-6767 | 29,700 | 7,726 | 10,900 | 52 | 3 | 1980 |
| 122 | Five Roses Building | 731-739 10 Ave SW | svonvegesack@alliedreit.com; 587-779-6154 | 20,807 | 20,807 | 20,807 | 5 | 1 | 1924/1958 |
| 123 | 802 11th Avenue SW | 802 11 Ave SW | svonvegesack@alliedreit.com; 587-779-6154 | 7,319 | 7,319 | 7,319 | 19 | 1 | 1977 |
| 130 | 902 11 Avenue SW | 902 11 Ave SW | dcarleton@riverparkproperties.ca; 403-253-0600 | 42,631 | 0 | 14,210 | 81 | 3 | 1926/76 |
| 131 | Joffre Place | 708 11th Avenue SW | aly.lalani@colliers.com | 105,898 | - | 18,630 | - | 6 | 1980 |



| MAP REF | BUILDING NAME | ADDRESS | LEASING CONTACT (TELEPHONE/E-MAIL) | BLDG AREA | RETAIL AREA | AVG FL PLATE | PKNG STALLS | # OF FLOORS | BUILT/RENO |
|---------|--------------------------------|----------------------|---|-----------|-------------|--------------|-------------|-------------|------------|
| 132 | Corner Block | 838 11 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 22,211 | 11,213 | 11,105 | 27 | 2 | 1921 |
| 134 | Glenbow Building | 822 11 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 19,579 | 7,838 | 4,384 | 50 | 3 | 1921 |
| 136 | Sherwin Block | 1060 7 St SW | svonvegessack@alliedreit.com; 587-779-6154 | 29,637 | 9,790 | 4,416 | 22 | 5 | 1923/2005 |
| 140 | Atrium on 11th | 625 11 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 56,593 | 1,373 | 8,836 | 52 | 3 | 1980/2010 |
| 141 | Manning Foundation Building | 514 - 11th Avenue SW | alexi.olcheski@avisonyoung.com; 403-232-4332 | 21,552 | - | 7,184 | 11 | 3 | 1927 |
| 142 | 617 11 Avenue | 617 11 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 10,236 | 6,306 | 3,580 | 14 | 2 | 1967 |
| 145 | Sunrise Square | 602 11 Ave SW | matt.lannon@colliers.com; brittany.block@colliers.com; 403-266-5544 | 58,443 | 8,857 | 14,200 | 94 | 4 | 1979 |
| 147 | Roberts Block | 605 11 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 54,910 | 29,207 | 12,786 | 6 | 3 | 1915/1990 |
| 152 | Wheatshaf Building | 1015 4 St SW | ben_oldfield@manulife.com; 403-355-3002 | 136,017 | 6,173 | 10,000 | 80 | 12 | 1978 |
| 159 | 333 11 Avenue SW | 333 11 Ave SW | glacombe@aspenproperties.ca; 403-216-2660 | 210,465 | 4,260 | 14,300 | 149 | 16 | 1981 |
| 160 | Vintage Tower II | 326 11 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 191,067 | 13,003 | 14,600 | 115 | 8 | 2003 |
| 161 | Vintage Tower I | 322 11 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 105,216 | 10,290 | 11,700 | 90 | 8 | 1929/99 |
| 172 | Clennan Square | 110 11 Ave SW | tmitlano@carbongraphicsgroup.com; 403-770-1827 | 28,000 | 11,000 | 14,000 | 31 | 2 | 1960/2009 |
| 173 | Customs House | 134 11 Ave SE | svonvegessack@alliedreit.com; 587-779-6154 | 92,009 | 0 | 16,388 | 21 | 4 | 1913 |
| 176 | Keynote Office Tower 1 | 1100 1st St SE | bdavies@triovest.com; dpayne@triovest.com; 403-245-4447 | 283,597 | 42,600 | 21,000 | 370 | 14 | 2009 |
| 180 | Keynote Res Tower 2 Commercial | 225 11 Ave SE | bdavies@triovest.com; dpayne@triovest.com; 403-245-4447 | 14,883 | 0 | 9,300 | 0 | 2 | 2010 |
| 181 | Tourism Calgary | 238 11 Ave SE | cjwatson@savills.ca; 403-805-2936 | 25,655 | 0 | 9,500 | 47 | 2 | 1950 |
| 183 | Flamingo Block | 229 11 Ave SE | bdavies@triovest.com; dpayne@triovest.com; 403-245-4447 | 15,108 | 0 | 5,035 | 17 | 3 | 1952/2002 |
| 188 | Pilkington Building | 402 11 Ave SE | svonvegessack@alliedreit.com; 587-779-6154 | 53,683 | 0 | 9,688 | 44 | 4 | 1914/1999 |
| 190 | Biscuit Block | 438 11 Ave SE | svonvegessack@alliedreit.com; 587-779-6154 | 55,419 | 0 | 7,328 | 8 | 6 | 1910/2014 |
| 196 | EQ Bank Tower | 906 12 Ave SW | matt.lannon@colliers.com; brittany.block@colliers.com; 403-266-5544 | 135,125 | - | - | - | 9 | 1980 |
| 233 | Petro West Plaza | 1210 8 St SW | matt.lannon@colliers.com; brittany.block@colliers.com; 403-266-5544 | 36,927 | - | - | - | 4 | 1982 |
| 235 | Foundation Building | 628 12 Ave SW | 403-290-0178 | 39,827 | - | 8,650 | 71 | 5 | 1979 |
| 242 | The Lorraine | 620 12 Ave SW | loveleen.bhatti@avisonyoung.com; 403-232-4337 | 25,159 | 0 | 6,000 | 5 | 4 | 1913/2001 |
| 250 | 1122 FOURTH | 1122 4 St SW | ben_oldfield@manulife.com; 403-355-3002 | 175,071 | 2,269 | 10,528 | 111 | 13 | 1981 |

BELTLINE

| MAP REF | BUILDING NAME | ADDRESS | LEASING CONTACT (TELEPHONE/E-MAIL) | BLDG AREA | RETAIL AREA | AVG FL PLATE | PKNG STALLS | # OF FLOORS | BUILT/RENO |
|---------|---------------------------|-----------------------|---|-----------|-------------|--------------|-------------|-------------|------------|
| 252 | Lacey Court | 344 12 Ave SW | matt.lannon@colliers.com; brittany.block@colliers.com; 403-266-5544 | 6,965 | 0 | 1,880 | 8 | 3 | 1970 |
| 258 | Central Park Plaza | 340 12 Ave SW | alexi.olcheski@avisonyoung.com; 403-232-4332 | 125,091 | 0 | 9,500 | 96 | 15 | 1982 |
| 262 | Beltline Block T1 | 110 12th Avenue SW | matt.lannon@colliers.com; brittany.block@colliers.com; 403-266-5544 | 125,994 | - | 14,000 | - | 10 | 1965 |
| 276 | Beltline Block T2 | 1110 1st Street SW | matt.lannon@colliers.com; brittany.block@colliers.com; 403-266-5544 | 164,600 | - | 40,000 | - | 6 | 1983 |
| 277 | The Kahanoff Building | 105 12st Ave SE | ashley.kane@avisonyoung.com; 403-571-4252 | 221,000 | - | - | - | - | - |
| 278 | Macleod Square | 1117 Macleod Tr SE | bdavies@triovest.com; dpayne@triovest.com; 403-245-4447 | 9,358 | 0 | 6,239 | 9 | 2 | 1969 |
| 282 | Dafoe Terrace | 1204 3 Street SE | seaston@blackstonecommercial.com; 403-291-8873 | 14,477 | 6,473 | 4,825 | - | 3 | 1902 |
| 283 | Fairey Terrace | 1111 3 Street SE | seaston@blackstonecommercial.com; 403-291-8873 | 10,975 | 2,491 | 4,000 | 35 | 2 | 1906 |
| 291 | Arriva | 1111 Olympic Way SE | matt.lannon@colliers.com; brittany.block@colliers.com; 403-266-5544 | 61,499 | - | - | - | 3 | 2007 |
| 334 | Victoria Square | 1212 1 St SE | 403-282-1428 | 30,857 | - | 15,180 | 50 | 2 | 1978 |
| 440 | Stampede Station | 1331 Macleod Tr SE | aly.lalani@colliers.com; 403-298-0408 | 161,708 | 16,600 | 16,600 | 162 | 9 | 2009 |
| 507 | Centre 15 | 1509 Centre St S | alexi.olcheski@avisonyoung.com; 403-232-4332 | 76,021 | 0 | 10,860 | 114 | 7 | 1982/1999 |
| 559 | Mount Royal Village West | 1515 8 St SW | ben.jasper@fcr.ca; 403-257-6894 | 193,465 | 59,986 | 29,489 | 269 | 3 | 2018 |
| 579 | Mount Royal Village (MRV) | 1550 8th St SW | ben.jasper@fcr.ca; 403-257-6894 | 108,695 | 48,956 | 11,000 | 216 | 5 | 1977/2015 |
| 625 | Mount Royal Village | 880 - 16th Avenue SW | alexi.olcheski@avisonyoung.com; 403-232-4332 | 108,600 | 83,000 | 18,100 | 214 | 6 | 1979/2016 |
| 627 | Mount Royal West | 906 - 16th Avenue SW | alexi.olcheski@avisonyoung.com; 403-232-4332 | 113,000 | 27,899 | 27,899 | 452 | 3 | 2018 |
| 634 | Mount Royal Centre | 850 16 Ave SW | ben.jasper@fcr.ca; 403-257-6894 | 10,552 | 3,387 | 3,471 | 11 | 2 | 1958 |
| 634 | Mount Royal Centre | 850 16 Ave SW | ben.jasper@fcr.ca; 403-257-6894 | 10,552 | 3,387 | 3,471 | 11 | 2 | 1958 |
| 634 | Mount Royal Centre | 850 16 Ave SW | ben.jasper@fcr.ca; 403-257-6894 | 10,552 | 3,387 | 3,471 | 11 | 2 | 1958 |
| 636 | Mount Royal Village East | 800-818 16 Ave SW | ben.jasper@fcr.ca; 403-257-6894 | 42,966 | 21,498 | 0 | 26 | 2 | 52/62/97 |
| 640 | 1029 17th Avenue SW | 1029 17 Ave SW | lsyhlonyk@epicinvestmentservices.com; 403-253-6950 | 17,980 | 7,160 | 0 | 16 | 2 | 1988/2015 |
| 706 | Shelbourne Place II | 1019 17 Ave SW | easaria@strategicgroup.ca; 403-770-2300 | 10,357 | 0 | 3,500 | 0 | 3 | - |
| 721 | The Devenish | 908 - 17th Avenue SW | alexi.olcheski@avisonyoung.com; 403-232-4332 | 20,000 | - | 6,667 | 0 | 3 | 1911 |
| 725 | Shelbourne Place | 1013 17 Ave SW | alexi.olcheski@avisonyoung.com; 403-232-4332 | 27,290 | 27,290 | 13,645 | 11 | 20 | 1947 |
| 726 | Former H R Block bldg | 940 17 Ave SW | ben.jasper@fcr.ca; 403-257-6894 | 7,132 | 3,424 | 2,377 | 12 | 2 | 1976 |
| 727 | High Street House | 933 17 Ave SW | lsyhlonyk@epicinvestmentservices.com; 403-253-6950 | 51,003 | 9,648 | 6,898 | 96 | 8 | 1979/2012 |
| 727 | Highstreet House | 933 - 17th Avenue SW | lsyhlonyk@epicinvestmentservices.com; 403-253-6950 | 50,699 | 7,702 | - | 93 | 8 | 1980 |
| 730 | Calhoun Block | 930-932 17 Ave SW | ben.jasper@fcr.ca; 403-257-6894 | 9,908 | 7,669 | 2,477 | 11 | 3 | 1910 |
| 739 | 534 | 534 17 Ave SW | steven.goertz@avisonyoung.com; 403-232-4322 | 24,965 | 4,860 | 6,275 | 38 | 4 | 1976 |
| 749 | Aurora Building | 524 17 AVE SW | ashley.kane@avisonyoung.com; 403-571-4252 | 21,457 | - | - | - | - | - |
| 749 | Aurora Building | 524 17 Ave SW | eric.demaere@avisonyoung.com; 587-293-3366 | 21,272 | 6,108 | 4,000 | 19 | 3 | 1958/2009 |
| 758 | Glenbow Annex | 816 11 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 9,021 | 9,021 | 9,012 | 50 | 1 | 1921 |
| 762 | Ellison Block | 812 11 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 13,344 | - | 5,300 | 50 | 2 | 1921 |
| 781 | Stampede Station Plaza | 1505 Macleod Trail SE | MRahman@blackstonecommercial.com; 403-214-2344 | 4,600 | 4,600 | 2,300 | - | 2 | 1977 |



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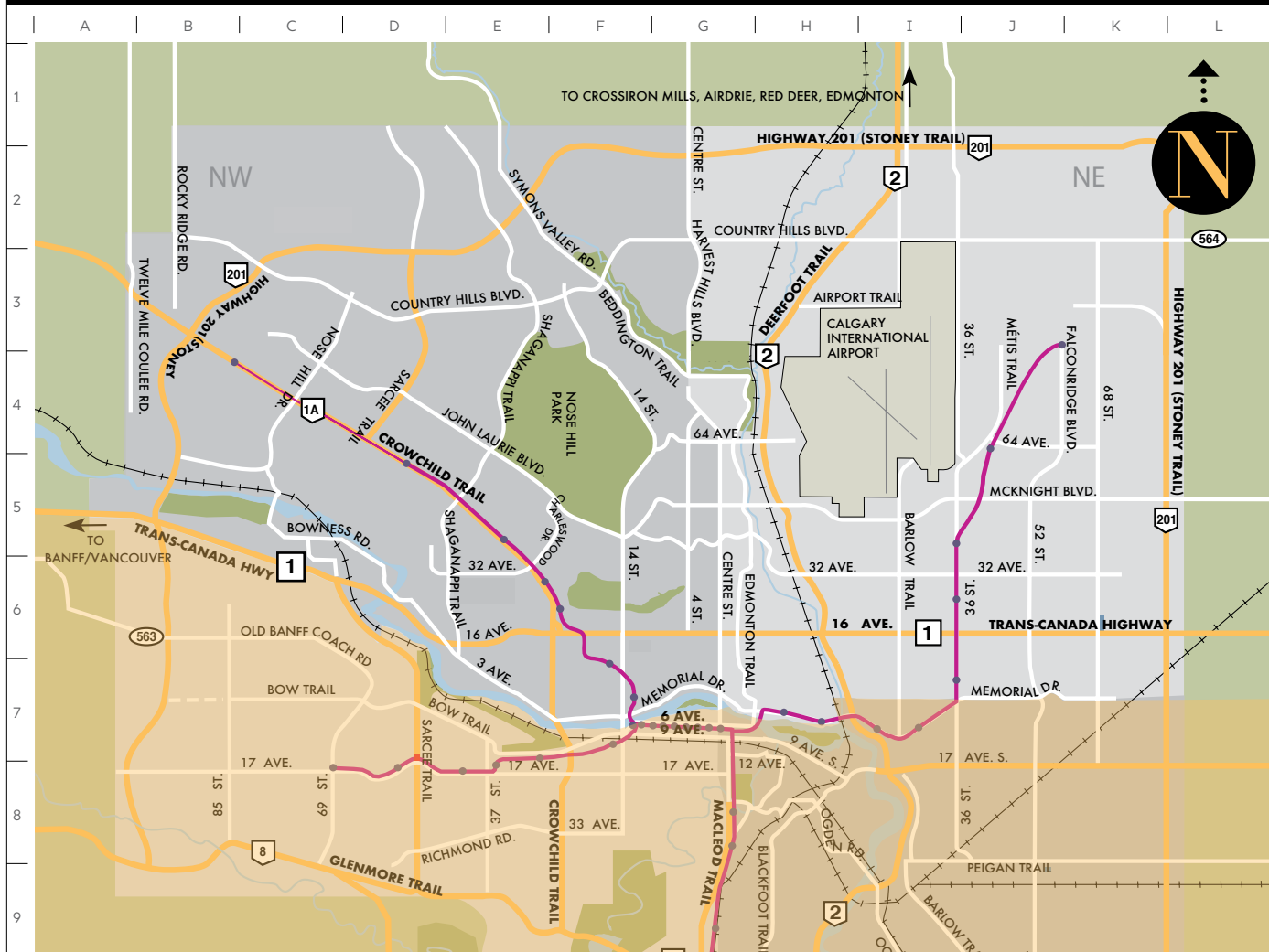
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SUBURBAN NORTH



