

CROSS-ASSET MARKET REPORT • CONNECTICUT

Connecticut 2026 Cross-Asset Market Report

Midyear Update | Transaction-Confirmed Market Intelligence

MULTIFAMILY • INDUSTRIAL • OFFICE • RETAIL • HOSPITALITY
MEDICAL/HEALTHCARE • SENIOR HOUSING • SELF-STORAGE

COVERAGE SECTORS



5.9%

HARTFORD INDUSTRIAL
VACANCY RATE • Q1 2026

▲ 180 bps QoQ

25.8%

FAIRFIELD COUNTY OFFICE
VACANCY • Q1 2026

▼ Headwinds Persist

6.5–9%

MULTIFAMILY CAP RATES
NEW HAVEN / BRIDGEPORT

▲ Strong Yield Environment

\$439K

SE CT MEDIAN SALE PRICE
+6% YOY • Q1 2026

▲ Price Appreciation Continues

FAIRFIELD
COUNTY

NEW HAVEN
COUNTY

LITCHFIELD
COUNTY

HARTFORD
COUNTY

MIDDLESEX
COUNTY

TOLLAND
COUNTY

NEW LONDON
COUNTY

WINDHAM
COUNTY

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Prepared by EAC Properties LLC using CoStar transaction data, CRE Collaborative Inc. resources, EAC Properties LLC proprietary market intelligence, and third-party institutional research referenced in the Appendix. Do not copy, distribute, or reproduce without permission.

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Executive Summary

Connecticut's commercial real estate market entered the second half of 2026 with a more investable, transaction-confirmed tone than the Q1 narrative suggested. Capital remains disciplined, but closed and under-contract activity now supports a clearer cross-asset read across multifamily, industrial, retail, office, medical office, hospitality, self-storage, and senior housing.

The strongest midyear themes are needs-based demand, constrained new supply, and executable value creation. National institutional research supports the same conclusion: real estate is benefitting from low supply growth, inflation-linked income potential, and renewed demand for "Everyday Life" assets such as housing, essential retail, medical outpatient facilities, urban logistics, and senior housing.

For clients, the practical message is straightforward: Connecticut is not a broad beta market. It is an asset-selection market. Liquidity is available where income durability, replacement-cost support, tenant credit, location quality, and a credible repositioning plan are evident; pricing remains challenged where capital expenditure, vacancy, functional obsolescence, or discretionary-demand exposure dominate.

Strategically, the market is no longer defined by rate shock alone; it is defined by asset selectivity. Buyers are underwriting current NOI, tenant credit, functional utility, and executable business plans rather than relying on broad cap-rate compression.

EAC MIDYEAR VIEW:

Connecticut remains a selective but actionable market. The most compelling opportunities are concentrated in assets tied to daily needs, durable tenancy, constrained supply, and repositioning strategies that can be executed without relying on broad cap-rate compression.

Asset Class	Midyear 2026 EAC View	Client Takeaway
Multifamily	Most liquid institutional sector	Prioritize location, basis, rent growth, and renovation execution.
Retail	High conviction for necessity and open-air formats	Grocery, service, food, wellness, and value-oriented tenancy remain favored.
Industrial	Selective but durable	Functional buildings, yard, power, logistics access, and replacement cost drive liquidity.
Office	Bifurcated and use-case driven	Medical, owner-user, education, nonprofit, and conversion strategies outperform generic office exposure.
Medical Office / Healthcare	Defensive and demographically supported	Outpatient migration and aging demographics support durable occupancy.
Hospitality	Repositioning and brand-driven recovery	PIP exposure, flag strength, and local demand anchors matter more than broad RevPAR alone.
Self-Storage / Senior Housing	Preferred alternatives	Needs-based demand and limited supply support long-duration investment interest.

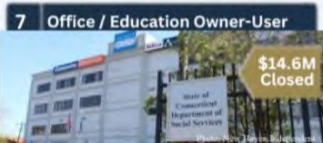
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Key Investment Implications

- **OWNERS:** Pricing power is strongest where the story is specific—tenant credit, durable income, repositioning path, replacement-cost support, or clear user demand.
- **INVESTORS:** The best risk-adjusted opportunities are in multifamily, necessity retail, medical office, selective industrial, senior housing, self-storage, and hospitality assets with controllable capital plans.
- **TENANTS AND OCCUPIERS:** Quality, functionality, access, labor, and operating certainty should drive decisions more than headline rent alone.
- **LENDERS:** Conservative leverage, current cash flow, sponsor experience, and realistic capex reserves remain central to 2026 execution.

Key Investment Implications – Connecticut Midyear 2026

Pricing power comes from specific stories, durable income, replacement-cost support, user demand

1 Multifamily Coastal Luxury  \$350M Closed Greenwich Place / Greenwich Oaks	2 Stamford Waterfront Multifamily  \$241M Closed The Point Stamford	3 Beacon Harbor Point Multifamily  \$152M Closed Beacon Harbor Apartments	Owners: Specific story wins	
4 Mission Critical Industrial  \$40M Closed Coca-Cola South Windsor	5 Open-Air Necessity Retail  Approx. \$62.5M Closed Tri-City Plaza, Vernon	6 Branded Select-Service Hotel  \$17M Closed SpringHill Suites, Hartford/Cromwell		Investors: Focus on controllable capital plans
7 Office / Education Owner-User  \$14.6M Closed James @ 370, New Haven	8 Boutique Office in Greenwich  \$10.69M Closed 39 Lewis Street, Greenwich	9 Medical / Healthcare Office  Closed/ Pending Activity Long Ridge Medical Center		Tenants: Quality and functionality matter
			Lenders: Conservative leverage and reserves	

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Top Midyear 2026 Connecticut Deal Evidence

“In Connecticut, mixed-use development continues to be truly profitable when you stop thinking in terms of isolated asset classes and start planning complete ecosystems—housing, retail, services, and public space that are vertically and digitally integrated around real community demand.

