

Abu Dhabi Real Estate Market Overview

Q1 2026 Performance & Outlook

MPM CONNECTS Research with Market Intelligence



Our Advantage

We manage one of the largest mainland property portfolios in Abu Dhabi, supported by strong operational capabilities and deep market expertise.

180

Billion AED+
Value of investments
advised

100

Billion AED+
Value of commercial &
residential valuations

200

Billion AED+
Value of assets under
management

96%

Portfolio
Occupancy rate
across UAE

12

Million sqft
Total area of real estate
under management

300

Thousand+
Total lease transactions

75

Billion AED+
Value of developments
advised on

04

Offices
Across the United Arab
Emirates

Registered
as a firm Regulated by



Real Estate Market Outlook

Q1 2026 reflected a period of overall stability across Abu Dhabi's real estate market, set against a backdrop of heightened geopolitical uncertainty and evolving global cost pressures. While the escalation of US–Iran tensions introduced volatility through energy markets and logistics channels, the direct economic impact on the emirate remained limited during the quarter. Strong fiscal buffers, elevated hydrocarbon revenues and continued momentum across non-oil sectors supported occupier confidence and reinforced real estate fundamentals across residential, office and retail segments.



Residential markets remained supported by off-plan launches and constrained completed supply, while leasing markets across office and retail demonstrated strength through strong renewals, selective expansion and improving deal quality. Rental growth moderated on a quarterly basis in several mature submarkets, signalling consolidation rather than any structural reversal in fundamentals. Transactional activity and pricing trends indicate a market transitioning from rapid growth to a more balanced phase, with demand increasingly focused on quality, location and value rather than volume-led expansion.



Across asset classes, Q1 activity data should be read with an element of caution, as reporting lags mean market indicators may not yet fully capture the behavioural impact of recent geopolitical developments. Q2 2026 is expected to provide greater clarity on the extent to which external uncertainty translates into tangible market adjustments. Any headwinds arising from higher input costs, changing business sentiment or occupier caution is more likely to be reflected in leasing decisions, absorption rates and deal structures rather than in widespread price or rental corrections. Landlords in secondary residential and office submarkets may adopt more targeted measures, including selective incentives, flexible lease terms or phased commitments, to support occupancy and transaction momentum, if this happens.

Notwithstanding these potential near-term adjustments, Abu Dhabi's real estate market remains well positioned. A controlled supply pipeline, strong holding power among owners, sustained population and employment growth, and continued government-led economic diversification provide a solid foundation for medium-term stability. Barring a prolonged escalation in external shocks, market dynamics are expected to remain orderly, with any Q2 softening likely to be tactical and short-lived rather than indicative of a broader market downturn.

Macroeconomics

The escalation of tensions between the US and Iran in late February 2026 has introduced an element of heightened regional risk, largely via global energy markets and maritime trade channels rather than through direct disruption to Gulf economies. Market attention has centred on the Strait of Hormuz, where

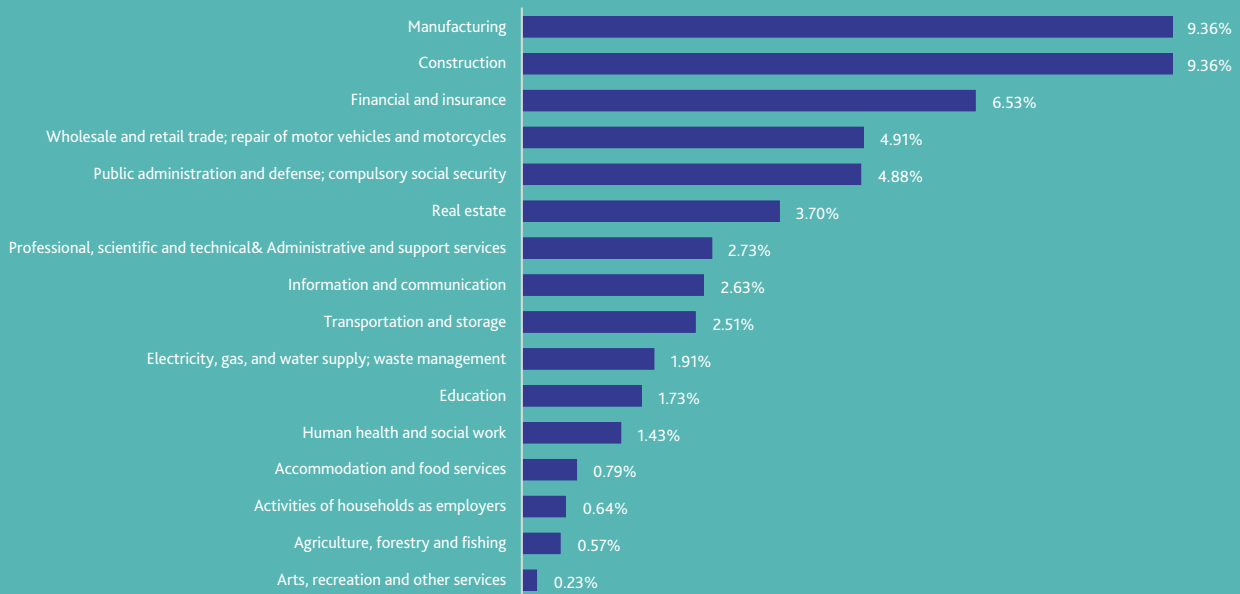
precautionary changes in shipping operations have led to adjusted freight costs and insurance premiums. Energy markets reacted swiftly, reflecting short-term supply risk perception and inventory building rather than any sustained loss of production capacity.