Buildings listed in **bold** have been certified through BOMA BEST, the leading environmental certification program for commercial buildings. See www.bomabest.com for updates

| MAP REF | BUILDING NAME | ADDRESS | LEASING CONTACT (TELEPHONE/E-MAIL) | BLDG AREA | RETAIL AREA | AVG FL PLATE | PKNG STALLS | # OF FLOORS | BUILT/RENO |
|---------------------|------------------------------|-----------------------|---|-----------|-------------|--------------|-------------|-------------|------------|
| NE NORTHEAST | | | | | | | | | |
| G5 | 339 - 41 Avenue NE | 339 - 41 Avenue NE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 12,393 | - | 6,197 | 60 | 2 | 1975 |
| G6 | Centre 1000 | 1000 Centre Street NE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 54,373 | - | 9,062 | 68 | 6 | 1982/2017 |
| G7 | Meredith Block | 611 Meredith Rd NE | raremington@remingtoncorp.com; 403-255-7003 | 184,651 | 19,303 | 28,000 | 289 | 7 | 2016 |
| H3 | Harvest Hills Office Park I | 5000, 333 96 Ave NE | bguss@qualico.com; nela.lambert@qualico.com; 403-212-6384 | 71,038 | 24,000 | 0 | 281 | 3 | 2009 |
| H3 | Harvest Hills Office Park II | 6000, 333 96 Ave NE | bguss@qualico.com; nela.lambert@qualico.com; 403-212-6384 | 73,623 | 24,000 | 0 | 176 | 3 | 2016 |
| H3 | Harvest Hills Profl Ctr | 160 & 178 96 Ave NE | vw@viewwest.net; 403-293-6027 | 27,837 | - | 6,959 | 98 | 2 | 2009/2019 |
| H4 | SWIFT Centre | 7136 - 11th Street NE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 58,566 | - | 19,521 | 195 | 3 | 2017 |
| H4 | 7315 8th Street NE | 7315 8 St NE | spotter@morguard.com; boldfield@morguard.com; LJWilliams@morguard.com; 403-266-1695 | 19,390 | 9,695 | 0 | 0 | 2 | 2000 |
| H4 | Centre 810 - Bldg A | 7777 10 St NE | spotter@morguard.com; boldfield@morguard.com; LJWilliams@morguard.com; 403-266-1695 | 28,888 | 29,494 | 0 | 61 | 1 | 2000 |
| H4 | Centre 810 - Bldg B | 7640-7686 8 Ave NE | spotter@morguard.com; boldfield@morguard.com; LJWilliams@morguard.com; 403-266-1695 | 25,469 | 25,578 | 0 | 57 | 1 | 2000 |
| H4 | Centre 810 - Bldg C | 7651-7665 10 St NE | spotter@morguard.com; boldfield@morguard.com; LJWilliams@morguard.com; 403-266-1695 | 48,683 | 15,860 | 0 | 37 | 3 | 1999 |
| H4 | Duncan Bldg | 7575 8 St NE | spotter@morguard.com; boldfield@morguard.com; LJWilliams@morguard.com; 403-266-1695 | 80,898 | 24,460 | 0 | 292 | 3 | 2001 |
| H4 | Deerport Ctr | 7326 10 St NE | spotter@morguard.com; boldfield@morguard.com; LJWilliams@morguard.com; 403-266-1695 | 23,320 | 23,350 | 0 | 52 | 1 | 2000 |
| H5 | McCall Park Place A | 1331 44 Ave NE | aborle@estancia.ca; 403-269-4381 | 18,897 | 18,897 | - | 50 | 1 | 1974 |
| H5 | McCall Park Place B | 1323 44 Ave NE | aborle@estancia.ca; 403-269-4381 | 23,553 | 23,553 | - | 50 | 1 | 1975 |

SUBURBAN NORTH

| MAP REF | BUILDING NAME | ADDRESS | LEASING CONTACT (TELEPHONE/E-MAIL) | BLDG AREA | RETAIL AREA | AVG FL PLATE | PKNG STALLS | # OF FLOORS | BUILT/RENO |
|---------|------------------------------|-----------------------|--|-----------|-------------|--------------|-------------|-------------|-------------|
| H5 | YYC Business Centre | 1440 Aviation Park NE | commercialleasing@westcorp.net; 780-431-3300 | 41,416 | 0 | 0 | 83 | 2 | 2002 |
| H5 | Visions Building | 2930-32nd Avenue NE | cbaradoy@artisreit.com; 403-705-3573 | 50,045 | 50,045 | - | 152 | - | 1981 |
| H5 | McCall Lake Industrial | 1338-36th Avenue | cbaradoy@artisreit.com; 403-705-3573 | 86,895 | - | - | 152 | - | 1978 |
| H6 | 2020 32 Avenue NE | 2020 32 Ave NE | AWallace@berezan.ca; 403-508-5016 | 108,890 | 108,890 | 70,567 | 141 | 1 | 1981 |
| H6 | 3115 12th Street NE | 3115 12 St NE | stuart.watson@cbre.com; Colin.Macdonald@cbre.com; Mathew.Summers@cbre.com; 403-750-0540 | 74,055 | 21,279 | 0 | 170 | 4 | 1981 |
| H6 | Deerfoot Junction I & II | 3215 & 3225 12 St NE | vw@viewwest.net; 403-293-6027 | 93,475 | 0 | 31,158 | 377 | 3 | 1981 |
| H6 | Deerfoot Junction III | 1212 31 Ave NE | vw@viewwest.net; 403-293-6027 | 80,174 | 0 | 16,035 | 331 | 5 | 1981 |
| H6 | Hampshire Court | 3015 12 St NE | hnielsen@norcalgroup.com; kdeeks@norcalgroup.com; 403-291-3010 | 27,000 | 12,500 | 2,000 | 63 | 2 | 1981 |
| H6 | Deerfoot Court | 1144 29 Ave NE | leasing@norbergproperties.com; 403-774-7111 | 75,452 | 0 | 13,500 | 218 | 3 | 1981/2018 |
| H6 | Airways Business Plaza | 1935 32 Ave NE | leasing@norbergproperties.com; 403-774-7111 | 65,628 | 25,241 | 29,528 | 244 | 2 | 1979/2020 |
| SH7 | The Olive | 1029 - 1 Avenue NE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 1,991 | - | 995 | 2 | 3 | 2006 |
| H7 | The CNIB Building | 10 11 A Street NE | ashley.kane@avisonyoung.com; 403-571-4252 | 39,848 | - | - | - | - | - |
| H7 | CREB Bldg | 300 Manning Rd NE | cindy.halbauer@creb.ca; 403-781-1330 | 55,544 | 15,870 | 0 | 202 | 3 | 2000 |
| H7 | Bridgeland Professional Bldg | 1010 1 Ave NE | ajohnston@concertproperties.com; 604-688-9460 | 29,293 | 10,000 | 6,000 | 49 | 3 | 1981 |
| H7 | Molson Building | 906 - 1 Ave NE | ben.jasper@fcr.car; 403-257-6894 | 17,038 | 0 | 1,000 | 11 | 2 | 08/76/85/94 |
| H7 | Bridges Place | 736 1 Ave NE | chris.law@colliers.com; callum.mclaughlin@colliers.com; jash.sandhu@colliers.com; 403-571-8769 | 13,700 | 0 | 0 | 25 | 2 | - |
| I5 | Horizon Business Ctr I | 2635 37 Ave NE | AWallace@berezan.ca; 403-508-5016 | 56,118 | 28,059 | - | 179 | 2 | 1981 |
| I5 | Horizon Business Ctr II | 2611 37 Ave NE | AWallace@berezan.ca; 403-508-5016 | 23,113 | 23,113 | 2,182 | 84 | 1 | 1981 |
| I5 | Gas Liquids 2 | 2735 39 Ave NE | bguss@qualico.com; nela.lambert@qualico.com; 403-212-6384 | 58,912 | 19,000 | 0 | 174 | 3 | 1980/2012 |
| I5 | Horizon West | 2723 37 Ave NE | ajohnston@concertproperties.com; 604-688-9460 | 52,562 | 26,281 | 0 | 112 | 2 | 1980 |
| I6 | Canform Warehouse | 3016 21 St. NE | ashley.kane@avisonyoung.com; 403-571-4252 | 26,306 | - | - | - | - | - |
| I6 | Midwest Surveys Bldg 2 | 2588 27 St NE | blakee@midwestsurveys.com; 403-232-4326 | 38,454 | - | - | 64 | 2 | 2007 |
| I6 | Windfire Bldg | 2115 27 Ave NE | lrobertson@barclaystreet.com; 403-290-0178 | 46,637 | 24,950 | - | 113 | 2 | 1981 |
| I6 | Airways Mall | 2323 32 Ave NE | AWallace@berezan.ca; 403-508-5016 | 148,244 | - | 27,798 | 305 | 2 | 1978 |
| I6 | 27th Avenue Vista | 1935 27 Ave NE | leasing@norbergproperties.com; 403-774-7111 | 40,197 | 29,417 | 0 | 90 | 2 | 1980/2014 |
| I6 | Intrinsic Place | 2891 Sunridge Way NE | Katie.Sapieha@cbre.com; 403-253-0600 | 87,241 | 29,080 | 0 | 339 | 3 | 2001 |
| I6 | Stockman Ctr | 2116 27 Ave NE | matt.lannon@colliers.com; brittany.block@colliers.com; patrick.sailer@colliers.com; 403-571-8824 | 61,782 | 22,656 | 0 | 159 | 3 | 1980 |
| I6 | Mayland Business Park | 239 Mayland Place NE | knault@icmgroupp.ca; 403-256-5350 | 49,440 | - | 49,440 | - | 1 | 2019 |
| I6 | Vista Heights Office Complex | 1925 - 18th Avenue NE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 201,543 | - | 45,500 | 785 | 4 | 2008 |

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SUBURBAN NORTH

| MAP REF | BUILDING NAME | ADDRESS | LEASING CONTACT (TELEPHONE/E-MAIL) | BLDG AREA | RETAIL AREA | AVG FL PLATE | PKG STALLS | # OF FLOORS | BUILT/RENO |
|---------------------|-----------------------------------|-------------------------------|---|-----------|-------------|--------------|------------|-------------|------------|
| I6 | Sunridge Spectrum | 2555-32nd Street | cbaradoy@artisreit.com; 403-705-3573 | 128,317 | 128,317 | - | 1,240 | - | 2000/2001 |
| I6 | Sunridge Point | 3333 Sunridge Way | cbaradoy@artisreit.com; 403-705-3573 | 50,905 | 50,905 | - | 230 | - | 2000 |
| I7 | Fifth Avenue Bldg | 3016 5 Ave NE | lsyhlonk@epicinvestmentservices.com; 403-668-7205 | 69,926 | - | 0 | 137 | 3 | 1978 |
| J5 | Westwinds Business Park Phase III | 3687 63 Ave NE | raremington@remingtoncorp.com; 403-255-7003 | 72,123 | - | - | 222 | 3 | - |
| J6 | Sunridge Professional Ctr | 2675 36 St NE | lindsay.hills@nwhreit.com; 403-282-9838 | 134,568 | 12,171 | 10,765 | 275 | 5 | 1985 |
| NW NORTHWEST | | | | | | | | | |
| B3 | Royal Vista Prof Ctr | 15 Royal Vista Pl NW | todd.dear@theprimegroup.ca; 403-452-7896 | 64,942 | 21,000 | 21,000 | 323 | 3 | 2013 |
| B3 | Royal Vista Prof Ctr II | 4 Royal Vista Way NW | todd.dear@theprimegroup.ca; 403-452-7896 | 27,000 | 15,000 | 22,000 | 320 | 2 | 2019 |
| C4 | Crowchild Square | 5403 Crowchild Tr NW | 403-282-1428 | 56,721 | 20,940 | 25,429 | 228 | 2 | 1978 |
| C4 | Crowfoot 75 | 75 Crowfoot Rise NW | sflathers@telsec.ca; 403-203-3000 | 54,000 | - | 18,000 | 60 | 3 | 2016 |
| C4 | Crowfoot West Bus Ctr | 600 Crowfoot Cres NW | stuart.watson@cbre.com; Colin.Macdonald@cbre.com; Mathew.Summers@cbre.com; 403-750-0540 | 124,887 | 36,000 | 16,482 | 407 | 4 | 2008 |
| C4 | Crowfoot Village Prof Bldg | 20 & 60 Crowfoot Cres NW | cbaradoy@artisreit.com; 403-705-3573 | 18,301 | 9,233 | 0 | 24 | 2 | 1998 |
| C4 | Crowfoot Village | 20 & 60 Crowfoot Crescent | cbaradoy@artisreit.com; 403-705-3573 | 63,279 | 63,279 | - | 306 | - | 1986 |
| C4 | Crowfoot Corner | 140-150 Crowfoot Crescent | cbaradoy@artisreit.com; 403-705-3573 | 51,058 | 51,058 | - | 306 | - | 1987/1991 |
| D5 | CF Market Mall Professional Ctr | 4935 40 Ave NW | peter.stack@cadillacfairview.com; 403-571-2532 | 103,855 | 5,060 | 22,254 | 80 | 4 | 1971/1998 |
| E1 | Sage Hill Common | 455 Sage Valley Dr NW | ahill@ronmor.ca; 403-692-4641 | 178,000 | 178,000 | 0 | 605 | 2 | 2020 |
| E5 | Provident Professional Bldg | 4616 Valiant Dr NW | leasing@norbergproperties.com; 403-774-7111 | 27,494 | 10,800 | 10,800 | 51 | 2 | 1974/2013 |
| E5 | One North Business Ctr | 4503 Brisbois Dr NW | 403-850-4248 | 21,453 | 6,625 | 6,608 | 30 | 3 | 2019 |
| E6 | Foothills Professional Bldg | 1620 29 St NW | lindsay.hills@nwhreit.com; 403-282-9838 | 59,460 | 19,820 | 5,062 | 230 | 3 | 1978/2011 |
| E6 | Cambrian Centre | 1000 & 2000 Veterans Place NW | lindsay.hills@nwhreit.com; 403-282-9838 | 125,836 | 117 | 13,351 | 476 | 4 | 2010 |
| F6 | Northwest Professional Bldg | 1640 16 Ave NW | greatwest@telus.net; 403-252-4411 | 40,000 | 8,000 | 5,000 | 32 | 5 | 1968 |
| F7 | Kensington Place | 1240 Kensington Rd NW | aborle@estancia.ca; 403-269-4381 | 48,500 | 15,500 | 5,919 | 88 | 4 | 1981 |
| F7 | Kensington Professional Ctr | 1228 Kensington Rd NW | aborle@estancia.ca; 403-269-4381 | 47,500 | 10,600 | 9,000 | 77 | 4 | 1981 |
| F7 | Kensington Terrace | 1220 Kensington Road NW | matt.lannon@colliers.com; brittany.block@colliers.com; 403-571-8824 | 18,367 | - | - | - | 3 | 1975 |
| F7 | Riley Park Village | 1402 8 Ave NW | lindsay.hills@nwhreit.com; 403-282-9838 | 74,952 | 22,943 | 671 | 257 | 3 | 1956/1992 |
| G3 | Stepper Centre | 120 Country Hills Ldg NW | warren.hedges@colliers.com; 403-298-0411 | 23,908 | - | 11,954 | - | 2 | 2005 |
| G3 | 200 Country Hills Ldg | 200 Country Hills Ldg NW | alexi.olcheski@avisonyoung.com; 403-232-4332 | 24,296 | - | 12,148 | 59 | 2 | 2004 |
| G6 | Hill Park Plaza | 2411 4 St NW | aborle@estancia.ca; 403-269-4381 | 41,562 | 20,770 | 4,924 | 141 | 2 | 1966 |
| G7 | Ctr 1110 | 1110 Centre St NE | AWallace@berezan.ca; 403-508-5016 | 59,182 | 10,000 | - | 98 | 5 | 1981 |