Profit is a by product of getting the fundamentals right: zoning and entitlement that allow density, transit-oriented design that attracts long-term tenants, and technology that keeps every square foot visible, measurable, and leasable in real time. The most reliable pathway to sustained returns here is to leverage Connecticut’s town-center fabric—its historic main streets, transit nodes, and civic anchors—and reframe them as mixed-use platforms where residential, retail, and specialty uses cross-subsidize each other’s performance.

When you combine smart capital stacks, public–private collaboration, and a clear narrative for how the project serves the community, you don’t just build a building; you build a resilient income stream that compounds over market cycles.” – Andreas Senie Managing Partner, Broker

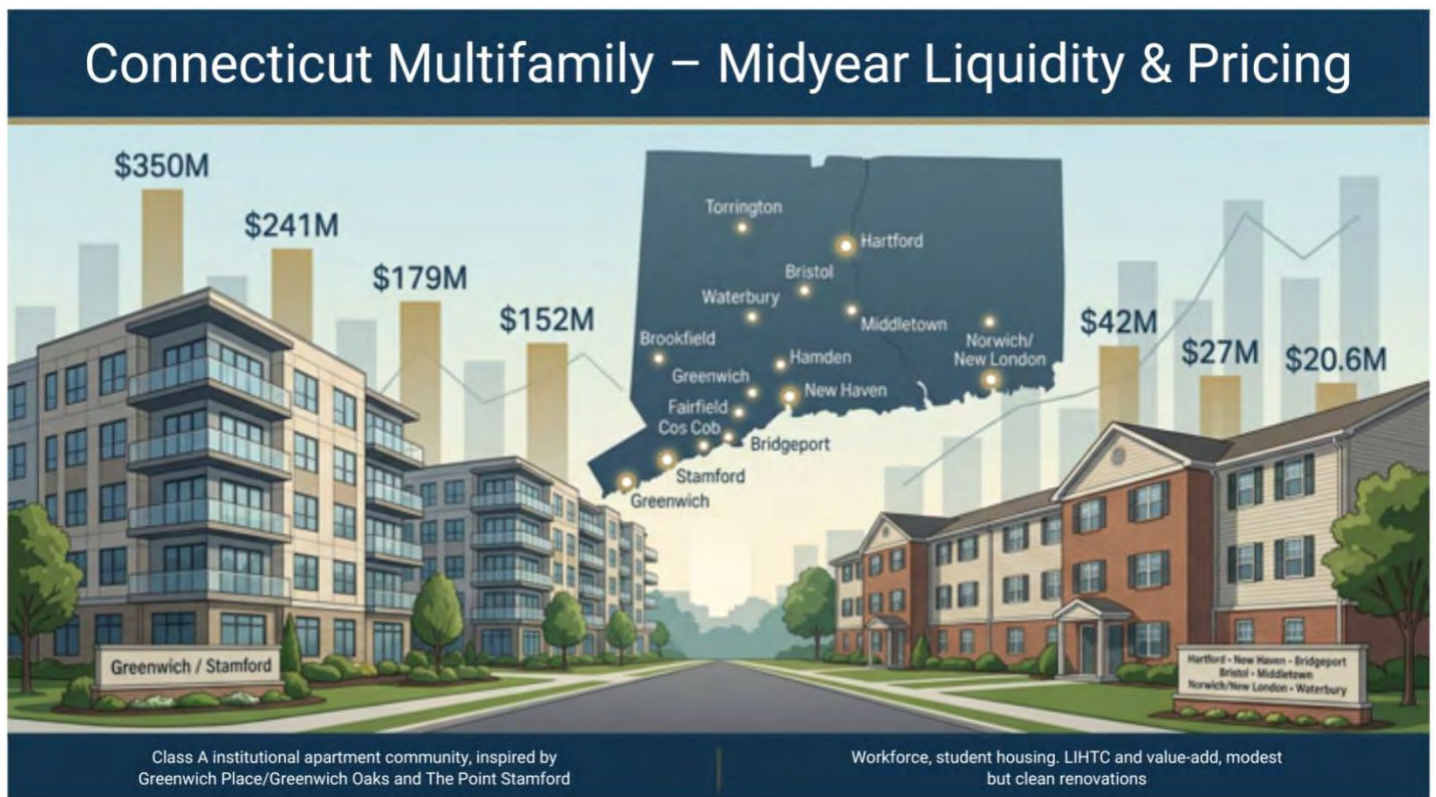
Asset Class	Representative Deal / Evidence	Approx. Value / Status	Market Read-Through
Multifamily	Greenwich Place / Greenwich Oaks	\$350M closed	Institutional liquidity remains strongest for high-quality coastal housing.
Multifamily	The Point Stamford	\$241M closed	Stamford continues to validate major multifamily capital flows.
Multifamily	Beacon Harbor Point	\$152M closed	Waterfront/lifestyle multifamily retains institutional depth.
Industrial	Coca-Cola South Windsor distribution purchase	\$40M closed	Mission-critical distribution remains highly financeable.
Retail	Tri-City Plaza, Vernon	Approx. \$62.5M closed	Large-format necessity/open-air retail is attracting capital.
Hospitality	SpringHill Suites by Marriott Hartford/Cromwell	\$17M closed	Branded select-service hotels are liquid where basis and PIP are manageable.
Office / Education	ACES purchase of James @ 370, New Haven	\$14.6M closed	Office liquidity improves when tied to mission-driven owner-user demand.
Office	39 Lewis Street, Greenwich	\$10.69M closed	Prime location and boutique tenancy remain differentiators.
Medical / Healthcare	Long Ridge Medical Center and related medical-office trades	Closed / pending activity	Healthcare tenancy remains one of the most defensive demand drivers.