“ Notwithstanding these dynamics, the direct macroeconomic impact on GCC economies has remained limited to date. Elevated hydrocarbon prices continue to support fiscal positions, while broader risks are largely indirect, including energy price volatility, higher logistics costs and modest pressure on global demand. Against this backdrop, Abu Dhabi’s economy remains supported by strong fiscal buffers, ongoing diversification efforts and strong non-oil sector activity. ”

Based on the latest available data, Abu Dhabi’s GDP expanded by 5% over the first nine months of 2025 year-on-year, with non-oil activity growing by 6.8%. Non-oil sectors accounted for an estimated 54% of total GDP, supported by broad-based performance across manufacturing (AED 30.5 billion of value added;

9.4% of GDP), construction (up 13.9% y-o-y; 9.4% of GDP), financial and insurance services (up 8.5%; 6.5% of GDP), real estate (up 13.1%; 3.7% of GDP), and utilities, where electricity, gas, and water supply rose by 16.2% y-o-y, contributing 1.9% of GDP.

Contribution of Non-Oil Economic Activities to Abu Dhabi’s GDP in Q3 2025



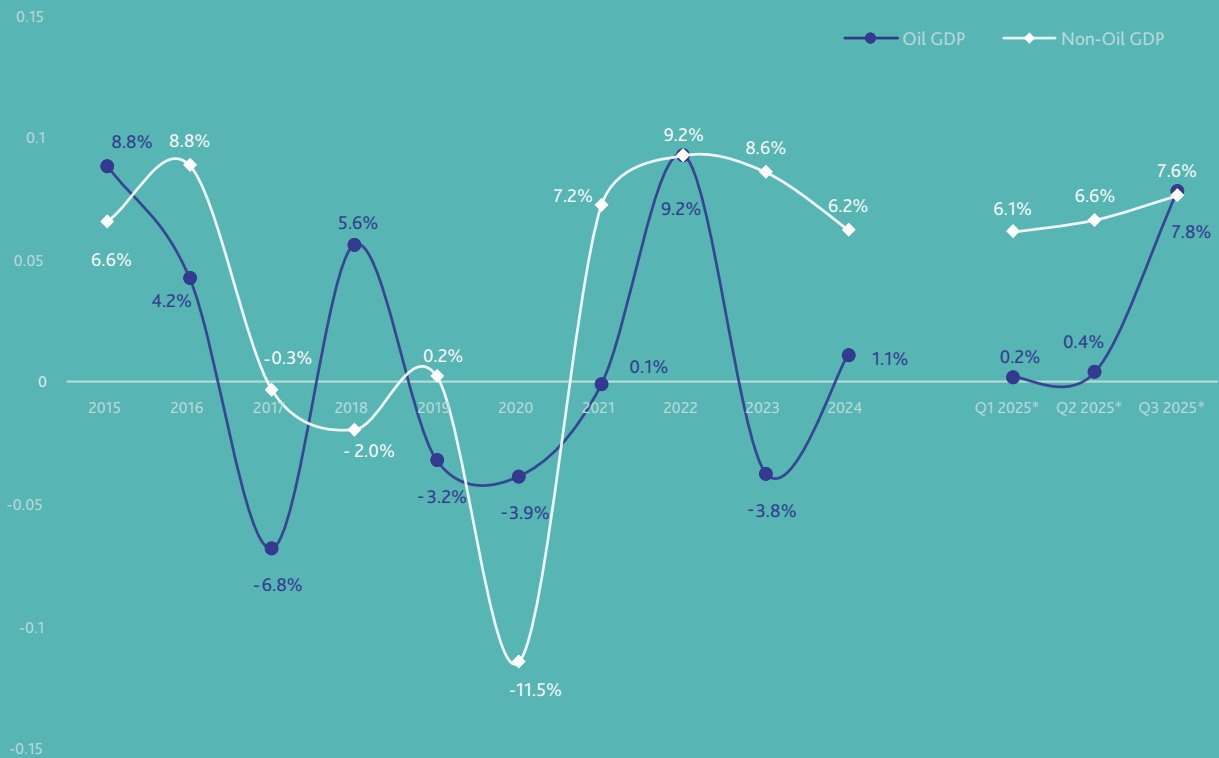
Source: Statistics Centre - Abu Dhabi

According to latest figures from Statistics Centre Abu Dhabi (SCAD), annual inflation stood at 1.5% in December 2025, up modestly from 0.9% in November, while full-year average inflation remained close to 1.6%. Central Bank of the UAE projections suggest inflation will remain within the 1.8% to 2.0% range, maintaining favourable conditions for investment across real assets.

Latest census data (2024) reported Abu Dhabi's population reaching 4.14 million, while employment increased by 9.1% to 2.76 million. Growth was led by blue-collar roles (+11.4%), reflecting sustained infrastructure delivery and project execution, alongside steady expansion in white-collar employment (+6.4%).