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SUBURBAN SOUTH

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| MAP REF | BUILDING NAME | ADDRESS | LEASING CONTACT (TELEPHONE/E-MAIL) | BLDG AREA | RETAIL AREA | AVG FL PLATE | PKNG STALLS | # OF FLOORS | BUILT/RENO |
|---------------------|--|--------------------------------------|---|-----------|-------------|--------------|-------------|-------------|------------|
| SE SOUTHEAST | | | | | | | | | |
| F3 | LocalMotive Crossing | 1240 20 Ave SW | svonvegessack@alliedreit.com; 587-779-6154 | 61,824 | 0 | 10,708 | 75 | 3 | 1905/2007 |
| G4 | Macleod Prof Centre | 3916 Macleod Trail SE | kchavda@opuscopra.ca; 403-209-5555 | 31,066 | 8,026 | 7,766 | 120 | 4 | 2018 |
| G4 | Manchester Building | 339 50 Ave SE | karen.hermeston@cbre.com; 403-263-4444 | 43,277 | 0 | 21,210 | 49 | 2 | 1954 |
| G4 | 6909 Farrell Road SE | 6909 Farrell Road SE | lsyhlonky@epicinvestmentservices.com; 403-668-7205 | 22,732 | - | - | 10 | 1 | 1968 |
| G4 | 7014 - 7028 Fairmount Dr SE | 7014 - 7028 Fairmount Drive SE | lsyhlonky@epicinvestmentservices.com; 403-668-7205 | 12,144 | 7,160 | - | 23 | 1 | 1980 |
| G4 | Phillips Square - B | 5960 Centre St S | dmolina@pbaland.com; 403-777-2712 | 18,835 | 0 | 18,835 | 166 | 1 | 1998 |
| G4 | Phillips Square - A | 5980 Centre St SE | dmolina@pbaland.com; 403-777-2712 | 12,550 | 0 | 12,550 | 166 | 1 | 1998 |
| G4 | Phillips Park D&C | 6115/6215 3 St SE | dmolina@pbaland.com; 403-777-2712 | 84,448 | 0 | 42,224 | 267 | 1 | 1979/2019 |
| G4 | Phillips Square - C | 5970 Centre St S | dmolina@pbaland.com; 403-777-2712 | 27,014 | 0 | 13,507 | 166 | 1 | 1998 |
| G4 | Phillips Park A&B | 6120/6060 2 St SE | dmolina@pbaland.com; 403-777-2712 | 175,161 | 0 | 87,580 | 267 | 2 | 1979/2019 |
| G4 | 5757 4th | 5757 4 St SE | dmolina@pbaland.com; 403-777-2712 | 11,739 | 0 | 11,739 | 40 | 1 | 2018 |
| G4 | Phillips 58 | 444-58th Ave SE, 5769-4th Street SE, | dmolina@pbaland.com; 403-777-2712 | 31,176 | - | - | 174 | - | 1991 |
| G4 | Phillips 61 | 6101-6107 Centre Street S | dmolina@pbaland.com; 403-777-2712 | 11,530 | - | 11,530 | 27 | 1 | 1966 |
| G5 | 7535 Flint Road SE | 7535 Flint Road SE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 13,461 | - | 13,461 | 32 | 1 | 1969 |
| G5 | Heritage Square | 8500 Macleod Tr SE | warren.hedges@colliers.com; matt.lannon@colliers.com | 315,152 | - | 62,300 | - | 5 | 1981 |
| G5 | Fairmount Shopping Plaza | 9919 Fairmount Dr SE | Kelly.Frank@fcr.ca; anne.gwynn@fcr.ca; matt.gratton@fcr.ca; 604-242-9046 | 57,790 | 0 | 30,000 | 164 | 2 | 1979/2008 |
| G5 | Farrell Plaza 6911, 6923 Farrell Rd SE & 7134 Fairmont Dr SE | | lsyhlonky@epicinvestmentservices.com; 403-668-7205 | 25,750 | - | - | 18 | 2 | 1971 |
| G5 | 6812 Fairmont | 6812 Fairmont Drive SE | dmolina@pbaland.com; 403-777-2712 | 18,000 | - | 18,000 | Unreserved | 1 | 1962 |
| G5 | 6910 Farrell Road | 6910 Farrell Road SE | dmolina@pbaland.com; 403-777-2712 | 9,200 | - | 9,200 | Unreserved | 1 | 1963 |
| G5 | 6912 Farrell Road | 6912 Farrell Road SE | dmolina@pbaland.com; 403-777-2712 | 17,934 | - | 17,934 | Unreserved | 1 | 1961 |
| G6 | Acadia Plaza | 580 Acadia Drive SE | solin@blackstonecommercial.com; pwhite@blackstonecommercial.com; mike@blackstonerealty.ca | 13,872 | 3,055 | 6,936 | - | 2 | 2015 |
| G7 | Agrium Place | 13131 Lake Fraser Dr SE | Graham.Canvin@nutrien.com | 140,000 | 0 | 35,000 | 220 | 4 | 1999 |
| G8 | Millrise Station | 3217, 150 Millrise Blvd SE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 20,000 | 10,000 | 10,000 | - | 2 | 2005 |
| G8 | Atrium VI | 295 Midpark Way SE | gordon.woodman@lansdowne.ca; 403-254-6440 | 23,090 | - | 7,670 | 91 | 3 | 1982 |
| G8 | Midpark Court | 251 Midpark Blvd SE | 403-253-2666 | 28,149 | 0 | 15,107 | 62 | 2 | 1981 |
| G8 | Midpark Building | 280 Midpark Way SE | dmacarthur@icmgroup.ca; 403-256-5350 | 31,207 | 0 | 16,603 | 105 | 2 | 1981/2015 |
| G8 | Health Plus Building | 290 Midpark Way SE | msprague@canreal.com; 888-688-0608 | 31,359 | 2,586 | 10,453 | 197 | 3 | 1982 |
| G8 | 205, 264 Midpark Way SE | 205, 264 Midpark Way SE | clong@royallepage.ca; 403-860-9419 | 21,403 | 0 | 10,500 | 54 | 2 | 2006 |
| G9 | 51 Sunpark Drive SE | 51 Sunpark Dr SE | Matt.Acheson@kennington.ca; 403-215-0380 | 27,299 | 0 | 9,033 | 92 | 3 | 2005 |
| G9 | Sundance Place | 23 Sunpark Dr SE | matt.lannon@colliers.com; brittany.block@colliers.com | 177,107 | - | - | - | 4 | 2006 |
| G9 | Sundance 6000 | 6000, 15 Sunpark Pz SE | matt.lannon@colliers.com; brittany.block@colliers.com | 32,013 | - | - | - | 3 | 2009 |
| G9 | Sundance 1000 | 1000, 15 Sunpark Plaza SE | matt.lannon@colliers.com; brittany.block@colliers.com | 171,422 | - | - | - | 4 | - |
| G9 | Sunpark Plaza | 40 Sunpark Plaza SE | syhlonyk@epicinvestmentservices.com; 403-668-7205 | 67,470 | 4,033 | 21,982 | 191 | 3 | 2005 |
| H2 | 221 - 18 Street SE | 221 18 St SE | rbc@telusplanet.net; 403-681-0733 | 47,206 | 0 | 15,735 | 135 | 3 | 1981 |
| H3 | Snowdon Building | 2010 11 St SE | ashley.kane@avisonyoung.com; 403-571-4252 | 22,499 | - | - | - | - | - |
| H3 | 8th Street Business Centre | 3603 8 St SE | jcoulter@adventcommercial.com; 403-984-9812 | 83,449 | 0 | 83,449 | 112 | 1 | 1958/2008 |
| H3 | Woodstone Building | 1207 13 St SE | svonvegessack@alliedreit.com; 587-779-6154 | 34,106 | 0 | 11,200 | 20 | 2 | 1916/2009 |
| H4 | Riverview | 1235 - 63 Ave SE | ashley.kane@avisonyoung.com; 403-571-4252 | 14,950 | - | 14,950 | 70 | 1 | 1973/2003 |
| H4 | 1135 - 64th Avenue SE | 1135 64 Ave SE | ashley.kane@avisonyoung.com; 403-571-4252 | 43,295 | - | 21,648 | 0 | 2 | - |
| H4 | 6325 - 12th Street SE | 6325 12 St SE | allan.zivot@avisonyoung.com; 403-232-4307 | 43,914 | - | - | 0 | 1 | - |
| H4 | 4235 16 Street SE | 4235 16 Street SE | chris.law@colliers.com; 403-571-8769 | 2,778 | - | - | 2 | - | - |
| H4 | 6125 11th Street SE | 6125 11th Street SE | chris.law@colliers.com; callum.mclaughlin@colliers.com; jash.sandhu@colliers.com | - | - | - | 72 | - | - |
| H4 | EHS Partnerships Bldg | 4303 11 St SE | pmackinnon@ehsp.ca; 403-243-0700 | 12,000 | 0 | 12,000 | 48 | 1 | 1977 |
| H4 | 5925 - 12 Street SE | 5925 12 St SE | Tanya.Shantz@edonmgmt.com; 403-692-6468 | 88,518 | 0 | 44,259 | 94 | 2 | 1979 |
| H4 | Airstate Centre | 1200 59 Ave SE | Tanya.Shantz@edonmgmt.com; 403-692-6468 | 113,585 | 0 | 36,756 | 438 | 3 | 2009 |
| H4 | Riverview Atrium I | 1209 59 Ave SE | Tanya.Shantz@edonmgmt.com; 403-692-6468 | 61,418 | 0 | 29,212 | 172 | 2 | 1980 |
| H4 | 6025 - 12 Street SE | 6025 12 St SE | Tanya.Shantz@edonmgmt.com; 403-692-6468 | 89,840 | 0 | 44,920 | 115 | 2 | 1978 |
| H4 | Riverview Atrium II | 6025 11 St SE | Tanya.Shantz@edonmgmt.com; 403-692-6468 | 95,171 | 0 | 32,130 | 282 | 3 | 1998 |
| H5 | Blackfoot Point Bus Park | 8832 Blackfoot Trail SE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 40,304 | - | 20,152 | 109 | 2 | 2013 |
| H5 | 7180 - 11 Street | 7180 11 St SE | dcarleton@riverparkproperties.ca; 403-253-0600 | 25,369 | 0 | 11,000 | 81 | 2 | 1986 |
| H5 | 7260 - 12 St SE | 7260 12 St SE | chris.law@colliers.com; lee.fiala@colliers.com; 403-571-8769 | 85,121 | 0 | 50,716 | 186 | 2 | 1998 |
| H5 | Glendeer Junction | 30 Glendeer Circle SE | raremington@remingtoncorp.com; 403-255-7003 | 20,258 | 0 | 10,000 | 245 | 2 | 1998 |
| H6 | 37 Quarry Park Blvd SE | 37 Quarry Park Blvd SE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 97,926 | - | 32,642 | 309 | 3 | 2013 |
| H8 | 1502 - 10 Avenue SE | 1502 - 10 Avenue SE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 3,224 | - | 3,224 | - | 1 | 1950 |
| H8 | 1530 - 9th Avenue SE | 1530 - 9th Avenue SE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 7,680 | - | 3,840 | 6 | 2 | 1973 |
| H9 | Chaparral Plaza | 803 Chaparral Drive SE | lsyhlonky@epicinvestmentservices.com; 403-668-7205 | 15,812 | 15,812 | - | 71 | 1 | 2007 |

Listings were confirmed ahead of publication by RedPoint Media, and leasing agents were included upon earliest response. To claim a property listed without contact information, note a correction or file a property for future consideration, please contact us at BOMA@redpointmedia.ca