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Multifamily

Market Focus: Stamford / Fairfield County Multifamily

- Midyear closed sales confirm multifamily as Connecticut's most liquid institutional asset class, led by Greenwich Place/Greenwich Oaks at \$350 million, The Point Stamford at \$241 million, Beacon Harbor Point at \$152 million, the SHP/Related LIHTC portfolio at approximately \$179 million, Avon Woods at \$42 million, Haddam Village at \$27 million, and the New Haven Campus View/Traymore portfolio at \$20.6 million. PGIM's midyear outlook reinforces the same living-sector thesis, citing stretched ownership affordability, shortages of modern housing stock, and specialized accommodation demand as durable real estate drivers.
- Pricing remains location- and product-driven: Greenwich and Stamford institutional assets achieved premium pricing, while New Haven, Hartford, Bridgeport, Bristol, Middletown, Norwich/New London, and Waterbury transactions show continuing depth for workforce housing, student housing, LIHTC, and value-add multifamily.
- Under-contract activity reinforces demand in Hartford, Bridgeport, Hamden, New Haven, Fairfield, Brookfield, Bristol, Greenwich/Cos Cob, Torrington, and Waterbury, with buyers focused on rent growth, achievable basis, stable occupancy, and executable renovation or repositioning plans.



"The best smaller market multifamily year-over-year rent growth in the United States can be found in Bridgeport/New Haven due to constrained supply against demand making it a pathway to profitability" Rob Pino

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Industrial

Market Focus: Stamford / Fairfield County Industrial

- Industrial remains durable, but midyear deal flow shows a bifurcated market: modern logistics and mission-critical facilities command strong pricing, while older industrial/flex assets trade based on functional utility, clear height, yard, power, occupancy, and replacement-cost basis. PGIM's outlook supports continued demand for urban logistics and heavy-asset infrastructure, while CBRE's Q2 macro view highlights energy and supply-chain volatility as a reason to favor operationally essential real estate.
- Notable closed activity includes Coca-Cola's \$40 million South Windsor distribution purchase, BACO's \$6.4 million Trumbull acquisition, Oxford's \$2.68 million leased warehouse/flex trade, New Haven's 30 Lenox Street and 25 Fox Street warehouse sales, and multiple owner-user/investment transactions across Stratford, Bridgeport, East Hartford, Cheshire, Bloomfield, Waterbury, and Milford.
- Under-contract industrial and land activity in Killingly, Waterford, North Haven, Branford, Middletown, Bloomfield, Stratford, Bridgeport, Oxford, Waterbury, Plantsville, Danbury, and Tolland points to continued demand for development sites, contractor yards, light manufacturing, service industrial, flex, and adaptive industrial reuse.



"Successful businesses are rethinking their space needs. Rather than seeking the largest footprint possible, tenants are prioritizing efficient, well-located industrial space that supports their operations while keeping occupancy costs in check." Kara Wagner

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Hospitality

Market Focus: Connecticut Hospitality

- Hospitality remains in recovery mode, but midyear closed transactions show active capital for well-located, flagged, or repositionable assets, particularly where buyer business plans can address PIP requirements, operational upside, or regional demand drivers. PGIM's tactical market-momentum framework identifies hotels as an attractive cyclical opportunity in markets where tourism, modernization, and platform repositioning can support upside.
- Closed hotel trades include SpringHill Suites by Marriott Hartford/Cromwell at \$17 million, Residence Inn by Marriott Hartford Avon at \$15.6 million, Holiday Inn Express & Suites Danbury at \$12.05 million, Holiday Inn Norwich at \$8.95 million, and smaller motel/hospitality transactions in Terryville and related markets, confirming liquidity for branded select-service and value-add hospitality assets.
- The underwriting emphasis for the balance of 2026 should remain on replacement cost, brand strength, PIP exposure, occupancy recovery, and local demand anchors rather than broad-market RevPAR growth alone.



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Retail

Market Focus: Connecticut Retail Outlook

- Retail is one of the clearest midyear winners. Inland's 2026 Retail Sector Outlook identifies retail as one of the more compelling risk-adjusted opportunities in commercial real estate, citing national vacancy below 5%, decade-low construction, and durable demand from necessity-driven tenants. Connecticut's closed sales confirm that thesis locally through grocery-anchored, service-led, net-leased, auto-oriented, and Main Street retail liquidity.
- Key midyear retail evidence includes the Tri-City Plaza transaction in Vernon at approximately \$62.5 million, the East Haven CVS sale at \$6.53 million, Monroe convenience-store sale at \$6 million, Bokum Center in Essex at \$5.2 million, Westfarms-area Farmington retail at \$3.4 million, and numerous sub-\$3 million neighborhood, restaurant, auto, and service retail closings across Connecticut.
- Under-contract retail activity remains broad, including Woodbridge, Wethersfield, Danbury, New Haven, Old Saybrook, Branford, Waterbury, West Haven, Windsor Locks, East Hartford, Fairfield, Milford, Bristol, Portland, Groton, Southbury, Deep River, Vernon, and Norwalk, indicating deep buyer demand across institutional, private-capital, and owner-user price bands.