“ The IMF has marginally revised its UAE GDP growth outlook to approximately 3.1% in 2026, reflecting heightened geopolitical uncertainty and broader global macroeconomic risks. Growth is expected to remain supported by higher hydrocarbon production alongside continued strength across non-oil sectors, including construction, financial services, tourism and real estate. The medium-term growth trajectory will depend on the duration of external disruptions and the extent to which energy markets, trade flows and wider global conditions stabilise. ”

Abu Dhabi GDP Y.o.Y Growth 2015 to Q3 2025



*Preliminary Estimates
Source: Statistics Centre - Abu Dhabi



Residential Market Overview



Market Insight

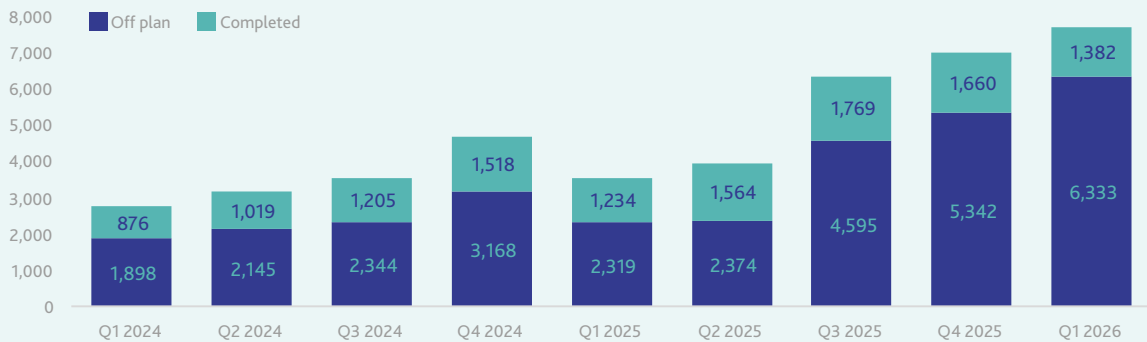
Abu Dhabi's residential market in Q1 2026 was led by off-plan sales activity, supported by new launches. Sales prices remained largely stable on a quarterly basis, with prime island communities continuing to record clear year-on-year growth. Rental activity eased compared to previous quarters, indicating a shift toward a more balanced phase despite continued annual rent growth across most segments.

Residential Demand

A total of 7,715 residential sale transactions were registered during the quarter, reflecting a 10% quarter-on-quarter increase compared to the preceding period. As transaction registrations

typically lag agreed deal dates, activity may not yet fully reflect any direct impact from the late-quarter escalation in geopolitical tensions.

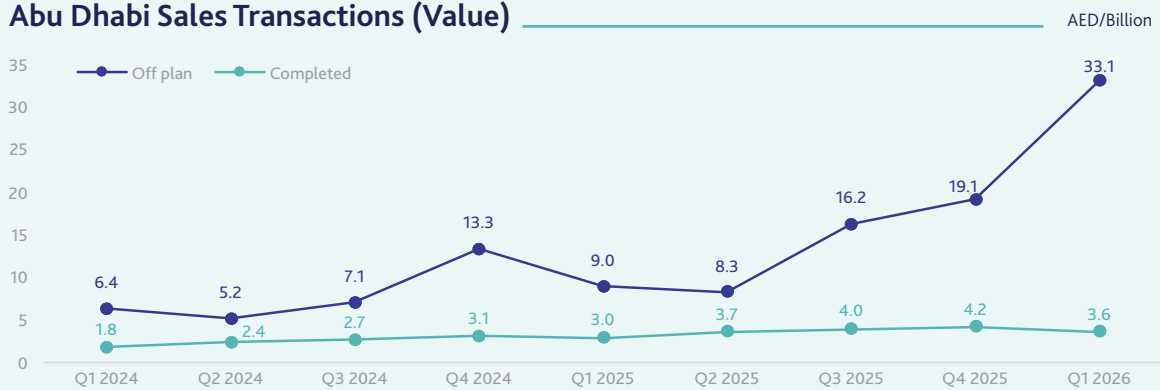
Abu Dhabi Sales Transactions (Volume)