SUBURBAN SOUTH

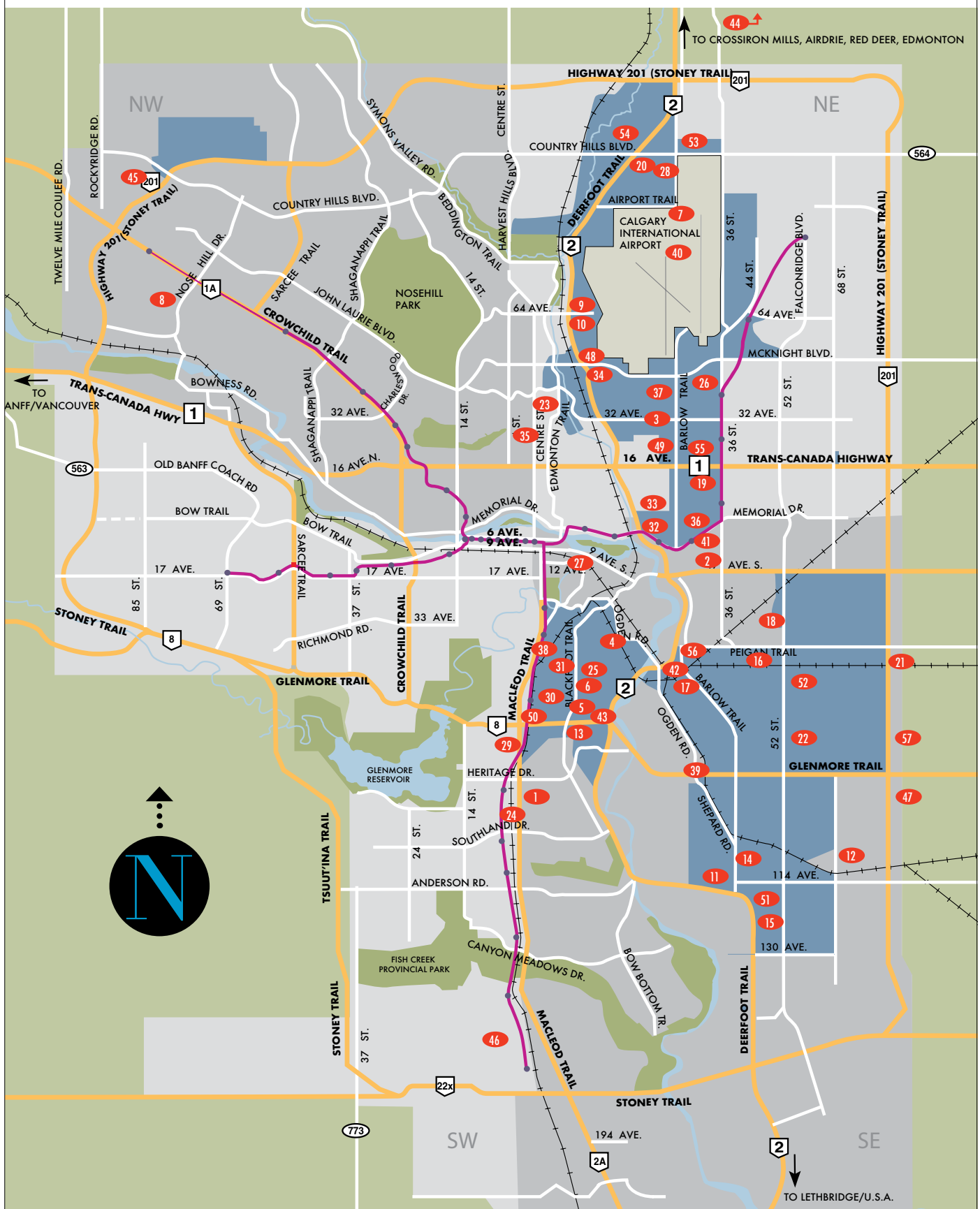
| MAP REF | BUILDING NAME | ADDRESS | LEASING CONTACT (TELEPHONE/E-MAIL) | BLDG AREA | RETAIL AREA | AVG FL PLATE | PKNG STALLS | # OF FLOORS | BUILT/RENO |
|---------|-----------------------------|-------------------------------|---|-----------|-------------|--------------|-------------|-------------|-------------|
| I2 | 575 - 28 Street SE | 575 28 St SE | Tanya.Shantz@edonmgmt.com; 403-692-6468 | 18,972 | 0 | 18,972 | 21 | 1 | 1981 |
| I2 | 2936 Radcliffe Drive SE | 2936 Radcliffe Dr SE | Tanya.Shantz@edonmgmt.com; 403-692-6468 | 13,101 | 0 | 13,101 | 46 | 1 | 1980 |
| I2 | Radisson Centre | 525 28 St SE | Tanya.Shantz@edonmgmt.com; 403-692-6468 | 72,176 | 0 | 22,870 | 157 | 3 | 1981 |
| I2 | ADT Building | 615-18th Street SE | cbaradoy@artisreit.com; 403-705-3573 | 30,932 | - | - | 73 | 2 | 1975 |
| I2 | Maynard Technology Ctr | 1930 Maynard Road SE | cbaradoy@artisreit.com; 403-705-3573 | 153,219 | - | - | 246 | - | 1965/1996 |
| I3 | Deerfoot 17 | 2710 17 Ave SE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 68,098 | 0 | 10,900 | 160 | 7 | 1981 |
| I4 | Lafarge | 2213 50 Ave SE | raremington@remingtoncorp.com; 403-255-7003 | 32,377 | 0 | 15,888 | 146 | 2 | 2016 |
| I5 | Riverbend Atrium One | 200 Rivercrest Dr SE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 88,157 | - | 44,078 | 287 | 2 | 1981 |
| I5 | 109 Quarry Park | 109 Quarry Park Blvd SE | - | 86,474 | 4 | 29,000 | 352 | 3 | 2009 |
| I5 | 7704 30th Street SE | 7704 30th Street SE | matt.binfet@colliers.com; kyle.bietz@colliers.com; callum.mclaughlin@colliers.com | 14,157 | - | 1,974 | - | - | |
| I5 | Quarry Park N Campus - C | 140 Quarry Park Blvd SE | nicci.fedorek@gwlr.com; andrew.baird@gwlr.com; 403-777-0664 | 101,733 | 0 | 34,000 | 344 | 3 | 2008 |
| I5 | Quarry Crossing A | 48 Quarry Park Blvd SE | raremington@remingtoncorp.com; 403-255-7003 | 160,603 | 0 | 33,400 | 454 | 5 | 2015 |
| I5 | Quarry Park West | 200 Quarry Park Blvd SE | raremington@remingtoncorp.com; 403-255-7003 | 94,599 | 0 | 30,000 | 270 | 3 | 2009 |
| I5 | Quarry Crossing B | 28 Quarry Park Blvd SE | raremington@remingtoncorp.com; 403-255-7003 | 161,926 | 0 | 33,400 | 473 | 5 | 2015 |
| I5 | Schneider Electric | 150, 1100 Barlow Square SE | raremington@remingtoncorp.com; 403-255-7003 | 44,273 | - | 14,000 | 198 | 2 | 2020 |
| I5 | Quarry Central | 115 Quarry Park Rd SE | spotter@morguard.com; boldfield@morguard.com; LJWilliams@morguard.com | 68,826 | 0 | 57,000 | 500 | 3 | 2012 |
| I5 | Glenmore Commerce Ctr | 4000 Glenmore Crt SE | Tanya.Shantz@edonmgmt.com; 403-692-6468 | 59,086 | - | - | 178 | - | 1979 |
| I6 | Douglasdale Executive Ctr | 3355 - 114th Avenue SE | lsyhlonky@epicinvestmentservices.com; 403-668-7205 | 95,208 | - | - | - | 2 | 2009 |
| I6 | Douglasdale Bus Centre | 3442 - 118th Avenue SE | lsyhlonky@epicinvestmentservices.com; 403-668-7205 | 70,246 | - | - | - | 1 | 2001 |
| I6 | 3595-114 Avenue SE | 3595-114 Avenue SE | sflathers@telsec.ca; 403-203-3000 | 16,000 | 3,000 | - | 75 | 2 | 2008 |
| I6 | Schlumberger | 3220 118 Ave SE | 403-232-4339 | 71,183 | 0 | 0 | 46 | 3 | - |
| I7 | Mayland Heights Bldg | 2424 2 Ave SE | info@guardianag.ca; 403-374-2546 | 13,085 | 0 | 0 | 100 | 1 | 1973 |
| I7 | Stantec Centre | 325 25 St SE | nicci.fedorek@gwlr.com; andrew.baird@gwlr.com; 403-777-0664 | 202,341 | 0 | 33,723 | 558 | 6 | 2003/2012 |
| I7 | 2912 Memorial Drive SE | 2912 Memorial Dr SE | Tanya.Shantz@edonmgmt.com; 403-692-6468 | 68,838 | 0 | 23,220 | 187 | 3 | 1979 |
| I7 | Alex Building | 2840 2nd Avenue SE | cbaradoy@artisreit.com; 403-705-3573 | 61,847 | - | - | 99 | 1 | 2000/2006 |
| I7 | WSP Building | 405-18th Street SE | cbaradoy@artisreit.com; 403-705-3573 | 17,205 | - | - | 60 | - | 1966 |
| I9 | Cranston Market | 356 Cranston Rd SE | Kelly.Frank@fcr.ca; anne.gwynn@fcr.ca; matt.gratton@fcr.ca; 604-242-9046 | 84,032 | 75,629 | 4,200 | 436 | 1 | 2009 |
| J3 | Clayburn Centre | 1830 52 St SE | gordon.woodman@lansdowne.ca; 403-254-6440 | 72,495 | 54,278 | 35,190 | 170 | 2 | 1975 |
| J5 | 4770 - 72 Avenue SE | 4770 - 72 Avenue SE | alexi.olcheski@avisonyoung.com; 403-232-4332 | 219,500 | - | 219,500 | 9 | 1 | 1990/2018 |
| J5 | Icon Business Park | 10 Smed Lane SE | wjephcott@northamrealty.com; (416)977-7151 | - | - | - | - | - | - |
| J7 | Shepard Industrial - Bldg D | 200,5126 126 Ave SE | scott.haffner@bentallgreenoak.com/403-703-8401 | 32,430 | 0 | 2,800 | 30 | 2 | 2008 |
| J7 | Shepard Industrial - Bldg C | 100, 5126 126 Ave SE | scott.haffner@bentallgreenoak.com/403-703-8401 | 17,941 | 0 | 2,900 | 115 | 2 | 2006 |
| J7 | Shepard Industrial - Bldg A | 12686 48 St SE | scott.haffner@bentallgreenoak.com/403-703-8401 | 32,452 | 0 | 2,400 | 100 | 2 | 2006 |
| J7 | Shepard Industrial - Bldg B | 4948 126 Ave SE | scott.haffner@bentallgreenoak.com/403-703-8401 | 32,370 | 0 | 2,300 | 40 | 2 | 2005 |
| J8 | McKenzie Towne Ctr | 20 & 48 McKenzie Towne Ave SE | Kelly.Frank@fcr.ca; anne.gwynn@fcr.ca; matt.gratton@fcr.ca; 604-242-9046 | 230,843 | 0 | 3,600 | 530 | 2 | 90/05/98/16 |
| K3 | The Gala Apartments | 6923, 6971, 7029 16 Ave SE | ashley.kane@avisonyoung.com; 403-571-4252 | 306,000 | - | - | - | - | - |

SW SOUTHWEST

| | | | | | | | | | |
|----|------------------------|-----------------------|---|---------|--------|---------|-----|---|-----------|
| B3 | Aspen Landing 2 | 339 Aspen Glen Ldg SW | mstallings@westpeaks.ca; jbrophy@westpeaks.ca; 403-716-3163 | 23,247 | 11,635 | 0 | 900 | 2 | 2009 |
| B3 | Aspen Landing 1 | 366 Aspen Glen Ldg SW | mstallings@westpeaks.ca; jbrophy@westpeaks.ca; 403-716-3163 | 22,920 | 13,056 | 0 | 900 | 2 | 2009 |
| B3 | Aspen Landing 3 | 333 Aspen Glen Ldg SW | mstallings@westpeaks.ca; jbrophy@westpeaks.ca; 403-716-3163 | 29,199 | 15,460 | 0 | 900 | 2 | 2009 |
| B7 | Market at West Springs | 882 - 85th St SW | lsyhlonky@epicinvestmentservices.com; 403-668-7205 | 32,602 | 32,602 | - | 117 | 1 | 2013 |
| D3 | London Place West | 5255 Richmond Pl SW | Kelly.Frank@fcr.ca; anne.gwynn@fcr.ca; matt.gratton@fcr.ca; 604-242-9046 | 157,000 | 68,419 | 76,381 | 328 | 1 | 1987/2013 |
| D3 | Glenbrook Plaza | 3715 51 St SW | Kelly.Frank@fcr.ca; anne.gwynn@fcr.ca; matt.gratton@fcr.ca; 604-242-9046 | 56,333 | 36,349 | 24,000 | 250 | 2 | 80/02/15 |
| D3 | Richmond Square | 3915 51 St SW | ben.jasper@fcr.ca; 403-257-6894 | 99,643 | 80,126 | 101,721 | 342 | 1 | 1985 |
| E3 | 3220 - 28th Street SW | 3220 - 28th Street SW | lsyhlonky@epicinvestmentservices.com; 403-668-7205 | 7,356 | 7,015 | - | 4 | 1 | 1960 |
| E4 | Westmount 4832 | 4832 Richard Rd SW | albert.tai@quadreal.com; richard.morden@quadreal.com; Aisling.macaulay@quadreal.com | 274,906 | 34,000 | 34,000 | 600 | 8 | |
| E4 | Westmount 4838 | 4838 Richard Rd SW | albert.tai@quadreal.com; richard.morden@quadreal.com; Aisling.macaulay@quadreal.com | 197,525 | - | 26,000 | 269 | 8 | 2008 |
| E4 | Westmount 5010 | 5010 Richard Rd SW | albert.tai@quadreal.com; richard.morden@quadreal.com; Aisling.macaulay@quadreal.com | 33,529 | 3,000 | 13,000 | 123 | 3 | 2013 |
| E4 | Westmount 4906 | 4906 Richard Rd SW | albert.tai@quadreal.com; richard.morden@quadreal.com; Aisling.macaulay@quadreal.com | 61,138 | - | 20,000 | 183 | 3 | 2009 |
| E4 | Westmount 4954 | 4954 Richard Rd SW | albert.tai@quadreal.com; richard.morden@quadreal.com; Aisling.macaulay@quadreal.com | 80,380 | - | 21,000 | 245 | 4 | 2006 |
| E4 | Westmount 4820 | 4820 Richard Rd SW | albert.tai@quadreal.com; richard.morden@quadreal.com; Aisling.macaulay@quadreal.com | 157,066 | - | 26,500 | 320 | 6 | 2013 |
| E4 | Lincoln Park Centre | 2-22 Richard Way SW | lsyhlonky@epicinvestmentservices.com; 403-668-7205 | 36,072 | 36,072 | - | 227 | 1 | 2000 |
| E7 | BOW45 | 4620 Bow Trail SW | kchavda@opuscorp.ca; 403-209-5555 | 24,109 | 9,332 | 8,036 | 99 | 3 | 2021 |
| F3 | Richter Plaza | 2032 - 33 Avenue SW | alexi.olcheski@avisonyoung.com; 403-232-4332 | 12,901 | 6,901 | 6,669 | 15 | 2 | 1981 |

[illegible]

Listings were confirmed ahead of publication by RedPoint Media, and leasing agents were included upon earliest response. To claim a property listed without contact information, note a correction or file a property for future consideration, please contact us at BOMA@redpointmedia.ca