“Southern Connecticut retail is really two stories in 2026: Fairfield County offers stability at compressed cap rates, while New Haven County offers a meaningful yield premium with fundamentals still tightening... Both share that trait that matters most--almost no new supply” Nursel Riley

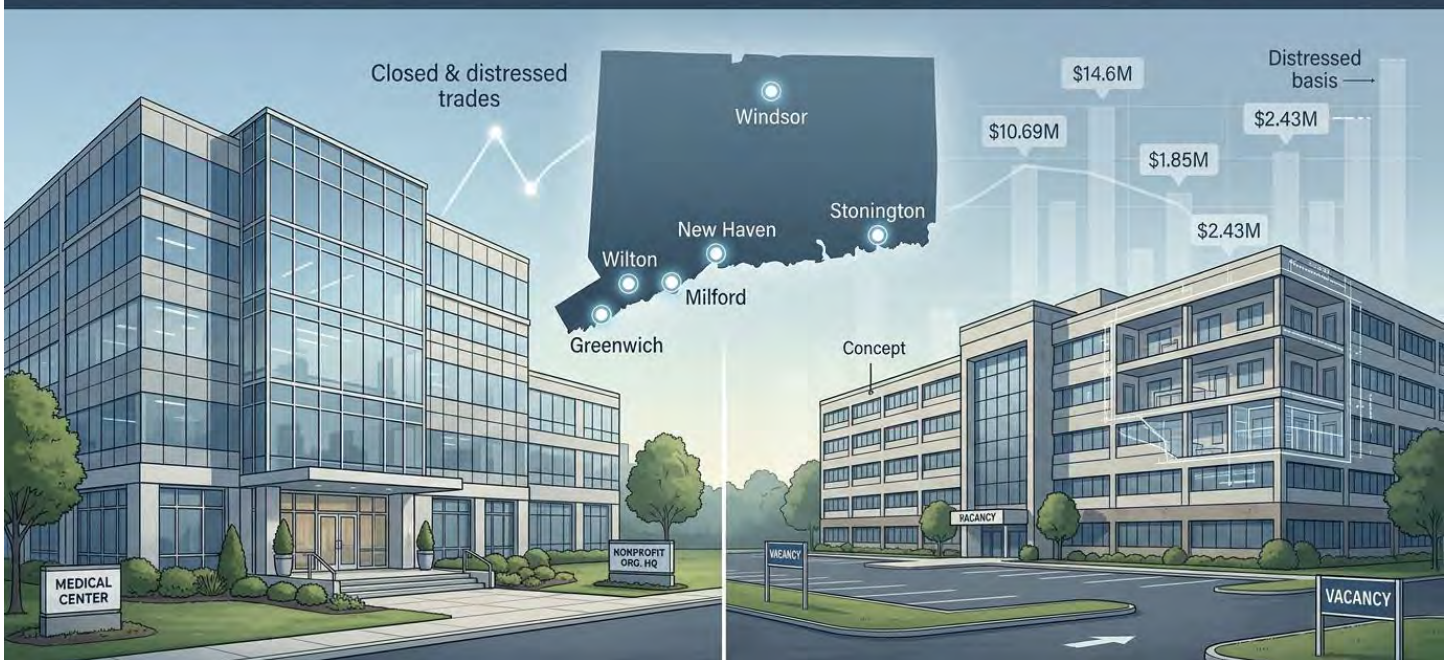
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Office

Market Focus: Connecticut Office / Suburban Office Outlook

- Office remains the most uneven asset class at midyear. Closed transactions show strong liquidity for medical, owner-user, education, nonprofit, and repositioning plays, but pricing for large obsolete suburban office campuses is heavily discounted where vacancy and capex risk dominate. PGIM's market-momentum framework supports this view by separating scarce, high-quality office from assets better suited to conversion into alternative uses such as living, healthcare, or hospitality.
- Notable midyear evidence includes 39 Lewis Street in Greenwich at \$10.69 million, ACES' \$14.6 million purchase of James @ 370 in New Haven, 27 Cannon Road in Wilton at \$1.85 million, 107 Wilcox Road in Stonington at \$2.43 million, and major distressed or low-basis office trades such as 1 Griffin Road North in Windsor and 440 Wheelers Farms Road in Milford.
- The best 2026 strategy is to market office around use-case specificity: medical conversion, school/nonprofit acquisition, professional services, owner-user occupancy, mixed-use redevelopment, or basis-driven repositioning—not generic office exposure.

Connecticut Office – Selective Liquidity and Repositioning



"The Fairfield County office market enters the second half of 2026 in its strongest position since the pandemic era. Vacancy remains elevated by historical standards and fundamentals have improved significantly over the past 12 months, driven by stronger leasing activity, continued flight to quality, and a shrinking inventory baseline resulting from office-to-residential and mixed-use conversions" Scott Cranston

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Medical Office

Market Focus: Connecticut Medical Office Outlook

- Medical office continues to stand out as a preferred 2026 allocation theme, supported by outpatient migration, physician demand, aging demographics, and the relative durability of healthcare tenancy. PGIM specifically identifies medical outpatient facilities as part of the “Everyday Life” real estate opportunity set, while Inland’s retail research also notes the strength of health, wellness, urgent care, dental, optometry, med spa, and personal service tenants that cannot be replicated online.
- Closed and pending activity reinforces that medical and healthcare-adjacent assets can attract capital across markets, including Long Ridge Medical Center, Branford medical office, East Haven CVS/medical-adjacent retail, Stonington medical/creative office, Waterford and West Haven medical office transactions, and multiple smaller medical condominium trades in Ridgefield, Cheshire, Southbury, Waterford, and Glastonbury.