Source: MPM Research/Quanta, Q1 2026

“ The quarter recorded 5,708 apartment sales with a combined value of AED 16.98 billion, alongside 2,007 villa transactions totalling AED 19.77 billion. Off-plan sales accounted for AED 33.1 billion, representing approximately 90% of total transaction value and marking a 73% q-o-q increase. More than half of this value was concentrated within a limited number of premium launches across Saadiyat, Al Hudayriyat, Yas and Fahid Islands, highlighting continued demand for well-located, master-planned developments. ”

Abu Dhabi Sales Transactions (Value)



Source: MPM Research/Quanta, Q1 2026

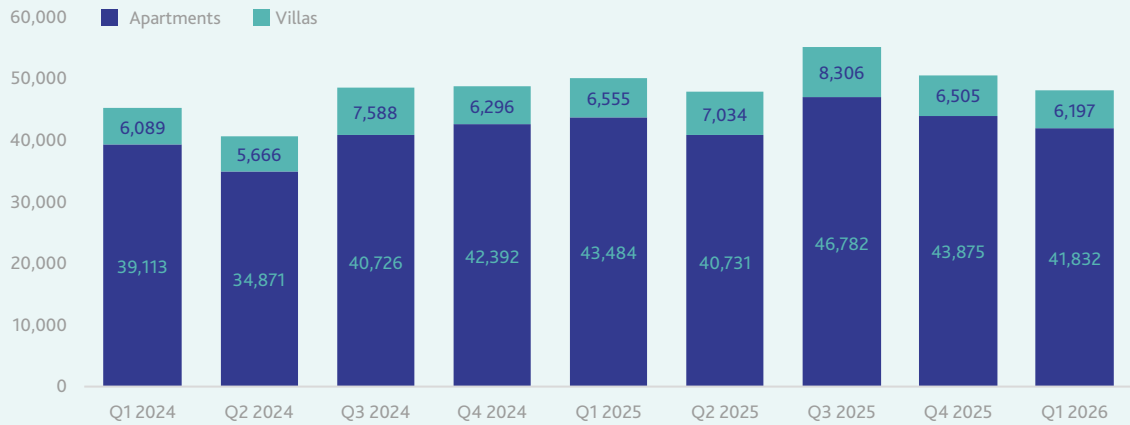
While overall transaction volumes remain healthy, the underlying composition of activity continues to evolve. Off-plan transactions remain the primary driver of market momentum, supported by new project launches and phased development strategies, while resale activity for completed stock has softened modestly amid limited availability. This divergence reflects an increasingly divided

market, comprising an off-plan segment driven by new supply and a completed segment constrained by tight inventory. Notably, resale values for completed apartments and villas continued to post marginal year-on-year increases, with observed quarter-on-quarter moderation indicative of a healthy repricing phase rather than a weakening of fundamentals.

During Q1 2026, Abu Dhabi's residential rental market recorded 48,029 lease transactions, broadly stable and reflective of a market consolidating following an extended period of strong growth. Apartment leasing activity accounted for 41,832 transactions, while villa leases totalled 6,197, with only marginal quarter-on-quarter movement across both segments. Total rental values reached AED

4.21 billion, moderating by 6% q-o-q as growth normalised from elevated levels. Rental market dynamics continue to point to sustained underlying demand, steady occupancy rates and a transition toward a more balanced phase, characterised by greater stability and reduced reliance on headline rental escalation.