| INDUSTRIAL | | | | | | | | | | | |
|---|-------------------------|----------|---|-----------------|---------------------|-------------------|--------|---------------|-----------|------------|--|
| Buildings listed in bold have been certified through BOMA BEST, the leading environmental certification program for commercial buildings. See www.bomabest.com for updates | | | | | | | | | | | |
| BUILDING NAME | BUILDING ADDRESS | BOMA MBR | LEASING CONTACT (PHONE/E-MAIL) | SIZE IN SQ. FT. | SINGLE/MULTI-TENANT | RANGE OF BAY SIZE | CLG HT | DOCK/DRIVE-IN | RAIL ACC. | YEAR BUILT | |
| 1 ACADIA | | | | | | | | | | | |
| 2 AIRWAYS | | | | | | | | | | | |
| Classic Truck | 2121 41 Ave NE | | 403-291-3199; aborle@estancia.ca | 18,877 | MT | 2400/9828 | 21 | DD | | | |
| 2169/2181-41st Ave NE | 2169 and 2181 41 Ave NE | | 403-291-3199; aborle@estancia.ca | 15,066 | MT | 3,008/6,016 | 22 | DD | | | |
| Pilot | 2180 and 2200 39 Ave NE | | 403-291-3199; aborle@estancia.ca | 21,782 | MT | 2200+ | 21 | DD | | | |
| Big Dog | 3501 23 St NE | | 403-291-3199; aborle@estancia.ca | 30,799 | MT | 2,112/14,784 | 21 | | | | |
| Bestview | 4261 23 St NE | | 403-291-3199; aborle@estancia.ca | 13,962 | MT | 1,752/7060 | 22 | DD | | | |
| Focus Building | 4321 23B St NE | | 403-291-3199; aborle@estancia.ca | 21,364 | MT | 1500+ | 24 | DD | | | |
| McKnight Building | 1437 47 Ave NE | | 403-291-3199; aborle@estancia.ca | 89,501 | MT | 3000/12000 | | LD | | | |
| Classic | 1925 39 Ave NE | | 403-291-3199; aborle@estancia.ca | 32,573 | MT | 3000/9000 | 21 | DD | | | |
| 4220 - 23rd Street NE | 4220 - 23rd Street NE | | 403-807-2183; jeff@palliserrealty.com | 22,659 | | 1500 - 3,000 | | Surface | N | 1979 | |
| 4120 - 23rd Street NE | 4120 - 23rd Street NE | | 403-807-2183; jeff@palliserrealty.com | 24,431 | | 3,500 - 10,000 | | Dock/Surface | N | 1979 | |
| 2255 - 22nd St NE | 2255 22 St NE | Y | 604-689-2711; jjuhala@concertproperties.com | 61,000 | ST | | 24 | LD/DD | N | 1997 | |
| 2305 - 22nd St NE | 2305 22 St NE | Y | 604-689-2711; jjuhala@concertproperties.com | 82,982 | MT | | 24 | LD/DD | N | 1998 | |
| 3100/3110 - 12th St NE | 3100/3110 12 St NE | Y | 604-689-2711; jjuhala@concertproperties.com | 37,763 | MT | | 24 | LD/DD | N | 1998 | |
| 4001 to 4019 - 23 Street NE | 4019 23 St NE | Y | 403-536-6542; shenke@dream.ca | 15,766 | MT | 1,440 - 3,360 | 16 | DD | N | 1976 | |
| 3 ALBERT PARK | | | | | | | | | | | |
| 4 BONNYBROOK | | | | | | | | | | | |
| 4150 14A St SE | 4150 14A St SE | | 403-259-2886; rickp.harmin@shaw.ca | 30,200 | | | | | | 1967 | |
| 1400 41 Ave SE | 1400 41 Ave SE | | 403-259-2886; rickp.harmin@shaw.ca | 30,720 | | | | | | 1967 | |
| 1500 41 Ave SE | 1500 41 Ave SE | | 403-259-2886; rickp.harmin@shaw.ca | 16,000 | | | | | | 1967 | |
| 1400 42 Ave SE | 1400 42 Ave SE | | 403-259-2886; rickp.harmin@shaw.ca | 15,600 | | | | | | 1967 | |
| 1500 42 Ave SE | 1500 42 Ave SE | | 403-259-2886; rickp.harmin@shaw.ca | 12,800 | | | | | | 1967 | |
| 4138 16 Street SE | 4138 16 Street SE | | 403-259-2886; rickp.harmin@shaw.ca | 9,000 | | | | | | 1967 | |
| 5 BURBANK | | | | | | | | | | | |
| 6303 Burbank Rd SE | 6303 Burbank Rd SE | | 403-259-2886; rickp.harmin@shaw.ca | 20,600 | | | | | | | |
| 6 BURNS INDUSTRIAL | | | | | | | | | | | |
| 6020 - 11 Street SE | 6020 - 11 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 29,008 | | | | | | 1980 | |
| 6120 - 11 Street SE | 6120 - 11 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 38,256 | | | | | | 1978 | |
| 6125 - 12 Street SE | 6125 - 12 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 43,899 | | | | | | 1977 | |
| 6320 - 11 Street SE | 6320 - 11 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 46,214 | | | | | | 1978 | |
| 1220 - 59 Avenue SE | 1220 - 59 Avenue SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 60,032 | | | | | | 1979 | |
| 1110 - 58 Avenue SE | 1110 - 58 Avenue SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 81,398 | | | | | | 1973 | |
| 5925 - 12 Street SE | 5925 - 12 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 67,061 | | | | | | 1979 | |
| 6025 - 12 Street SE | 6025 - 12 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 71,397 | | | | | | 1978 | |
| 5925 - 12 Street SE | 5925 - 12 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 88,518 | | | | | | 1979 | |
| 6025 - 12 Street SE | 6025 - 12 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 89,840 | | | | | | 1978 | |
| Airstate Centre | 1200 - 59 Avenue SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 113,585 | | | | | | 2009 | |
| Riverview Atrium I | 1209 - 59th Avenue SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 61,418 | | | | | | 1980 | |
| Riverview Atrium II | 6025 - 11 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 95,171 | | | | | | 1998 | |
| 6020 - 11 Street SE | 6020 - 11 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 29,008 | | | | | | 1980 | |
| 6120 - 11 Street SE | 6120 - 11 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 38,256 | | | | | | 1978 | |
| 6125 - 12 Street SE | 6125 - 12 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 43,899 | | | | | | 1977 | |
| 6320 - 11 Street SE | 6320 - 11 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 46,214 | | | | | | 1978 | |
| 1220 - 59 Avenue SE | 1220 - 59 Avenue SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 60,032 | | | | | | 1979 | |
| 1110 - 58 Avenue SE | 1110 - 58 Avenue SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 81,398 | | | | | | 1973 | |
| Burnsland | 5726 Burleigh Cres. SE | | 403-807-2183; jeff@palliserrealty.com | 56,000 | | 5,000 - 11,000 | | Dock | N | 1979 | |
| 7 CALGARY INTERNATIONAL AIRPORT | | | | | | | | | | | |
| McCall North Trade Park A | 8001 21 St NE | | 403-303-2483; darcy.payne@bentallgreenoak.com | 99,985 | | 4,000 - 25,000 | | | | 1988 | |
| 8 CROWFOOT | | | | | | | | | | | |
| 1155 Crowfoot Way | 155 Crowfoot Way | | 403-203-3000; sflathers@telsec.ca | 15,316 | MT | 5,319 - 9,997 | | DD | | 1989 | |
| 9 DEERFOOT | | | | | | | | | | | |
| 7015 8 St NE | 7015 8 St NE | | 403-355-3002; Ben_Oldfield@manulife.com | 14,540 | ST | | 22 | DD/LD | No | 1978 | |
| Honda | 7019 8 St NE | | 403-355-3002; Ben_Oldfield@manulife.com | 14,234 | ST | | 22 | DD/LD | No | 1978 | |
| Harris Building | 6732 8 St NE | Y | 403-703-8401; Scott.Haffner@bentallgreenoak.com | 118,011 | | 20,000 - 45,000 | 20 | LD/DD | N | 1985 | |
| 10 DEERFOOT BUSINESS CENTRE | | | | | | | | | | | |
| 1128 - 64th Ave NE | 1128 64 Ave NE | Y | 604-689 2711; jjuhala@concertproperties.com | 37,664 | ST | | 24 | LD/DD | N | 1997 | |
| 1145 - 65th Ave NE | 1145 65 Ave NE | Y | 604-689 2711; jjuhala@concertproperties.com | 27,819 | ST | | 24 | LD/DD | N | 1998 | |
| 11 DOUGLASDALE | | | | | | | | | | | |
| 3320 to 3336 114 Ave SE | 3320 - 3336 114 Ave SE | | 403-203-3000; sflathers@telsec.ca | 19,911 | MT | 3,939 - 8,032 | | DD | | 1999 | |
| 3150 114 Ave SE | 3150 114 Ave SE | | 403-203-3000; sflathers@telsec.ca | 6,623 | ST | | | DD | | 2004 | |
| 3132 118 Ave SE | 3132 118 Ave SE | | 403-203-3000; sflathers@telsec.ca | 63,451 | ST | | | DD | | 2004 | |
| 3595 114 Ave SE | 3595 114 Ave SE | | 403-203-3000; sflathers@telsec.ca | 20,371 | MT | 9,982 - 20,371 | | DD | | 2007 | |
| 11500 35th St SE | 11500 35 St SE | | 403-203-3000; sflathers@telsec.ca | 69,062 | MT | 1,148 - 22,656 | | DD | | 1999 | |

| INDUSTRIAL | | | | | | | | | | |
|---|---------------------------------|----------|---|-----------------|---------------------|------------------------|-----------|---------------|-----------|-------------|
| Buildings listed in bold have been certified through BOMA BEST, the leading environmental certification program for commercial buildings. See www.bomabest.com for updates | | | | | | | | | | |
| BUILDING NAME | BUILDING ADDRESS | BOMA MBR | LEASING CONTACT (PHONE/E-MAIL) | SIZE IN SQ. FT. | SINGLE/MULTI-TENANT | RANGE OF BAY SIZE | CLG HT | DOCK/DRIVE-IN | RAIL ACC. | YEAR BUILT |
| 11505 35 St SE | 11505 35 St SE | | 403-203-3000; sflathers@telsec.ca | 25,456 | MT | 9,550 - 15,906 | | DD | | 2004 |
| 3122 114 Ave SE | 3122 114 Ave SE | | 403-203-3000; sflathers@telsec.ca | 9,954 | ST | | | DD | | 2001 |
| 3130 114 Ave SE | 3130 114 Ave SE | | 403-203-3000; sflathers@telsec.ca | 13,819 | ST | | | DD | | 2000 |
| 3364 114 Ave SE | 3364 114 Ave SE | | 403-203-3000; sflathers@telsec.ca | 20,000 | ST | | | DD | | 2000 |
| 3400 to 3424 114 Ave SE | 3400-3424 114 Ave SE | | 403-203-3000; sflathers@telsec.ca | 19,908 | MT | 2,370 - 3,332 | | DD | | 2001 |
| 3500-3520 114 Ave SE | 3500-3520 114 Ave SE | | 403-203-3000; sflathers@telsec.ca | 23,081 | MT | 3,510 - 6,768 | | DD | | 2002 |
| 3528 & 3532 114 Ave SE | 3528 & 3532 114 Ave SE | | 403-203-3000; sflathers@telsec.ca | 7,400 | MT | 2,272 - 4,832 | | DD | | 20033 |
| 12 DUFFERIN | | | | | | | | | | |
| South Glenmore Distribution Centre | 5500 84 Ave SE | Y | 403-703-8401; Scott.Haffner@bentallgreenoak.com | 345,674 | MT | 90,000 - 146,000 | 30 | LD/DD | N | 2008 |
| 13 FAIRVIEW | | | | | | | | | | |
| Glenmore Centre 20 | 550 71 Ave SE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 58,576 | MT | 1k to 20k | | | N | 1982 |
| Glenmore Centre 21 | 616 71 Ave SE | Y | 403-536-3549; jvautour@dream.ca | 21,974 | MT | 3k to 13k | | | N | 1985 |
| Glenmore Centre 07 | 6810 6 St SE | Y | 403-536-3549; jvautour@dream.ca | 31,803 | MT | 3k to 30k | 20 | LD | N | 1978 |
| Glenmore Centre 08 | 6812 6 St SE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 57,089 | MT | 3 to 30k | 20 | LD | N | 1978 |
| Glenmore Centre 10 | 6908 6 St SE | Y | 403-536-3549; jvautour@dream.ca | 31,467 | MT | | 18 | LD | N | 1978 |
| Glenmore Centre 11 | 6910 6 St SE | Y | 403-536-3549; jvautour@dream.ca | 19,957 | MT | 2k to 10k | 22 | LD | N | 1978 |
| Glenmore Centre 02 | 7003 5 St SE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 52,825 | MT | 3k to 15k | 20 | DD | N | 1975 |
| Glenmore Centre 03 | 7004 5 St SE | Y | 403-536-3549; jvautour@dream.ca | 79,441 | MT | | 20 | DD/LD | N | 1975 |
| Glenmore Centre 01 | 7007 5 St SE | Y | 403-536-3549; jvautour@dream.ca | 23,265 | MT | | 20 | DD/LD | N | 1974 |
| Glenmore Centre 24 | 7121 6 St SE | Y | 403-536-3549; jvautour@dream.ca | 19,274 | MT | | 21 | LD | N | 1982 |
| Glenmore Centre 22 | 7131 6 St SE | Y | 403-536-3549; jvautour@dream.ca | 29,841 | MT | | 21 | DD | N | 1982 |
| Glenmore Centre 05 | 610 70 Ave SE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 44,233 | MT | 1.5k to 12k | 20 | LD | N | 1985 |
| Glenmore Centre 23 | 7111 6 St SE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 64,939 | MT | | 0 | LD | N | 1985 |
| Glenmore Centre Industrial | 611-615 & 7210 - 7610 5th St SE | Y | 403-536-3549; jvautour@dream.ca | 168,045 | MT | | 22 | LD | N | 1975 |
| Glenmore Centre 19 | 7710 5 St SE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 58,604 | MT | 500 to 5k | Office | | N | 1976 |
| 14 EASTLAKE | | | | | | | | | | |
| CHR Warehouse | 3961 106 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 153,089 | ST | | | | | 2006 |
| Chevron | 4055 106 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 153,087 | ST | | 32 | | | 04/05 |
| Wolsely | 10775 42 St SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 86,973 | ST | | | | | 2005 |
| Kal Tire | 10999 40 St SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 20,200 | ST | | | | | 2007 |
| Eastlake Business Centre 2 | 11133 40 St SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 80,143 | MT | | | | | 2006 |
| Eastlake Business Centre 1 | 11150 38 St SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 420,943 | MT | 17,710 | | LD | N | 2006 |
| Eastlake Portico Building A | 3900 106 Ave SE | Y | 403-355-3396; bbaker@triovest.com | 116,140 | MT | 19,271 | 24 | DD/LD | N | 2005 |
| Eastlake Industrial Building B | 3967 112 Ave SE | Y | 403-355-3396; bbaker@triovest.com | 101,089 | MT | 25,272 | 28 | DD/LD | N | 2006 |
| Eastlake Portico Building B | 4000 106 Ave SE | Y | 403-355-3396; bbaker@triovest.com | 252,567 | MT | 126,283 | 28 | DD/LD | N | 2006 |
| Eastlake Industrial Building B | 4069 112 Ave SE | Y | 403-355-3396; bbaker@triovest.com | 84,459 | MT | 21,114 | 28 | DD/LD | N | 2006 |
| Eastlake Portico Building C | 4100 106 Ave SE | Y | 403-355-3396; bbaker@triovest.com | 189,215 | MT | 94,607 | 28 | DD/LD | N | 2006 |
| Eastlake II | 4141 110 Ave SE | Y | 403-355-3396; bbaker@triovest.com | 139,418 | MT | 42,063 | 28 | DD/LD | N | 2008 |
| Eastlake I | 11195 42 St SE | Y | 403-355-3396; bbaker@triovest.com | 165,385 | MT | 55,312 | 8 | DD/LD | N | 2007 |
| 4615 112 Ave SE #100 | 4615 112 Ave SE (100) | | 403-203-3000; sflathers@telsec.ca | 16,183 | MT | 1,730 - 1,838 | | DD | | 2012 |
| 4615 112 Ave SE #200 | 4615 112 Ave SE (200) | | 403-203-3000; sflathers@telsec.ca | 14,411 | MT | 1,713 - 1,845 | | DD | | 2012 |
| 4615 112 Ave SE #300 | 4615 112 Ave SE (300) | | 403-203-3000; sflathers@telsec.ca | 26,598 | MT | 3,156 - 8,672 | | DD | | 2012 |
| 4615 112 Ave SE #400 | 4615 112 Ave SE (400) | | 403-203-3000; sflathers@telsec.ca | 23,341 | MT | 3,248 - 13,756 | | DD | | 2012 |
| 15 EAST SHEPARD | | | | | | | | | | |
| 16 EASTFIELD | | | | | | | | | | |
| Eastfield II | 4788 50 Ave SE | Y | 403-777-0664; nicci.fedorek@gwlr.com | 39,839 | MT | 7,248 - 9,191 | | DD | N | 2001 |
| Eastfield I | 4807-4923 47 St SE | Y | 403-777-0664; nicci.fedorek@gwlr.com | 235,758 | MT | 16,171 - 75,437 | 28 | LD | N | 2000 |
| 17 FOOTHILLS/SOUTH FOOTHILLS | | | | | | | | | | |
| Eljay | 3700 78 Ave SE | | 403-291-3199; aborle@estancia.ca | 48,861 | MT | 1202/6166 | | LD | | |
| Oak Creek | 3816 64 St SE | | 403-291-3199; aborle@estancia.ca | 22,394 | MT | | | | | |
| 7503-35 St SE | 7503 35 St SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 219,151 | MT | 8,021 - 32,000 | 23 | LD/DD | Y | 1975 |
| 3227-56 Ave SE | 3227 56 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 7,204 | MT | 1,500 | 18 | DD | N | 1977 |
| 3716-56 Ave SE | 3716 56 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 48,300 | MT | 2,600 | 19 | DD | N | 1980 |
| 3925-56 Ave SE | 3925 56 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 50,320 | MT | 4,000 | 20 | DD | N | 1980 |
| Park 61 | 4215 61 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 57,420 | MT | 6,400 | 18 | DD | N | 1976 |
| Park 61 | 4315 61 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 57,206 | MT | 6,400 | 18 | LD/DD | N | 1976 |
| Park 61 | 4415 61 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 42,820 | MT | 4,800 | 8 | DD | N | 1978 |
| Park 61 | 4451 61 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 43,056 | MT | 4,800 | 18 | DD | N | 1978 |
| 5550-36 St SE | 5550 36 St SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 47,118 | MT | 1,200 - 3,000 | 18 | DD | N | 1980 |
| 5700 Barlow Tr SE | 5700 Barlow Tr SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 12,718 | MT | 1,400 | 18 | DD | N | 1980 |
| 5710 Barlow Tr SE | 5710 Barlow Tr SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 8,392 | MT | 1,400 | 18 | DD | N | 1977 |
| 5915-40 St SE | 5915 40 St SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 27,873 | MT | 1,200 - 2,000 | 6 | DD | N | 1980 |
| 5815-40 St SE | 5815 40 St SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 40,300 | MT | 1,200 - 2,000 | 16 | DD | N | 1981 |
| 5935-35th St SE | 5935 35 St SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 36,060 | MT | 1,400 - 4,000 | 18 | DD | N | 1979 |