Connecticut Medical Office – Durable Demand and Allocation Strength



“The Fairfield County medical office market is in a stronger position than the broader traditional office market as we head into the second half of 2026. While conventional office remains a “fight-to-quality” story, medical office benefits from healthcare demand, aging demographics, outpatient care expansion, and the continued growth of major health systems throughout the county.” Scott Cranston

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Self Storage

Market Focus: Connecticut Self-Storage Outlook

- Self-storage remains a preferred alternatives theme. While the attached transaction export includes closed activity such as 1 Sinco Place in East Hampton, the broader institutional rationale is the same as EAC's local thesis: low tenant-improvement burden, operational flexibility, land utility, and needs-based demand are especially valuable in a higher-cost, higher-volatility capital environment.
- The report's strategic recommendations elevate storage alongside senior housing and medical office as a preferred allocation area for 2026-2027, particularly in supply-constrained nodes.
- Marketing should stress recession resistance, operational flexibility, and the ability to capture demographic and moving-related demand without requiring heavy tenant improvements.



"In parallel to Class A Office or in contrast to Office conversion to Multi/Mixed Use Investors continue to view storage as one of the more resilient commercial real estate asset classes because demand is stable, occupancy has improved, and new supply growth is slowing" Scott Cranston

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Senior Housing

Market Focus: Connecticut Senior Housing Outlook

- Senior housing is another favored alternative sector in the EAC outlook, with demand underpinned by aging demographics rather than the broader office or consumer cycle. PGIM identifies senior housing as a high-conviction strategy supported by growth in the 80-plus population segment, low vacancy, and a limited supply pipeline.
- Senior housing and healthcare-reuse demand are visible in the transaction file through skilled nursing, rehabilitation, former care-facility, and senior-oriented land or redevelopment opportunities, including Kent, Ansonia, Norwich, South Windsor, Watertown, Groton, Enfield, Mansfield, and East Hampton under-contract or closed activity.
- For investor and owner messaging, the sector should be framed around demographic inevitability, operating specialization, and longer-duration demand visibility.



“Senior housing provides demographic inevitability, higher yields, and structurally limited supply, making it a durable, need-based complement to traditional apartments. Multifamily remains more liquid and operationally simple, but its performance is tightly linked to employment, interest rates, and supply cycles. Investors should view senior housing as a specialized, higher-yield within residential, offering diversification and long-duration demand stability relative to cycle-sensitive multifamily. Gerry Casimir

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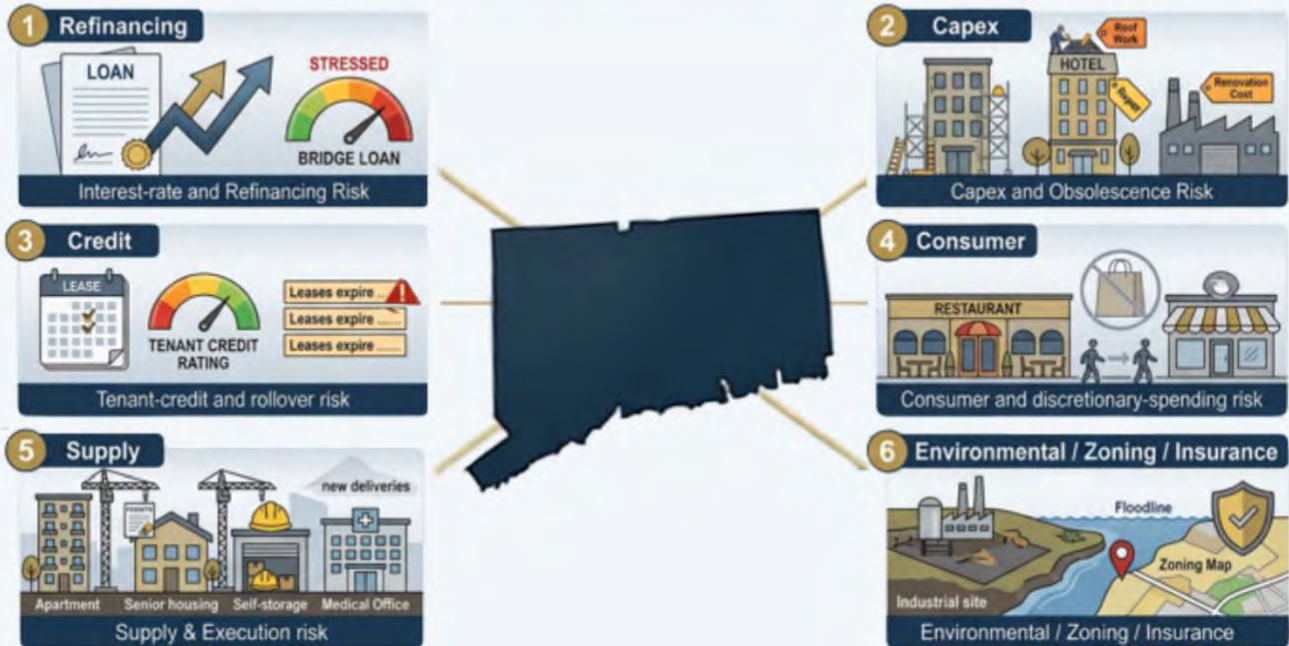
Key Risks to Monitor

- **Interest-rate and refinancing risk:** Higher-for-longer capital costs may continue to limit leverage, delay exits, and widen bid-ask spreads, particularly for assets requiring near-term refinancing.
- **Capex and obsolescence risk:** Office, hospitality, older industrial, and adaptive-reuse assets require disciplined budgeting for deferred maintenance, tenant improvements, PIP obligations, code compliance, and repositioning costs.
- **Tenant-credit and rollover risk:** Income durability matters more in 2026; assets with near-term lease rollover, concentrated tenancy, or weak covenant strength should be underwritten with wider reserves and conservative exit assumptions.
- **Consumer and discretionary-spending risk:** Necessity retail remains favored, but discretionary retail, restaurant-heavy assets, and hospitality business plans remain sensitive to inflation, wage pressure, and household balance-sheet stress.
- **Supply and execution risk:** Multifamily, senior housing, self-storage, and medical office remain attractive, but new deliveries, entitlement delays, labor availability, operating specialization, and local competitive supply can materially affect performance.
- **Environmental, zoning, and insurance risk:** Industrial, auto-oriented, waterfront, older office, and redevelopment assets should be reviewed carefully for environmental exposure, permitted use, flood risk, insurance cost, and municipal approval pathways.