Abu Dhabi Leasing Transactions (Volume)



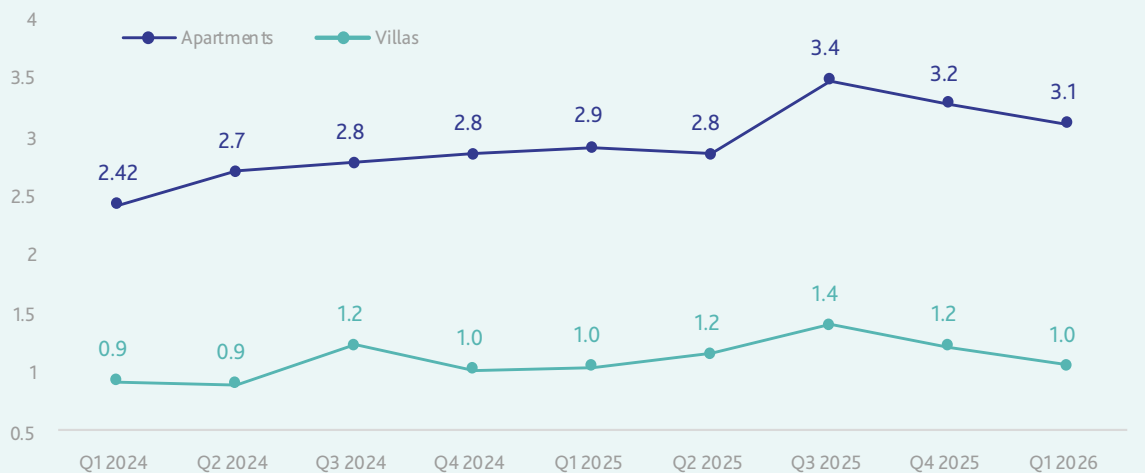
Source: MPM Research/Quanta, Q1 2026



These dynamics reflect differing adjustment speeds between the ownership and leasing markets, with sales activity responding more directly to new launches, while rental markets consolidate after sustained growth.



Abu Dhabi Leasing Transactions (Value)



Source: MPM Research/Quanta, Q1 2026

Residential Supply

Q1 2026 saw the completion of six residential projects delivering approximately 3,000 units, with the majority of supply coming from Yas Golf Collection and Radiant Square on Yas and Reem Islands respectively. During the same quarter, twelve new residential projects were launched, introducing at least 1,500 units, including developments such as Manchester City Yas Residences, SENSI, Baccarat Residences Saadiyat, Bab Al Qasr Residences 28, Flow 25, Tara Park, Jumeirah Residences, The Bristol

Ramhan Island, Al Reeman Gate, Luluat Marina, BAIA and Hilton Residences Abu Dhabi.

Abu Dhabi's residential supply has expanded steadily over the past decade, reaching an estimated 315,000 units by Q1 2026. While development pipelines have consistently indicated higher delivery volumes, actual completed supply has generally trailed forecasted figures, as project phasing, construction timelines and selective launch strategies continue to push deliveries into later periods.



Higher construction material costs and intermittent supply chain constraints, partly linked to global logistics disruptions and shipping route bottlenecks have contributed to extended build timelines for selected projects. Annual completions have averaged between 4,000 and 10,000 units in recent years, supporting a more measured supply profile. Looking ahead, the pipeline is expected to accelerate between 2026 and 2029, with forecast annual additions ranging from approximately 8,000 to 16,600 units. Final delivery figures are likely to remain subject to absorption trends and developer discipline.



Abu Dhabi Residential Supply 2022 - 2030E

No. of Units in '000s



Source: MPM Research, Q1 2026

Residential Sales Prices

Abu Dhabi's residential sales market maintained positive pricing movement in Q1 2026 across both apartments and villas, supported by end-user demand and limited availability of completed good quality stock. While some markets showed signs of quarterly stabilisation following strong gains in recent periods, annual price growth remained firmly positive across the majority of communities.

Apartment prices were led by prime island and waterfront locations. Saadiyat Island continued to outperform, with Park View reaching AED 1,750 per sqft (+4.5% q-o-q, +21% y-o-y) following strong quarterly growth. Yas Island also recorded a strong performance, with Waters Edge rising to AED 1,800 per sqft (+2.9% q-o-q, +20% y-o-y). Established Al Raha Beach developments such as Al Zeina and Al Hadeel registered steady quarterly gains.

Mid-market apartment submarkets including Shams Abu Dhabi, Marina Square and City of Lights experienced modest quarterly growth or price stability, signalling a period of consolidation. More affordable communities such as Al Reef and Al Ghadeer recorded stronger percentage gains from a lower base, while limited quarterly softening in select mature developments was offset by continued healthy year-on-year appreciation.