INDUSTRIAL

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| BUILDING NAME | BUILDING ADDRESS | BOMA MBR | LEASING CONTACT (PHONE/E-MAIL) | SIZE IN SQ. FT. | SINGLE/MULTI-TENANT | RANGE OF BAY SIZE | CLG HT | DOCK/DRIVE-IN | RAIL ACC. | YEAR BUILT |
|---------------------------------|---------------------------|----------|--|-----------------|---------------------|------------------------|-----------|---------------|-----------|-------------|
| Foothills Phase II Building D | 4639 72 Ave SE | Y | 403-355-3396; bbaker@triovest.com | 235,119 | MT | 268,094 | 135 | LD | N | 1994 |
| Foothills Phase III Building E | 4920 - 5280 72 Ave SE | Y | 403-355-3396; bbaker@triovest.com | 293,761 | MT | 70,696 | 28 | LD | Y | 1994 |
| Trillium C | 7007 54 St SE (Bldg C) | Y | 403-355-3396; bbaker@triovest.com | 86,115 | MT | | 24 | LD | N | 2009 |
| Trillium D | 7007 54 St SE (Bldg D) | Y | 403-355-3396; bbaker@triovest.com | 91,894 | MT | | 24 | LD | N | 2009 |
| Foothills Phase VII | 7115 48 St SE | Y | 403-355-3396; bbaker@triovest.com | 111,500 | MT | 22,300 | 31 | LD | N | 2007 |
| Foothills Phase VI Building B | 7139 44 St SE | Y | 403-355-3396; bbaker@triovest.com | 138,872 | MT | 46,290 | 28 | LD | Y | 1991 |
| Foothills Phase VI Building A | 7151 44 St SE | Y | 403 355 3396; bbaker@triovest.com | 157,764 | MT | 52,588 | 28 | LD | Y | 1991 |
| Foothills Phase II Building B | 7403 48 St SE | Y | 403-355-3396; bbaker@triovest.com | 91,791 | MT | 44,615 | 25 | LD | N | 1994 |
| Foothills Phase II Building C | 7505 48 St SE | Y | 403-355-3396; bbaker@triovest.com | 264,459 | MT | 259,289 | 29 | LD | Y | 1994 |
| 2915 to 2925 - 58 Avenue SE | 2925 58 Ave SE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 15,608 | MT | 2,400 - 3,200 | 16 | DD | N | 1976 |
| 3503 to 3521 - 61 Avenue SE | 3521 62 Ave SE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 13,454 | MT | 1,200 - 2,400 | 13 | LD/DD | N | 1975 |
| South Glenmore Distribution Ctr | 5350 86 Avenue SE | Y | 403-303-2413; cmacdonald@bentallkennedy.com | 345,674 | | | | | | |
| Barlow Centre | 4760 72 Ave SE | Y | 403-303-2413; cmacdonald@bentallkennedy.com | 224,723 | MT | 31,700 - 171,600 | 28 | LD/DD | Y | 1990 |
| 52nd St Commerce Centre | 5251 48 Ave SE | Y | 403-703-8401; Scott.Haffner@bentallgreenoak.com | 96,076 | MT | 14,400 - 33,800 | 28 | DD | N | 2000 |
| Bay 5 - 5915 40 Street SE | Bay 5 - 5915 40 Street SE | | 403-466-7841; iburak@blackstonecommercial.com | | | 2,035 | 18 | DI | N | |
| 8203 - 31st Street SE | | | 403-807-2183; jeff@palliserrealty.com | 11,200 | | 1500 - 3000 | | | N | 1977 |
| 4747 - 54 Ave SE | 4747 - 54th Ave SE | Y | 604-689-2711; jjuhala@concertproperties.com | 75,560 | MT | 12,833 - 28,075 | | LD | Y | 1980 |
| 7803 35th Street SE | 7803 35th Street SE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 188,798 | MT | 13,000-60,000 | 20 | LD/DD | N | 1979 |
| 7504 - 30 St SE | 7504 - 30 St SE | Y | 403-536-3549; jvautour@dream.ca | 138,729 | MT | 16k-116k | | | | |
| 3916 - 61 Ave SE | 3916 - 61 Ave SE | Y | 403-536-3549; jvautour@dream.ca | 99,978 | MT | 32,000 - 67,676 | | | | |
| 7803 35th Street SE | 7803 35th Street SE | Y | 403-536-3549; jvautour@dream.ca | 188,798 | MT | 13,000-60,000 | | | | 1979 |
| 6804 to 6818 Barlow Trail | 6818 30 St SE | Y | 403-270-2477; mrichards@dream.ca | 29,998 | MT | 3,000 - 13,000 | 6 | LD/DD | N | 1976 |
| 7004 to 7042 Barlow Trail | 7042 30 St SE | Y | 403-270-2477; mrichards@dream.ca | 94,029 | MT | 4,100 - 16,500 | 8 | LD/DD | N | 1976 |
| 52nd St Business Centre (North) | 4800 52 St SE | Y | 403-303-2483; darcy.payne@bentallgreenoak.com | 157,933 | | 9,200 - 32,000 | 24 | LD/DD | N | 2000 |
| 52nd St Business Centre (South) | 4900 52 St SE | Y | 403-303-2483; darcy.payne@bentallgreenoak.com | 163,529 | | 9,200 - 32,200 | 24 | LD/DD | N | 2000 |
| 5920 30 St SE | 5920 30 St SE | Y | 403 259 2886; rickp.harmin@shaw.ca | 30,720 | MT | | 20 | DD/DI | | 1975 |
| 5940 30 St SE | 5940 30 St SE | | 403 259 2886; rickp.harmin@shaw.ca | 30,720 | | | | | | 1975 |
| 6112 30 St SE | 6112 30 St SE | | 403 259 2886; rickp.harmin@shaw.ca | 30,720 | | | | | | 1977 |
| Tull Business Park - Bldg 1 | 5342-72nd Ave SE | | 403-301-7728; wayne@target-realty.com | 84,165 | MT | | 24 | LD/DI | | 2006 |
| Tull Business Park - Bldg 2 | 5330 -72nd Ave SE | | 403-301-7728; wayne@target-realty.com | 12,160 | MT | | 20 | DI | | 2013 |
| Tull Business Park - Bldg 3 | 5334 - 72nd Ave SE | | 403-301-7728; wayne@target-realty.com | 16,670 | MT | | 20 | DI | | 2013 |
| 3140 14 Avenue NE | 3140 14 Avenue NE | | 403-560-3174; carey.koroluk@am.jll.com | 3,456 | | 2,304 | | DD | N | 2013 |
| 9229 Barlow Trail SE | 9229 Barlow Trail SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 78,000 | | | | | | 1965 |
| 9229 Barlow Trail SE | 9229 Barlow Trail SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 78,000 | | | | | | 1965 |
| 18 FOREST LAWN | | | | | | | | | | |
| 19 FRANKLIN | | | | | | | | | | |
| 1220 - 28 Street NE | 1220 - 28 Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 70,733 | | | | | | 1978 |
| 3016 - 10 Avenue NE | 3016 - 10 Ave NE - Odd | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 72,343 | | | | | | 1977 |
| 3016 - 10 Avenue NE | 3016 - 10 Ave NE - Even | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 50,706 | | | | | | 1977 |
| 3103 - 14th Avenue NE | 3103 - 14th Avenue NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 78,432 | | | | | | 1985 |
| 1410 - 28th Street NE | 1410 - 28th Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 20,250 | | | | | | 1977 |
| 1430 - 28th Street NE | 1430 - 28th Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 20,400 | | | | | | 1998 |
| 1440 - 28th Street NE | 1440 - 28th Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 20,200 | | | | | | 1998 |
| 1460 - 28th Street NE | 1460 - 28th Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 20,400 | | | | | | 1998 |
| 1470 - 28th Street NE | 1470 - 28th Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 20,324 | | | | | | 1998 |
| 1480 - 28th Street NE | 1480 - 28th Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 20,400 | | | | | | 1998 |
| 2912 Memorial Drive SE | 2912 Memorial Dr SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 68,838 | | | | | | 1979 |
| 1220 - 28 Street NE | 1220 - 28 Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 70,733 | | | | | | 1978 |
| 3016 - 10 Avenue NE - Odd | 3016 - 10 Avenue NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 72,343 | | | | | | 1977 |
| 3016 - 10 Avenue NE - Even | 3016 - 10 Avenue NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 50,706 | | | | | | 1977 |
| 3103 - 14th Avenue NE | 3103 - 14th Avenue NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 78,432 | | | | | | 1985 |
| 1410 - 28th Street NE | 1410 - 28th Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 20,250 | | | | | | 1998 |
| 1430 - 28th Street NE | 1430 - 28th Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 20,400 | | | | | | 1998 |
| 1440 - 28th Street NE | 1440 - 28th Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 20,200 | | | | | | 1998 |
| 1450 - 28th Street NE | 1450 - 28th Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 20,167 | | | | | | 1998 |
| 1460 - 28th Street NE | 1460 - 28th Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 20,400 | | | | | | 1998 |
| 1480 - 28th Street NE | 1480 - 28th Street NE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 20,400 | | | | | | 1998 |
| 20 FREEPORT | | | | | | | | | | |
| 85 Freemont Blvd NE | 85 Freemont Blvd NE | Y | 403-355-3396; bbaker@triovest.com | 52,682 | MT | | 28 | LD | N | 2008 |
| 89 Freemont Blvd NE | 89 Freemont Blvd NE | Y | 403-355-3396; bbaker@triovest.com | 154,986 | MT | | 8 | LD | N | 2008 |
| Airport Park A | 10707 25 St NE | Y | 403-355-3396; bbaker@triovest.com | 122,493 | MT | | 8 | LD | N | 2007 |
| Airport Park B | 10725 25 St NE | Y | 403-355-3396; bbaker@triovest.com | 95,788 | MT | | 28 | DD/LD | N | 2008 |
| Airport Park C | 10761 25 St NE | Y | 403-355-3396; bbaker@triovest.com | 90,551 | MT | | 28 | LD | N | 2009 |
| Airport Park D | 10710 25 St NE | | 403-355-3396; bbaker@triovest.com | 147,000 | | | 28 | | | |

| INDUSTRIAL | | | | | | | | | | |
|---|-----------------------|----------|--|-----------------|---------------------|-------------------|-----------|---------------|-----------|-------------|
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| BUILDING NAME | BUILDING ADDRESS | BOMA MBR | LEASING CONTACT (PHONE/E-MAIL) | SIZE IN SQ. FT. | SINGLE/MULTI-TENANT | RANGE OF BAY SIZE | CLG HT | DOCK/DRIVE-IN | RAIL ACC. | YEAR BUILT |
| Airport Park E | 10720 25 St NE | | 403-355-3396; bbaker@triovest.com | 96,123 | | | 28 | | | |
| Airport Park F | 10700 25 St NE | | 403-355-3396; bbaker@triovest.com | 96,123 | | | 29 | | | |
| Airport Park G | 10770 25 St NE | | 403-355-3396; bbaker@triovest.com | 144,129 | | | 30 | | | |
| 21 FRONTIER | | | | | | | | | | |
| 22 GREAT PLAINS | | | | | | | | | | |
| Great Plains A | 5329 72 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 92,387 | MT | 1,200-5,600 | 26 | LD | N | |
| Great Plains B | 5353 72 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 180,155 | MT | 41,000-83,062 | 28 | LD | N | 2002 |
| Great Plains C | 5381 72 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 201,524 | MT | 15,497-62,177 | 28 | LD | N | |
| Hopewell J | 5555 69 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 254,351 | MT | 57,000-108,000 | 28 | LD | N | 2002 |
| Hopewell L | 5664 69 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 309,690 | ST | 50,000-124,000 | 28 | LD | N | 2005 |
| Hopewell K | 5667 69 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 169,093 | MT | 169,093 | 28 | LD | N | 2007 |
| Hopewell EandF | 6900 54 St SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 149,957 | MT | 9,500-75,000 | 28 | LD | N | 2007 |
| Great Plains Industrial Park Bldg. 1 | 5800 79 Avenue SE | Y | 403-234-3109; bdavies@oneproperties.com | 393,674 | MT | 18,700 & up | 32 | Dock | No | 2013 |
| Great Plains Industrial Park Bldg. 2 | 5805 76 Avenue SE | Y | 403-234-3109; bdavies@oneproperties.com | 301,673 | MT | 14,300 & up | 28 | Dock | No | 2013 |
| Great Plains Industrial Park Bldg. 3 | 5840 76 Avenue SE | Y | 403-234-3109; bdavies@oneproperties.com | 384,931 | MT | 17,600 & up | 32 | Dock | No | 2015 |
| Great Plains / Kraft | 5801 72 Ave SE | Y | 403-234-3109; bdavies@oneproperties.com | 411,560 | MT | 205,780 | 28 | DD/LD | N | 2009 |
| Tull Business Centre-Building 1 | 8009 - 57th Street SE | | 403-301-7728; wayne@target-realty.com | 80,945 | MT | | 24 | LD/DI | | 2012 |
| Tull Business Centre - Building 2 | 7875 - 57th Street SE | | 403-301-7728; wayne@target-realty.com | 61,664 | MT | | 24 | LD/DI | | 2012 |
| GPBP Building A | 5855 - 68 Ave SE | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 454,977 | ST | | | | | |
| GPBP Building B | 7095 - 64 St SE | | 403-235-3443; Aurora.Elliott@choicereit.ca | | MT | | | | | |
| GPBP Building D | 7155 - 64 St SE | | 403-235-3443; Aurora.Elliott@choicereit.ca | | MT | | | | | |
| 23 GREENVIEW | | | | | | | | | | |
| Springer | 4127 & 4131 Edm Tr NE | | 403-291-3199; aborle@estancia.ca | 25,474 | MT | 2000/6000 | 17 | DD | | |
| 4528 6A Str. NE | 4528 6A St NE | | 403-276-2269; kim@pockargroup.com | 12,000 | MT | 2400-4800 | 19 | DD | | 1972 |
| Pockar Park Building C | 4300 5 St NE | | 403-276-2269; kim@pockargroup.com | 16,808 | ST | | 19 | LD/DD | | 1994 |
| Pockar Park Building D | 4416 5 St NE | | 403-276-2269; kim@pockargroup.com | 20,640 | MT | 3800-5800 | 14 | DD | | 1980 |
| Pockar Park Building K | 4429 6 St NE | | 403-276-2269; kim@pockargroup.com | 24,400 | MT | 3000-6000 | 19 | DD | | 1979 |
| Pockar Park Building E | 4500 5 St NE | | 403-276-2269; kim@pockargroup.com | 42,471 | MT | 3690-7700 | 21 | | | 1981 |
| Pockar Park Building J | 4539 6 St NE | | 403-276-2269; kim@pockargroup.com | 29,280 | MT | 3600-7500 | 19 | DD | | 1979 |
| Pockar Park Building EE | 4600 5 St NE | | 403-276-2269; kim@pockargroup.com | 42,471 | MT | 8000-20000 | 21 | DD | | 1981 |
| Pockar Park Building I | 4619 6 St NE | | 403-276-2269; kim@pockargroup.com | 29,280 | MT | 3600-7200 | 19 | DD | | 1979 |
| Pockar Park Building F | 4632 5 St NE | | 403-276-2269; kim@pockargroup.com | 20,000 | MT | 4000-12000 | 18 | DD | | 1980 |
| Pockar Park Building H | 4639 6 St NE | | 403-276-2269; kim@pockargroup.com | 24,400 | MT | 3000-3200 | 19 | DD | | 1980 |
| Pockar Court Building B | 625 42 Ave NE | | 403-276-2269; kim@pockargroup.com | 33,450 | ST | | 9 | LD | | 1976 |
| Pockar Park Building L | 640 42 Ave NE | | 403-276-2269; kim@pockargroup.com | 48,297 | MT | 4264-4611 | | | | |
| 24 HAYSBORO | | | | | | | | | | |
| 9715 Horton Rd SW | 9715 Horton Rd SW | | 403-203-3000; sflathers@telsec.ca | 17,754 | MT | 1,387 3,716 | | DD | | 1974 |
| 9727 Horton Rd SW | 9727 Horton Rd SW | | 403-203-3000; sflathers@telsec.ca | 17,070 | MT | 1,490 4,532 | | DD | | 1979 |
| 9805 Horton Rd SW | 9805 Horton Rd SW | | 403-203-3000; sflathers@telsec.ca | 21,136 | MT | 1,440 9,000 | | DD | | 1978 |
| 9815 Horton Rd SW | 9815 Horton Rd SW | | 403-203-3000; sflathers@telsec.ca | 16,021 | ST | | | DD | | 1972 |