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Connecticut CRE – Key Risks to Monitor



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EAC Closing Perspective

The balance of 2026 should reward disciplined execution rather than broad market exposure. Connecticut owners, investors, and occupiers should align strategy around assets with durable demand drivers, defensible income, and a clear path to value creation.

EAC Properties LLC recommends a selective approach centered on multifamily, necessity retail, medical office, functional industrial, senior housing, self-storage, and hospitality assets where pricing, basis, and business plan can be clearly supported by transaction evidence.

Client Action Point:

- Sellers should bring assets to market with a focused capital story
- Buyers should underwrite conservatively but move decisively on assets with durable income and limited replacement supply
- Tenants should secure high-functioning space before quality options tighten further.



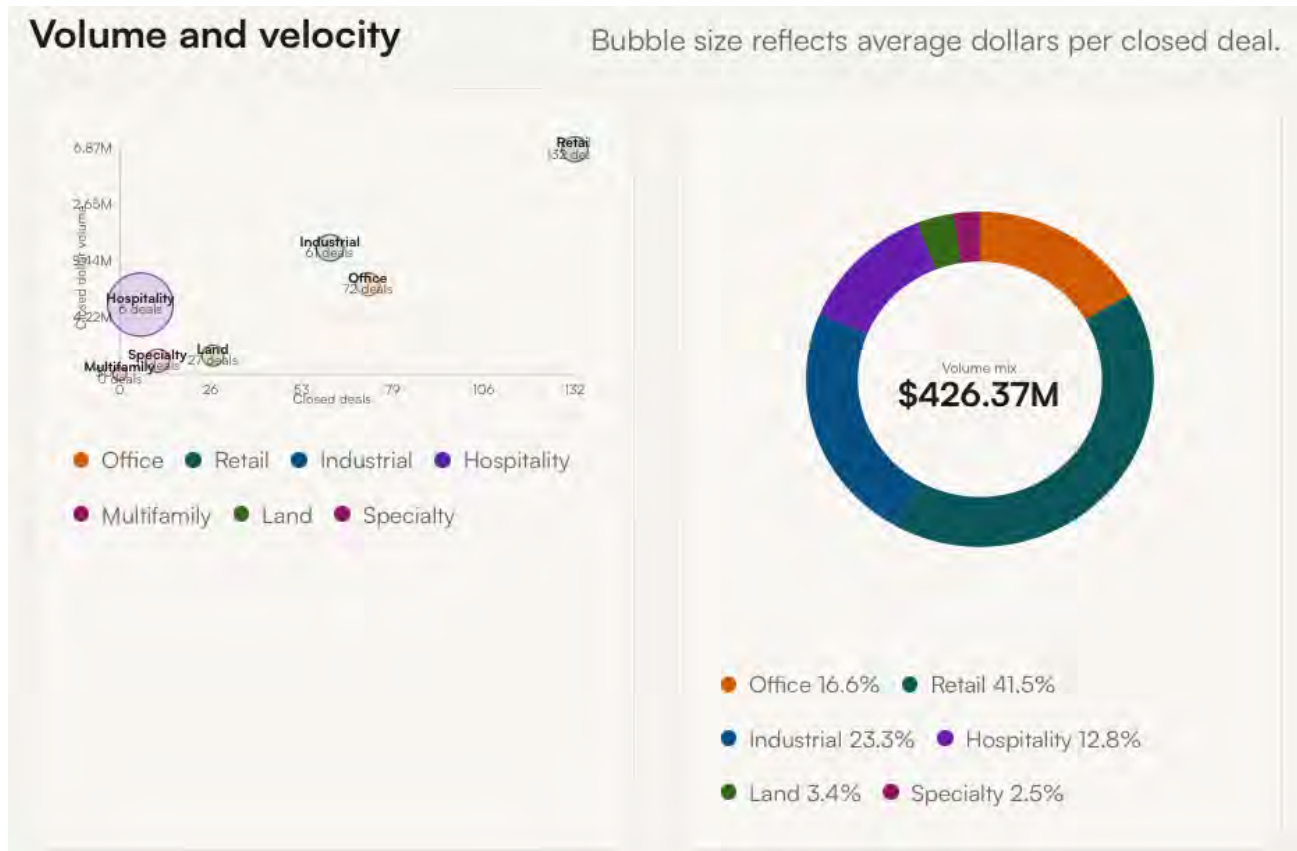
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YOUR KEY TO THE NEXT ERA OF REAL ESTATE BROKERAGE

EAC Properties Summary Market Overview

Midyear 2026 points to a more selective Connecticut commercial real estate market: pricing and liquidity are present, but outcomes vary sharply by asset quality, tenant profile, and submarket. Office is stabilizing in the better-located and medical-oriented segment, while commodity office remains challenged. Across the statewide sales export, closed transaction activity through June shows continued movement across retail, hospitality, office, industrial, land, and specialty assets, supporting a practical execution-focused tone rather than a broad cyclical rebound.



ASSET BREAKDOWN

Closed deals through June 2026

Includes volume share and average price per deal.