Apartment Sale Prices and Price Changes - Q1 2026



Source: MPM Research, Q1 2026



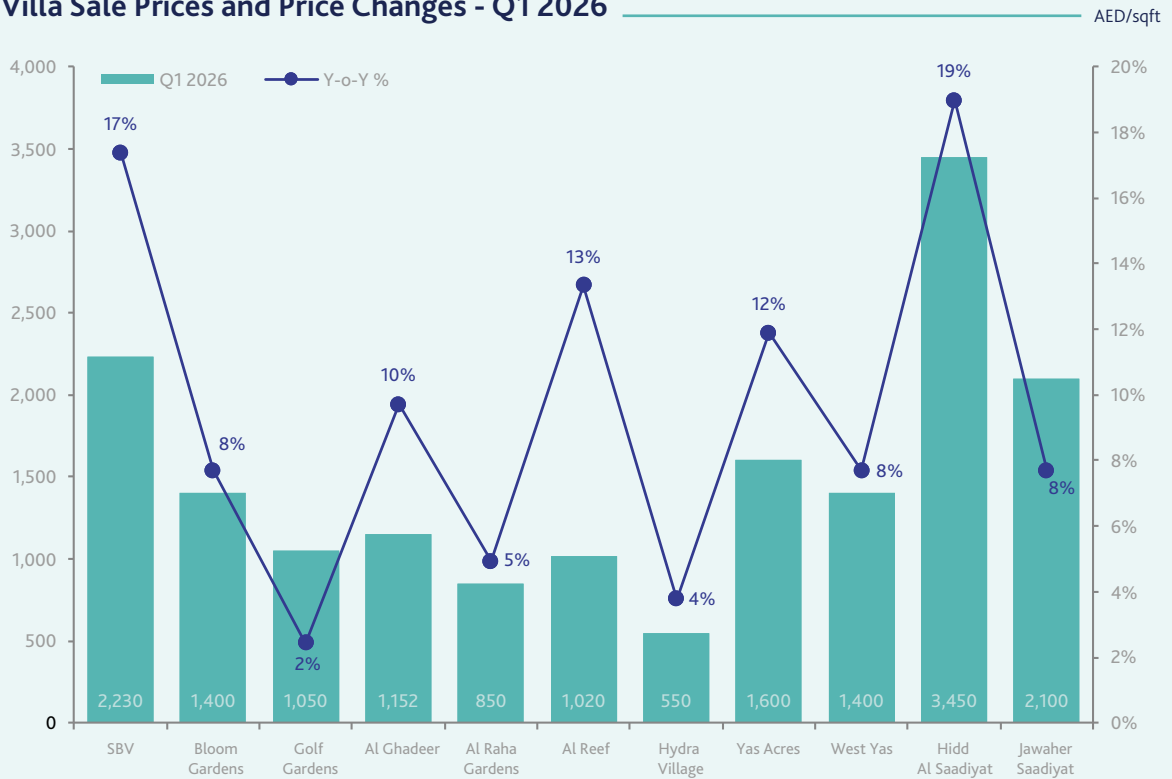
Villa prices followed a similar pattern, with strongest growth concentrated in prime island and masterplanned communities. Saadiyat Island villas remained the most premium, with Hidd Al Saadiyat averaging AED 3,450 per sqft (+1% q-o-q, +19% y-o-y). Yas Acres recorded a quarterly uplift to AED 1,600 per sqft (+3% q-o-q), while established suburban locations were largely flat on a quarterly basis but continued to post steady annual growth.



The market has entered a short-term pause as some investors and end users adopt an understandable cautious, wait and see approach amid broader economic and geopolitical uncertainty. This more measured sentiment has moderated deal velocity in certain segments, but pricing has remained largely

stable as most sellers demonstrate strong holding power and limited urgency to transact. As a result, no widespread downward price adjustments have been observed, with prices being stable across both prime and mid market locations.

Villa Sale Prices and Price Changes - Q1 2026



Source: MPM Research, Q1 2026

Residential

Rental Prices

Abu Dhabi's residential rental market displayed a more measured pace of growth in Q1 2026, with quarter-on-quarter movements moderating across both apartments and villas following strong increases in prior periods. Across the apartment segment, quarterly changes were generally modest, ranging from flat to mid-single-digit growth in most locations. Established island and waterfront communities including Shams Abu Dhabi, Yas Island, Saadiyat Beach and Najmat and Tamouh continued to record quarterly uplifts of between 2% and 7%, while more mature submarkets including Marina Square and parts of Khalifa City experienced flat or marginal softening.

Villa rents also reflected a largely stable quarterly performance, with limited volatility across most communities. Prime island locations such as Saadiyat and Yas Islands, recorded small quarterly increases of up to 4%, supported by constrained

supply of family housing and steady tenant demand. Elsewhere, suburban and off island villa communities including Al Raha Gardens, Khalifa City and Mushrif Gardens reported broadly flat quarterly performance, suggesting a maturing rental cycle after sustained uplifts over recent years. Value oriented locations such as Hydra Village continued to show modest quarterly growth, supported by affordability driven demand.