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| INDUSTRIAL | | | | | | | | | | | |
|---|----------------------------|----------|--|-----------------|---------------------|------------------------|-----------|---------------|-----------|-------------|--|
| Buildings listed in bold have been certified through BOMA BEST, the leading environmental certification program for commercial buildings. See www.bomabest.com for updates | | | | | | | | | | | |
| BUILDING NAME | BUILDING ADDRESS | BOMA MBR | LEASING CONTACT (PHONE/E-MAIL) | SIZE IN SQ. FT. | SINGLE/MULTI-TENANT | RANGE OF BAY SIZE | CLG HT | DOCK/DRIVE-IN | RAIL ACC. | YEAR BUILT | |
| 25 HIGHFIELD | | | | | | | | | | | |
| 1557 to 1569 Hastings Cres | 1561 Hastings Cres SE | | 403-256-5350; knault@icmpropertieservices.ca | 41,756 | MT | | 24 | LD/DI | N | 1972 | |
| 1517 to 1521 Hastings Cr SE | 1521 Hastings Cres SE | | 403-256-5350; knault@icmpropertieservices.ca | 28,150 | MT | | 22 | LD/DD | N | 1972 | |
| 915 to 935 48 Ave SE | 935 48 Ave SE | | 403-540-0238; jim@manchesterproperties.ca | 48,320 | MT | 3,300 to 8,400 | 15 | DI | | 1968 | |
| 4027 - 7th St SE | 4027 7 St SE | | 403-692-4635; kmorton@ronmor.ca | 37,953 | MT | 4,800-12,500 | | LD | N | 1955 | |
| 4040 Blackfoot Trail SE | 4040 Blackfoot Tr SE | | 403-692-4635; kmorton@ronmor.ca | 145,000 | MT | 13,900-83,000 | | LD | N | 1956 | |
| 1345 Highfield Cres SE | 1345 Highfield Cres SE | | 403-276-2269; kim@pockargroup.com | 14,190 | ST | | 21 | DD | | 1997 | |
| 1350 - 42 Avenue SE | 1350 - 42 Avenue SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 163,318 | | | | | | 1974 | |
| 1444/1448 Hastings | 1444/1448 Hastings Cres SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 18,550 | | | | | | 1971 | |
| 1350 - 42 Avenue SE | 1350 - 42 Avenue SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 163,318 | | | | | | 1974 | |
| 26 HORIZON | | | | | | | | | | | |
| 2712 - 37th Ave. NE | 2712 - 37th Ave. NE | | 403-807-2183; jeff@palliserrealty.com | 56,000 | | 7500 - 40,000 | | | N | 1975 | |
| Hopewell Business Park Bldg A | 2730 39 Ave NE | Y | 403-303-2483; darcy.payne@bentallgreenoak.com | 110,494 | | 10,000 - 21,000 | 24 | LD/DD | N | 2000 | |
| Hopewell Business Park Bldg H | 2765 48 Ave NE | Y | 403-303-2483; darcy.payne@bentallgreenoak.com | 98,744 | | 28,900 - 40,000 | 24 | LD/DD | N | 2002 | |
| Hopewell Business Park Bldg G | 2808 Hopewell Pl NE | Y | 403-303-2483; darcy.payne@bentallgreenoak.com | 64,318 | | 10,000 - 38,000 | 24 | LD/DD | N | 2005 | |
| Hopewell Business Park Bldg E | 4152 27 St NE | Y | 403-303-2483; darcy.payne@bentallgreenoak.com | 97,105 | | 9,400 - 75,000 | 24 | LD/DD | N | 2005 | |
| Hopewell Business Park Bldg B | 4300 26 St NE | Y | 403-303-2483; darcy.payne@bentallgreenoak.com | 110,944 | | 33,800 - 77,200 | 24 | LD/DD | N | 2000 | |
| 3510 - 29th St NE | 3510 29 St NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 64,695 | MT | 1600 - 31,000 | 10 | LD/DD | N | 1998 | |
| 2721 Hopewell Place NE | 2721 Hopewell Place NE | Y | 403-536-6542; Mrichards@dream.ca | 37,690 | | | | | N | | |
| Tull Horizon | 3805 - 34th Street NE | | 403-301-7728; wayne@target-realty.com | 38,972 | MT | | 24 | DI | | 1995 | |
| 27 INGLEWOOD | | | | | | | | | | | |
| 1439 10 Avenue SE | 1439 10 Avenue SE | | 403-988-1605; sfillion@blackstonecommercial.com | 4,412 | | | 18 | DI | N | | |
| 28 JACKSONPORT | | | | | | | | | | | |
| 29 KINGSLAND | | | | | | | | | | | |
| 30 MANCHESTER | | | | | | | | | | | |
| 3851 Manchester Road SE | 3851 Manchester Rd SE | | 403-807-2183; jeff@palliserrealty.com | 30,397 | | 2600 - 8,000 | | | N | 1974 | |
| Manchester B | 347 58 Ave SE | Y | 604-689-2711; jjuhala@concertproperties.com | 52,644 | MT | 2,302 - 6,912 | 16 | LD/DD | N | 1971 | |
| Manchester C | 6019 3 St SE | Y | 604-689-2711; jjuhala@concertproperties.com | 36,800 | MT | 3,569 - 9,200 | 16 | LD/DD | N | 1971 | |
| EMCO | 224 - 61 Ave SE | Y | 604-689-2711; jjuhala@concertproperties.com | 48,560 | ST | 48,560 | | LD | N | 1980 | |
| 31 MANITOU | | | | | | | | | | | |
| 423 Manitou Road SE | 423 Manitou Road SE | | 403-538-2525; patrick.sailer@collierscalgary.com | 8,550 | Vacant | 5,000 | 18 | DD | N | 2012 | |
| 32 MAYLAND | | | | | | | | | | | |
| 33 MAYLAND HEIGHTS | | | | | | | | | | | |
| Mayland C | 2421 Center Ave | | 403-374-2546; info@guardianag.ca | 30,111 | Tenant | 4,800 | 18 | | | | |
| Mayland | 2410-2nd Ave | | 403-374-2546; info@guardianag.ca | 46,072 | Tenant | 3,100-6,600 | | | | | |
| 34 McCALL | | | | | | | | | | | |
| Engels | 4709 14 St NE | | 403-291-3199; aborle@estancia.ca | 27,845 | MT | 3000+ | | LD | | | |
| McCall Park | 1323 44 Ave NE | | 403-291-3199; aborle@estancia.ca | 41,905 | MT | 1000+ | | | | | |
| McCall Park | 1331 44 Ave NE | | 403-291-3199; aborle@estancia.ca | 41,905 | MT | | | | | | |
| 3420 12 St NE | 3420 12 St NE | | 403-355-3002; Ben_Oldfield@manulife.com | 57,345 | MT | | 18 | DD/LD | N | 1978 | |
| Timbertown | 3440 12 St NE | | 403-355-3002; Ben_Oldfield@manulife.com | 57,337 | MT | | 18 | DD/LD | N | 1978 | |
| 1135 to 1149 - 45 Avenue NE | 1149 45 Ave NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 21,589 | MT | 2700 | 16 | LD | N | 1974 | |
| 1139 to 1165 - 40 Avenue NE | 1165 40 Ave NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 57,473 | MT | 4,096 - 20,480 | 20 | LD/DD | N | 1974 | |
| 4402 to 4434 - 10 Street NE | 4434 10 St NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 54,030 | MT | 2,880 - 14,400 | 16 | LD/DD | N | 1974 | |
| 4502 to 4516 - 10 Street NE | 4516 10 St NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 28,695 | MT | 3,600 - 7,200 | 16 | LD | N | 1974 | |
| 4504 to 4576 - 14 Street NE | 4576 14 St NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 57,249 | MT | 1,440 - 4,320 | 16 | LD/DD | N | 1976 | |
| 4620 to 4640 - 11 Street NE | 4640 11 St NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 21,167 | MT | 1,920 | 16 | LD/DD | N | 1971 | |
| 4710 to 4760 14 Street NE | 4760 14 St NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 73,022 | MT | 1,780 - 9,000 | 18 | LD/DD | N | 1976 | |
| 4710 to 4760 14 Street NE | 4760 14 St NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 73,022 | MT | 1,780 - 9,000 | 18 | LD/DD | N | 1976 | |
| 4709 14 Street NE | Bay 3 - 4709 14 Street NE | | 403-466-7841; iburak@blackstonecommercial.com | | | 3014 | 18 | DK | N | | |
| 35 MERIDIAN | | | | | | | | | | | |
| 36 MERIDIAN FRANKLIN | | | | | | | | | | | |
| 37 NORTH AIRWAYS | | | | | | | | | | | |
| 38 NORTH MANCHESTER | | | | | | | | | | | |
| 505 34 Ave SE | 505 34 Ave SE | | 403-540-0238; jim@manchesterproperties.ca | 12,845 | MT | 2,000 - 3,000 | 15 | DI | | 1960 | |
| 519 34 Ave SE | 519 34 Ave SE | | 403-540-0238; jim@manchesterproperties.ca | 19,247 | MT | 1,400 - 2,500 | 15 | DI | | 1965 | |
| 501 to 529 Manchester | 529 36 Ave SE | Y | 403-270-2477; mrichards@dream.ca | 57,191 | MT | 3,500 - 14,100 | 18 | LD | N | 1974 | |
| 530 to 544 Manchester | 544 38A Ave SE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 23,987 | MT | 3,000-6,000 | 16 | DD | N | 1974 | |
| 535 to 561 Manchester | 561 36 Ave SE | Y | 403-270-2477; mrichards@dream.ca | 41,425 | MT | 2,400 - 22,340 | 16 | DD/LD | N | 1974 | |
| 4605 1 St SE | 4605 1 St SE | | 403-259-2886; rickp.harmin@shaw.ca | 7,750 | | | 16 | DI | | 1956 | |
| 39 OGDEN | | | | | | | | | | | |
| Glenmore Commerce Court | 4000 Glenmore Crt SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 59,086 | | | | | | 1979 | |
| 40 PEGASUS | | | | | | | | | | | |
| McCall North Trade Park B | 2100 78 Ave NE | | 403-303-2483; darcy.payne@bentallgreenoak.com | 76,546 | | 350 - 3,463 | | | | 1980 | |

| INDUSTRIAL | | | | | | | | | | | |
|---|----------------------------|----------|--|-----------------|---------------------|-------------------|--------|---------------|-----------|------------|--|
| Buildings listed in bold have been certified through BOMA BEST, the leading environmental certification program for commercial buildings. See www.bomabest.com for updates | | | | | | | | | | | |
| BUILDING NAME | BUILDING ADDRESS | BOMA MBR | LEASING CONTACT (PHONE/E-MAIL) | SIZE IN SQ. FT. | SINGLE/MULTI-TENANT | RANGE OF BAY SIZE | CLG HT | DOCK/DRIVE-IN | RAIL ACC. | YEAR BUILT | |
| 41 RADISSON HEIGHTS | | | | | | | | | | | |
| Radisson Centre | 525 - 28 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 72,176 | | | | | | 1981 | |
| 2936 Radcliffe Drive SE | 2936 Radcliffe Drive SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 13,101 | | | | | | 1980 | |
| 575 - 28 Street SE | 575 - 28 Street SE | Y | 403-692-6468; Tanya.Shantz@edonmgmt.com | 18,972 | | | | | | 1981 | |
| 42 RANGEWINDS | | | | | | | | | | | |
| Rangewinds Busnss Park - Bldg B | 2419 52 Ave SE | Y | 403-703-8401; Scott.Haffner@bentalgreenoak.com | 46,630 | MT | 6,000 - 18,000 | 24 | LD/DD | N | 2000 | |
| Rangewinds Busnss Park - Bldg A | 2425 52 Ave SE | Y | 403-703-8401; Scott.Haffner@bentalgreenoak.com | 75,083 | MT | 7,700 - 21,000 | 24 | LD/DD | N | 2000 | |
| Rangewinds Busnss Park - Bldg H | 2331 50 Ave SE | Y | 403-703-8401; Scott.Haffner@bentalgreenoak.com | 39,543 | MT | 3,500 - 8,000 | 24 | DD | N | 2008 | |
| Rangewinds Busnss Park - Bldg C | 2355 52 Ave SE (C) | Y | 403-703-8401; Scott.Haffner@bentalgreenoak.com | 70,246 | MT | 8,100 - 24,500 | 24 | LD/DD | N | 2004 | |
| Rangewinds Busnss Park - Bldg D | 2305 52 Ave SE (D) | Y | 403-703-8401; Scott.Haffner@bentalgreenoak.com | 76,962 | MT | 7,200 - 11,700 | 24 | LD/DD | N | 2004 | |
| Rangewinds Busnss Park - Bldg E | 5500 22 Street SE (E) | Y | 403-703-8401; Scott.Haffner@bentalgreenoak.com | 266,785 | ST | 266,785 | 30 | LD/DD | N | 2006 | |
| Rangewinds Busnss Park - Bldg F | 5500 22 Street SE (F) | Y | 403-703-8401; Scott.Haffner@bentalgreenoak.com | 130,000 | ST | 130,000 | 28 | LD/DD | N | 2006 | |
| Rangewinds Busnss Park - Bldg G | 2312 52 Ave SE (G) | Y | 403-703-8401; Scott.Haffner@bentalgreenoak.com | 65,675 | MT | 8,200 - 16,600 | 24 | LD/DD | N | 2008 | |
| 43 RIVERVIEW | | | | | | | | | | | |
| Burns Building | 6325 11 St SE | | 403-692-4635; kmorton@ronmor.ca. | 70,750 | MT | 2,000-19,000 | | LD | N | 57/14 | |
| 1035 - 64th Avenue SE | 1035 64 Ave SE | | 403-692-4635; kmorton@ronmor.ca. | 44,367 | ST | | | LD | N | 1977 | |
| 44 ROCKYVIEW | | | | | | | | | | | |
| Fedex | 265250 Wrangler Cres | Y | 604-689-2711; jjuhala@concertproperties.com | 33,231 | ST | 33,231 | | LD | N | | |
| 45 ROYAL VISTA | | | | | | | | | | | |
| 46 SHAWNESSY | | | | | | | | | | | |
| 47 SHEPARD | | | | | | | | | | | |
| 8800 Venture Avenue SE | 2120 - 8800 Venture Ave SE | | 403-466-7841; iburak@blackstonecommercial.com | | | 3,600 | 22 | DI | N | | |
| 8800 Venture Avenue SE | 2128 - 8800 Venture Ave SE | | 403-466-7841; iburak@blackstonecommercial.com | | | 3,600 | 22 | DI | N | | |
| Shepard Industrial - Bldg A | 12686 48 St SE | Y | 403-703-8401; Scott.Haffner@bentalgreenoak.com | 32,452 | ST | | 22 | DD | N | 2006 | |
| Shepard Industrial - Bldg B | 4948 126 Ave SE | Y | 403-703-8401; Scott.Haffner@bentalgreenoak.com | 32,370 | MT | 3,000 | 22 | DD | N | 2005 | |
| Shepard Industrial - Bldg C | 100-5126 126 Ave SE | Y | 403-703-8401; Scott.Haffner@bentalgreenoak.com | 17,941 | MT | 3,000 | 22 | DD | N | 2006 | |
| Shepard Industrial - Bldg D | 200-5126 126 Ave SE | Y | 403-703-8401; Scott.Haffner@bentalgreenoak.com | 32,430 | MT | 2,800 | 22 | DD | N | 2008 | |
| 48 SKYLINE | | | | | | | | | | | |
| Skyline III | 1003 55 Ave NE | Y | Aurora Elliot 403-235-3443; Aurora.Elliott@choicereit.ca | 37,500 | MT | 2,200 | 18 | LD/DD | N | 1977 | |
| Skyline III | 1007 55 Ave NE | Y | Aurora Elliot 403-235-3443; Aurora.Elliott@choicereit.ca | 37,450 | MT | 2200 | 18 | LD/DD | N | 1977 | |
| Skyline II | 908 53 Ave NE | Y | Aurora Elliot 403-235-3443; Aurora.Elliott@choicereit.ca | 60,075 | MT | 3,000-6,000 | 16 | LD/DD | N | 1977 | |
| Skyline I | 1108 - 1120 53 Ave NE | Y | Aurora Elliot 403-235-3443; Aurora.Elliott@choicereit.ca | 125,974 | MT | 1,300-4,800 | 18 | LD | N | 1977 | |
| 5535-11 Street NE | 5535- 11 St NE | Y | Aurora Elliot 403-235-3443; Aurora.Elliott@choicereit.ca | 14,089 | ST | 14,089 | | | | | |
| 1107-55th Avenue NE | 1107-55th Ave NE | Y | Aurora Elliot 403-235-3443; Aurora.Elliott@choicereit.ca | 73,863 | MT | 10,331-21,211 | | | | | |
| 49 SOUTH AIRWAYS | | | | | | | | | | | |
| Western Commerce Court A | 1665 32 Ave NE | Y | 403-355-3396; bbaker@triovest.com | 64,055 | MT | 5,337 | 24 | DD | N | 2002 | |
| Western Commerce Court C | 3000 16 St NE | Y | 403-355-3396; bbaker@triovest.com | 47,733 | MT | 9,546 | 24 | DD/LD | N | 1999 | |
| Western Commerce Court B | 3100 16 St NE | Y | 403-355-3396; bbaker@triovest.com | 84,770 | MT | 12,110 | 24 | DD/LD | N | 2000 | |
| Western Commerce Court E | 1605 32 Ave NE | Y | 403-355-3396; bbaker@triovest.com | 69,263 | MT | | 24 | DD/LD | N | | |
| Western Commerce Court F | 3030 15 St NE | Y | 403-355-3396; bbaker@triovest.com | 81,535 | MT | | 24 | DD/LD | N | | |
| South Airways | 2016 25 Ave NE | | 403-259-2886; rickp.harmin@shaw.ca | 33,750 | | | | | | 1978 | |
| 1936 25 Ave NE | Vista Square | | 403-259-2886; rickp.harmin@shaw.ca | 34,000 | | | | | | | |
| 50 SOUTH MANCHESTER | | | | | | | | | | | |
| 207 to 211 61 Ave SE | 211 61 Ave SE | | 403-540-0238; jim@manchesterproperties.ca | 5,000 | MT | 2,200 - 2,800 | 10 | DI | | 1955 | |
| 239 61 Ave SE | 239 61 Ave SE | | 403-540-0238; jim@manchesterproperties.ca | 8,750 | MT | 3,750 - 5,000 | 16 | DI | | 1965 | |
| 245 61 Ave SE | 245 61 Ave SE | | 403-540-0238; jim@manchesterproperties.ca | 5,000 | ST | 5,000 | 16 | DI | | 1965 | |
| 242 to 252 62 Ave SE | 252 62 Ave SE | | 403-540-0238; jim@manchesterproperties.ca | 17,500 | MT | 2,000 - 5,000 | 16 | DI | | 1965 | |
| 427 51 Ave SE | 427 51 Ave SE | | 403-540-0238; jim@manchesterproperties.ca | 12,980 | MT | 1,100 to 4,200 | 14 | DI | | 1962 | |
| 5080 12A Street SE | 5080 12A St SE | | 403-540-0238; jim@manchesterproperties.ca | 12,000 | MT | 1,000 | 19 | DI | | | |
| Pit Par Building | 427 58 Ave SE | | 403-692-4635; kmorton@ronmor.ca. | 23,154 | MT | 4,000-7,000 | | LD | N | 1963 | |
| 102 to 114 Centre St | 114 61 Ave SW | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 18,890 | MT | 2,700 - 8,100 | 14 | LD/DD | N | 1973 | |
| 6023 to 6039 Centre St | 6039 Centre St S | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 28,792 | MT | 1,800 - 3,600 | 15 | LD | N | 1973 | |
| 6043 to 6055 Centre St | 6055 Centre St S | Y | 403-270-2477; mrichards@dream.ca | 25,200 | MT | 3,600 - 10,800 | 15 | LD | N | 1973 | |
| 5824 - 5842 Burbank Rd. SE | 5824 - 5842 Burbank Rd. SE | Y | 403-270-2477; mrichards@dream.ca | 39,845 | MT | 1,200 - 15,400 | 16 | DD | N | 1978 | |
| 5330 1A St SW | 5330 1A St SW | | 403 259 2886; rickp.harmin@shaw.ca | 9,385 | | | | | | 1972 | |
| 51 SOUTH BEND | | | | | | | | | | | |
| 12204 40 St SE | 12204 40 St SE | | 403-203-3000; sflathers@telsec.ca | 26,901 | MT | 2,517 - 5,613 | | DD | | 2004 | |
| Suite 100 11929 40 St SE | 11929 40 St SE (100) | | 403-203-3000; sflathers@telsec.ca | 12,963 | MT | 1,550 - 1,634 | | DD | | 2006 | |
| Suite 200 11929 40 St SE | 11929 40 St SE (200) | | 403-203-3000; sflathers@telsec.ca | 15,048 | MT | 1,808 - 2,143 | | DD | | 2006 | |
| 11979 40 St SE #100 | 11979 40 St SE (100) | | 403-203-3000; sflathers@telsec.ca | 11,228 | MT | 1,337 - 1,413 | | DD | | 2003 | |
| 11979 40 St SE #200 | 11979 40 St SE (200) | | 403-203-3000; sflathers@telsec.ca | 24,660 | MT | 3,086 - 15,386 | | DD | | 2003 | |
| 11979 40 St SE #300 | 11979 40 St SE (300) | | 403-203-3000; sflathers@telsec.ca | 10,826 | MT | 1,287 - 1,362 | | DD | | 2004 | |
| 11979 40 St SE #400 | 11979 40 St SE (400) | | 403-203-3000; sflathers@telsec.ca | 24,185 | MT | 6,067 - 16,319 | | DD | | 2004 | |
| 12111 40 St SE | 12111 40 St SE | | 403-203-3000; sflathers@telsec.ca | 28,621 | MT | 1,751 - 5,500 | | DD | | 2005 | |