ASSET	DEALS	VOLUME	VOLUME SHARE	AVG. PER DEAL	EXECUTION SIGNAL
Office	72	\$70,628,140	16.6%	\$980,946.389	Stabilizing in better product
Retail	132	\$176,871,764	41.5%	\$1.34M	Statewide leader in flow
Industrial	61	\$99,306,710	23.3%	\$1.63M	Deep capital interest
Hospitality	6	\$54,600,000	12.8%	\$9.10M	Few trades, large tickets
Multifamily	0	\$0	0.0%	N/A	No closed sales in export
Land	27	\$14,454,063	3.4%	\$535,335.667	Targeted execution only
Specialty	11	\$10,514,000	2.5%	\$955,818.182	Niche liquidity persists

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Selected closed deals through June 2026

Property	Type	City	Sale Date	Sale Price	Price/SF
31 Putnam Grn (Part of a 2 Property Portfolio)	Multifamily	Greenwich	2026-04-21	\$215,500,000	\$735.82
1 Harbor Point Rd	Multifamily	Stamford	2026-06-23	\$152,000,000	\$456.14
255 Weaver St (Part of a 2 Property Portfolio)	Multifamily	Greenwich	2026-04-21	\$141,000,000	\$671.43
35 Talcottville Rd (Part of a 3 Property Sale)	Retail	Vernon	2026-05-28	\$56,208,149	\$201.78
75 Avonwood Rd	Multifamily	Avon	2026-05-18	\$42,000,000	\$126.37
359 Ellington Rd	Industrial	South Windsor	2026-05-29	\$40,000,000	\$190.71
8 Dorothy Dr (Part of a 13 Property Portfolio)	Multifamily	Bloomfield	2026-04-23	\$33,000,000	\$184.65
3 Brookes Ct	Multifamily	Haddam	2026-06-11	\$27,000,000	\$315.40
1 Old Canal Way (Part of a 2 Property Sale)	Multifamily	Weatogue	2026-04-30	\$22,100,000	\$196.70
65 Church St (Part of a 13 Property Portfolio)	Multifamily	Middletown	2026-04-23	\$20,500,000	\$187.24
76 Berlin Rd	Hospitality	Cromwell	2026-04-30	\$17,000,000	\$233.13
300 Brandegee Ave (Part of a 13 Property Portfolio)	Multifamily	Groton	2026-04-23	\$16,700,000	\$158.40

INTERPRETATION

Asset takeaways

CAPITAL LEADERS

Retail + Industrial

- Retail leads both deal count and dollar volume.
- Industrial posts strong capital depth with fewer transactions.
- Hospitality trades are limited but high-value on a per-deal basis.

OFFICE POSTURE

Selective stability

- Closed office activity remains active, but average pricing sits below industrial and hospitality.
- Execution should favor better-located and medical-oriented product.
- Commodity office still requires sharper underwriting and leasing assumptions.

PIPELINE READING

Execution market

- Land and specialty are moving, though with modest aggregate volume.
- Multifamily is absent from this closed-deal export through June.
- The statewide mix supports asset-specific strategy rather than macro rebound positioning.

"The pathway to profitability can be simple or complex, depending on your risk tolerance and your timeline requirements, across the board as outlined above Connecticut is full of opportunity to acquire, occupy, and grow your real estate portfolio to not only be profitability but to thrive" Andreas Senie

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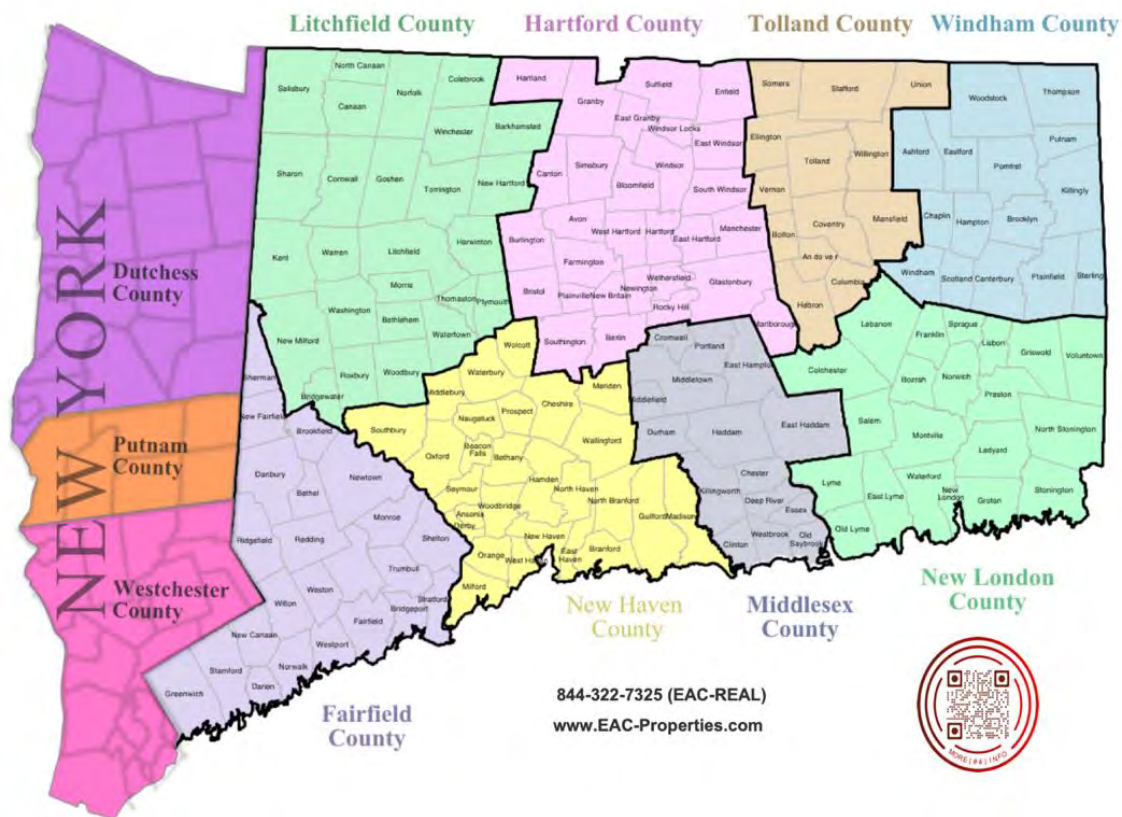
Appendix — Research Support and Evidence Base