On an annual basis, rental performance remained firmly positive across both apartments and villas. Apartment rents recorded double digit year-on-year growth, while villa rents continued to outperform in prime island locations and established family developments. Q1 2026 rental trends highlight a market transitioning from rapid growth to a more balanced phase, where strong annual gains are increasingly accompanied by quarterly stabilisation across mature submarkets.














Residential rental yields are expected to remain strong in the near to medium term, supported by a sustained structural undersupply relative to demand. Based on MPM forecasts, Abu Dhabi's cumulative demand is expected to continue exceeding supply through to 2030, although the demand-supply gap is projected to gradually narrow as new stock is phased into the market. This dynamic suggests that rentals are likely to be strongest in newer, well-amenitised developments and prime island locations where product quality, efficiency and lifestyle offerings remain key differentiators. Older or less competitive stock may face comparatively more limited rental upside rather than outright weakness. The absence of a supply overhang implies that broad-based yield compression risks remain contained.














Residential Apartments & Villas Rents



Apartments AED/unit/annum

Area Name	Studio	1 Bedroom	2 Bedroom	3 Bedroom	Y.o.Y%
 Al Bateen	74,000	95,000	130,000	185,000	▲ 5%
 Al Nahyan Camp	52,000	66,000	91,000	120,000	▲ 6%
 Al Raha Beach	75,000	100,000	133,000	170,000	▲ 8%
 Marina Square	63,000	82,000	120,000	155,000	▲ 6%
 Shams Abu Dhabi	68,000	95,000	125,000	150,000	▲ 18%
 Saadiyat Beach	70,000	100,000	165,000	210,000	▲ 12%
 Yas Island	75,000	100,000	135,000	176,000	▲ 10%
 Najmat & Tamouh	55,000	80,000	114,000	140,000	▲ 16%
 Al Muneera	-	100,000	135,000	180,000	▲ 16%
 Al Reef	52,000	68,000	85,000	98,000	▲ 18%
 Khalifa City	50,000	65,000	95,000	135,000	▲ 7%

Villas AED/unit/annum

Area Name	2 Bedroom	3 Bedroom	4 Bedroom	5 Bedroom	Y.o.Y%
 Bloom Gardens	-	213,000	240,000	250,000	▲ 9%
 Khalidiya / Bateen	-	185,000	205,000	240,000	▲ 17%
 Mushrif Gardens	-	172,000	200,000	225,000	▲ 7%
 Al Raha Beach	-	270,000	305,000	365,000	▲ 7%
 Hydra Village	75,000	95,000	-	-	▲ 17%
 Hidd Al Saadiyat	-	-	560,000	720,000	▲ 9%
 Saadiyat Island	-	-	455,000	500,000	▲ 7%
 West Yas	-	-	305,000	335,000	▲ 15%
 Yas Acres	220,000	260,000	365,000	405,000	▲ 7%
 Al Raha Gardens	-	169,000	192,000	230,000	▲ 8%
 Khalifa City	-	160,000	190,000	210,000	▲ 14%



Office Market
Overview



““ Abu Dhabi’s office stock reached around 3.4 million sqm of GLA in 2026, with new supply remaining limited following muted deliveries in recent years. This measured supply environment has supported higher occupancy levels in prime areas and gradual rental growth across selected submarkets.

Market
Insight

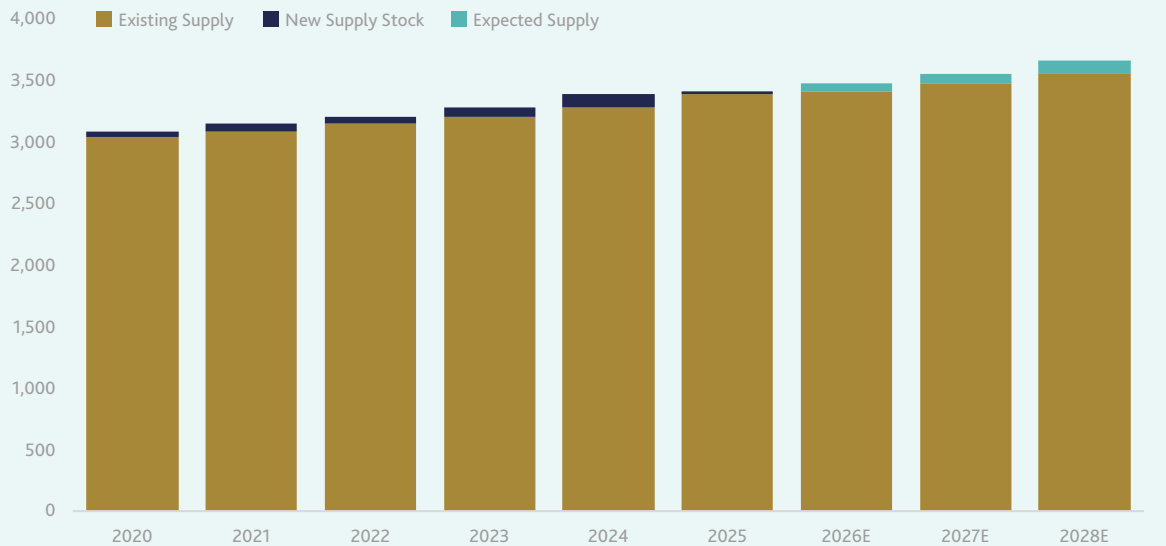
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Office Supply