| INDUSTRIAL | | | | | | | | | | | |
|---|-----------------------------|----------|---|-----------------|---------------------|-------------------|--------|---------------|-----------|------------|--|
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| BUILDING NAME | BUILDING ADDRESS | BOMA MBR | LEASING CONTACT (PHONE/E-MAIL) | SIZE IN SQ. FT. | SINGLE/MULTI-TENANT | RANGE OF BAY SIZE | CLG HT | DOCK/DRIVE-IN | RAIL ACC. | YEAR BUILT | |
| 12143 40 St SE | 12143 40 St SE | | 403-203-3000; sflathers@telsec.ca | 29,718 | MT | 2,745 - 7,982 | | DD | | 2005 | |
| 52 STARFIELD | | | | | | | | | | | |
| 53 STONEGATE | | | | | | | | | | | |
| StoneGate Industrial Bldg. A | 2626 Country Hills Blvd. NE | Y | 403-234-3109; bdavies@oneproperties.com | 413,012 | MT | 15,400 & up | 32 | Dock | N | 2015 | |
| StoneGate Industrial Bldg. B | 11550 Barlow Trail NE | Y | 403-234-3109; bdavies@oneproperties.com | 608,823 | MT | 19,800 & up | 36 | Dock | N | 2018 | |
| StoneGate Industrial Bldg. C | 11358 Barlow Trail NE | Y | 403-234-3109; bdavies@oneproperties.com | 61,047 | MT | 5,500 & up | 24 | Drive-in | N | 2017 | |
| StoneGate Industrial Bldg. E | 2638 Country Hills Blvd. NE | Y | 403-234-3109; bdavies@oneproperties.com | 77,037 | MT | 5,500 & up | 24 | Drive-in | N | 2015 | |
| StoneGate Industrial Bldg. 6A | 10 Stonehill Place NE | | 403-234-3109; bdavies@oneproperties.com | 239,792 | MT | 13,200 & up | 32' | Dock | N | 2019 | |
| StoneGate Industrial Bldg. 6B | 10 Stonehill Place NE | | 403-234-3109; bdavies@oneproperties.com | 98,332 | MT | 8,800 & up | 32 | Dock | N | 2019 | |
| StoneGate Industrial Bldg. D | 11810 Barlow Trail NE | | 403-234-3109; bdavies@oneproperties.com | 176,796 | MT | 13,000 & up | 32 | Dock | N | 2019 | |
| 54 STONEY | | | | | | | | | | | |
| Stoney Industrial Centre Bldg. 1 | 1724 115 Ave NE | Y | 403-234-3109; bdavies@oneproperties.com | 356,155 | ST | 14,575 & up | 28 | Dock | N | 2008 | |
| Stoney Industrial Centre Bldg. 2 | 1882 118 Ave NE | Y | 403-234-3109; bdavies@oneproperties.com | 439,275 | MT | 17,600 & up | 28 | Dock | N | 2008 | |
| Stoney Industrial Centre Bldg. 3 | 1881 120 Ave NE | Y | 403-234-3109; bdavies@oneproperties.com | 316,513 | MT | 12,650 & up | 28 | Dock | N | 2010 | |
| Stoney Industrial Centre Bldg. 4 | 11900 18 St NE | Y | 403-234-3109; bdavies@oneproperties.com | 436,263 | ST | 19,800 & up | 32 | Dock | N | 2012 | |
| Stoney Industrial Centre Bldg. 5 | 12285 18 St NE | Y | 403-234-3109; bdavies@oneproperties.com | 299,858 | MT | 17,600 & up | 32 | Dock | N | 2013 | |
| Stoney Industrial Centre Bldg. 6 | 12290 18 St NE | Y | 403-234-3109; bdavies@oneproperties.com | 416,473 | ST | 19,800 & up | 32 | Dock | N | 2013 | |
| 55 SUNRIDGE | | | | | | | | | | | |
| Sunridge Business Park G | 2121 29 St NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 57,150 | MT | 8,300 - 27,500 | 24 | LD | N | 1999 | |
| Sunridge Business Park C | 2150 29 St NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 58,810 | MT | 5,200 - 15,000 | 24 | LD | N | 1999 | |
| Sunridge Business Park D | 2151 32 St NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 57,225 | MT | 5,100 - 16,000 | 24 | LD | N | 1999 | |
| Sunridge Business Park F | 2175 29 St NE | Y | 403-536-6542; Mrichards@dream.ca | 58,090 | MT | 10,000 - 22,000 | 24 | LD | N | 2000 | |
| Sunridge Business Park A | 2256 29 St NE | Y | 403-536-6542; Mrichards@dream.ca | 57,941 | MT | 5,202 - 31,500 | 24 | LD | N | 2000 | |
| Sunridge Business Park J | 2777 23 Ave NE | Y | 403-536-6542; Mrichards@dream.ca | 67,477 | MT | 12,900 - 26,300 | 24 | LD | N | 2001 | |
| Sunridge Business Park | 2876 Sunridge Way NE | Y | 403-536-6542; Mrichards@dream.ca | 30,000 | ST | 30,000 | 24 | DD | N | 2000 | |
| Sunridge Business Park I | 2886 Sunridge Way NE | Y | 403-536-6542; Mrichards@dream.ca | 44,336 | MT | 10,600 - 33,630 | 24 | LD | N | 2000 | |
| Sunridge Business Park K | 2928 Sunridge Way NE | Y | 403-536-6542; Mrichards@dream.ca | 57,223 | MT | 5,700 - 14,000 | 24 | LD | N | 2000 | |
| Sunridge Business Park H | 2985 23 Ave NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 53,988 | ST | 53,110 | 24 | LD | N | 2001 | |
| Sunridge Business Park E1 | 3030 Sunridge Way NE | Y | 403-470-9833; bleece@dream.ca; scyre@dream.ca | 27,086 | MT | 2,700-8,300 | 24 | N/A | N | 2000 | |
| Sunridge Business Park E2 | 3250 Sunridge Way NE | Y | 403-536-6542; Mrichards@dream.ca | 26,026 | ST | 27,180 | 24 | N/A | N | 2000 | |
| 56 VALLEYFIELD | | | | | | | | | | | |
| Tull Valleyfield | 4200 - 46th Ave SE | | 403-301-7728; wayne@target-realty.com | 52,360 | MT | | 24 | LD/DI | | 1999 | |
| Valleyfield Business Centre | 2880 45 Ave SE A&B | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 224,782 | MT | 4,200 - 6,000 | 24 | LD | N | 01-03 | |
| Valleyfield Business Centre | 2880 45 Ave SE C&D | Y | 403-235-3443; Aurora.Elliott@choicereit.ca | 47,794 | MT | 4,200 - 6,000 | 24 | LD | N | 01-03 | |
| Gateway Industrial Building B | 2634 45 Ave SE | Y | 403-355-3396; bbaker@triovest.com | 84,077 | MT | 14,012 | 26 | DD/LD | N | 1999 | |
| Gateway Industrial Building C | 2726 45 Ave SE | Y | 403-355-3396; bbaker@triovest.com | 98,949 | MT | 24,737 | 26 | DD/LD | N | 1999 | |
| Gateway Industrial Building D | 2760 45 Ave SE | Y | 403-355-3396; bbaker@triovest.com | 99,026 | MT | 33,008 | 26 | DD/LD | N | 1999 | |
| Gateway Industrial Building A | 4550 25 St SE | Y | 403-355-3396; bbaker@triovest.com | 66,905 | MT | 13,381 | 26 | DD/LD | N | 1999 | |
| 2634 45 Avenue SE | Bay 105 - 2634 45 Ave SE | | 403-466-7841; iburak@blackstonecommercial.com | | | 13,500 | 20 | DI | N | | |
| 57 WESTVIEW | | | | | | | | | | | |



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The power of “breathe, refocus”

By Chandra Crawford

Chandra Crawford is a three-time Olympian and Olympic gold medalist in cross-country skiing who shared her inspiring stories of resiliency at BOMA's AGM on April 16. She can be reached at @chandracrawford on LinkedIn or Instagram

IN A WORLD FILLED WITH HIGHS AND LOWS, VICTORIES AND DEFEATS, one mantra has been my guiding light through it all: “breathe, refocus.” These two simple words have encapsulated my mindset as I journeyed from a young girl with a passion for skiing to an Olympic gold medalist in cross-country skiing. My story is a testament to the power of perseverance and determination, and the unwavering belief that, no matter the obstacles, I can overcome them.

I was born and raised in Canmore, Alta., where my love for skiing blossomed. With supportive parents

who nurtured my passion for the outdoors, I embarked on a journey that would take me to the highest peaks of athletic achievement. But the path to success was anything but smooth.

Despite tasting early success and setting my sights on Olympic glory, I encountered numerous setbacks along the way. From narrowly missing out on Olympic qualification to enduring heartbreak and betrayal in my personal life, I faced obstacles that would have broken many others. But I refused to be defeated.

Instead, I adopted the mantra “breathe, refocus” as my guiding

“Instead, I adopted the mantra ‘breathe, refocus’ as my guiding principle—a reminder to pause, take a breath, and redirect my focus in the face of adversity.”

principle—a reminder to pause, take a breath, and redirect my focus in the face of adversity. Whether it was pushing through gruelling training sessions, navigating the complexities of relationships, or recovering from bulimia nervosa, I relied on this mantra to keep me grounded and resilient.

But my journey wasn't just about bouncing back from setbacks; it was also about redefining success and accepting help. In my lowest lows, struggling with an eating disorder and unable to leave my hotel room, I heard a knock on the door. There stood a fridge-shaped Swede, my ski technician Micke Book, who said, “I see you are suffering. I see you.” That validation marked the beginning of my healing. Through therapy, self-reflection, and the unwavering support of loved ones, I learned to prioritize my mental and emotional well-being—a lesson that would ultimately redefine my understanding of success.

As I reflect on my journey, I emphasize the importance of resilience, self-love, and the courage to pursue our dreams in the face of adversity. Whether I'm sharing my experiences with a captivated audience or inspiring young athletes through my work with the national charity Fast and Female, my message remains clear: no matter how many times life knocks you down, you always have the power to get back up.

In a world where success is often measured by external achievements, my story serves as a reminder that true fulfilment comes from within. By embracing the mantra “breathe, refocus” and staying true to myself, I not only conquered the ski trails but also discovered the resilience and strength that lie within us all.

So the next time life throws you a curveball, remember this mantra: “breathe, refocus,” and never lose sight of your dreams. For in the face of adversity, it is our ability to persevere and find meaning in the journey that ultimately defines us. ■



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