- **Primary transaction support:** CoStar midyear Connecticut/Fairfield County market package and the Q2 2026 Connecticut closed and under-contract transaction export, including multifamily, industrial, retail, office, medical office, hospitality, land, self-storage, and senior housing / healthcare-reuse activity.
- **Macro support:** PGIM Mid-Year 2026 Global Market Outlook and CBRE Investment Management Q2 2026 Macro House View both frame the market around resilient U.S. growth, elevated inflation and energy-price risk, higher-for-longer or delayed-rate-cut conditions, and the need for selectivity, diversification, and high-quality income.
- **Real estate allocation support:** PGIM's real estate framework emphasizes low supply growth, inflation-linked income, early-cycle characteristics, and "Everyday Life" assets including housing, essential retail, medical outpatient facilities, urban logistics, and senior housing.
- **Retail support:** Inland's 2026 Retail Sector Outlook identifies retail as a structurally improved sector with national vacancy below 5%, constrained new development, stable rent growth, and strongest conviction in grocery-anchored, open-air, necessity, value, food-and-beverage, health, wellness, and service-oriented formats.



YOUR KEY TO THE NEXT ERA OF REAL ESTATE BROKERAGE

CONNECTICUT



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CONNECTICUT CRE Market Data for 2026 Q2

Fairfield • New Haven • Hartford • New London Counties

Compiled in July 2026 by Nursel Riley, EAC Properties

Fairfield County

Asset Group	Cap Rate	Vacancy	Avg Price	Avg Rent
Multifamily - 1&2 Star	7.2%	7.3%	\$190,000/unit	\$1,731/month
Multifamily - 3 Star	6.3%	5.9%	\$286,000/unit	\$2389/month
Multifamily - 4&5 Star	5.6%	5.9%	\$418,000/unit	\$2868/month
Office - 1&2 Star	9.8%	5.6%	\$180/SF	\$28.86/month
Office - 3 Star	9.0%	8.8%	\$240/SF	\$30.72/SF/Year
Office - 4&5 Star	8.5%	13.3%	\$286/SF	\$33.59/SF/Year
Retail	7.2%	3.8%	\$300/SF	\$33.00/SF/Year
Industrial	9.0%	6.1%	\$128/SF	\$15.31/SF/Year

New Haven County

Asset Group	Cap Rate	Vacancy	Avg Price	Avg Rent
Multifamily - 1&2 Star	7.7%	3.3%	\$121,000/unit	\$1474/month
Multifamily - 3 Star	6.9%	4.3%	\$186,000/unit	\$1,750/month
Multifamily - 4&5 Star	6.5%	5.3%	\$301,000/unit	\$1920/month
Office - 1&2 Star	10.7%	5.1%	\$110/SF	\$20.49//SF/Year
Office - 3 Star	10.1%	5.5%	\$150/SF	\$22.20/SF/Year
Office - 4&5 Star	9.0%	7.9%	\$255/SF	\$23.05/SF/Year
Retail	8.0%	6.1%	\$157/SF	\$19.33/SF/Year
Industrial	10.2%	6.4%	\$74/SF	\$10.44/SF/Year

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CT CRE Market Data for 2026 Q2

Fairfield • New Haven • Hartford • New London Counties

Compiled in July 2026 by Nursel Riley, EAC Properties

Hartford County

Asset Group	Cap Rate	Vacancy	Avg Price	Avg Rent
Multifamily - 1&2 Star	7.8%	4.0%	\$119,000/unit	\$1,519/month
Multifamily - 3 Star	6.7%	4.1%	\$187,000/unit	\$1,727/month
Multifamily - 4&5 Star	6.2%	4.2%	\$306,000/unit	\$1,861/month
Office - 1&2 Star	11.7%	6.0%	95\$/SF	\$20.89/SF/Year
Office - 3 Star	11%	7.1%	\$110/SF	\$21.60/SF/Year
Office - 4&5 Star	10.5%	9.8%	\$135/SF	22.20/SF/Year
Retail	8.7%	4.4%	\$143/SF	\$18.2/SF/Year
Industrial	8.3%	5.5%	\$81/SF	\$9.51/SF/Year

New London County

Asset Group	Cap Rate	Vacancy	Avg Price	Avg Rent
Multifamily - 1&2 Star	7.2%	4.1%	\$117,000/unit	\$1,591/month
Multifamily - 3 Star	6.4%	4.2%	\$192,000/unit	\$1,784/month
Multifamily - 4&5 Star	6.0%	4.5%	\$281,000/unit	\$1882/month
Office - 1&2 Star	10.3%	2.5%	\$95/SF	\$21.50/SF/Year
Office - 3 Star	9.7%	4.4%	\$158/SF	22.75/SF/Year
Office - 4&5 Star	9.3%	3.9%	\$231/SF	22.80/SF/Year
Retail	8.2%	3.4%	\$136/SF	\$16.22/SF/Year
Industrial	8.7%	3.9%	\$71/SF	\$10.44/SF/Year

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