Abu Dhabi's office market supply continues to expand at a measured pace, with total existing stock reaching approximately 3.4 million sqm of GLA in 2026. New supply has moderated significantly in recent years, with only 25,000 sqm delivered in 2025 and no major completions recorded in 2026 to date. Looking ahead, the development pipeline remains relatively contained, with around 65,000 sqm expected in

2026 driven by the expected completion of Shams Business Tower and Masdar City Square, followed by gradual increases through 2027 and 2028. This controlled supply environment has supported improving occupancy levels in prime locations and contributed to rental growth across several key submarkets.

Abu Dhabi Office Supply 2020 - 2028E



Source: MPM Research, Q1 2026



Leasing activity remained stable in Q1 2026, with total office rental transactions edging up slightly, supported by continued new leasing activity and stabilised renewals. While some occupiers adopted a more selective approach to space requirements, renewal volumes held firm, reflecting a preference to retain well-located, high-quality offices amid a gradually firming rental environment.



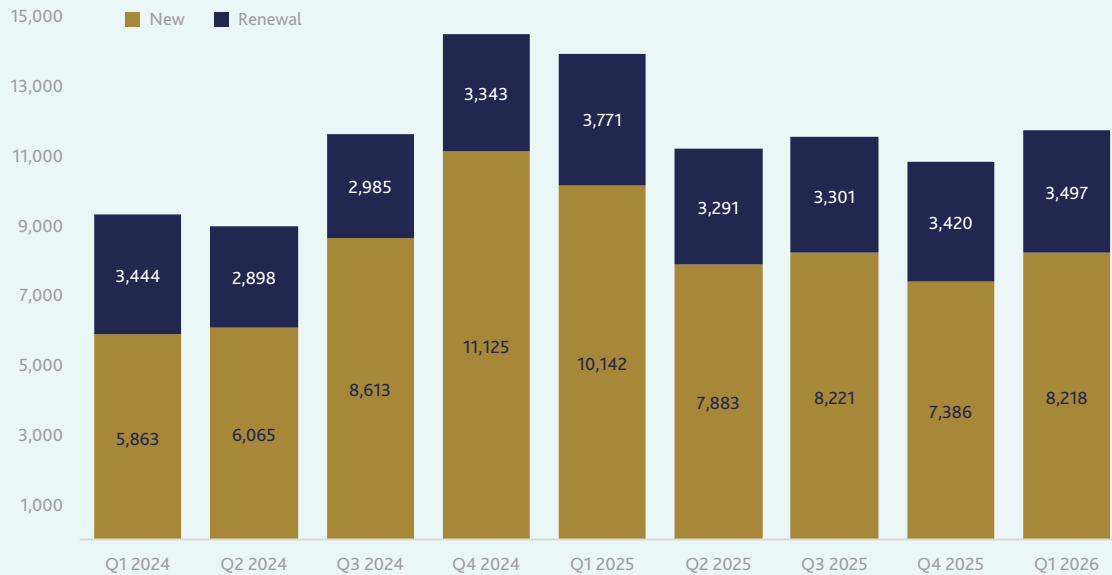
In value terms, total leasing value amounted to AED 0.9 billion, representing a 14% y-o-y and 25% q-o-q softening, partly cushioned by firmer renewal

values. The data points to a market transitioning from volume-led expansion toward more quality-focused and deliberate leasing strategies.

This underlying demand base is reinforced by continued economic and business growth as indicated by ADGM. Active licences increased to 12,671, supported by 2,921 new issuances during 2025. The number of operational entities expanded

by 47% y-o-y to 3,495, driving total employment to 44,339 compared to 29,338 in the prior year, providing a strong foundation for sustained medium-term office demand.

Office Leasing Transactions (Volume)



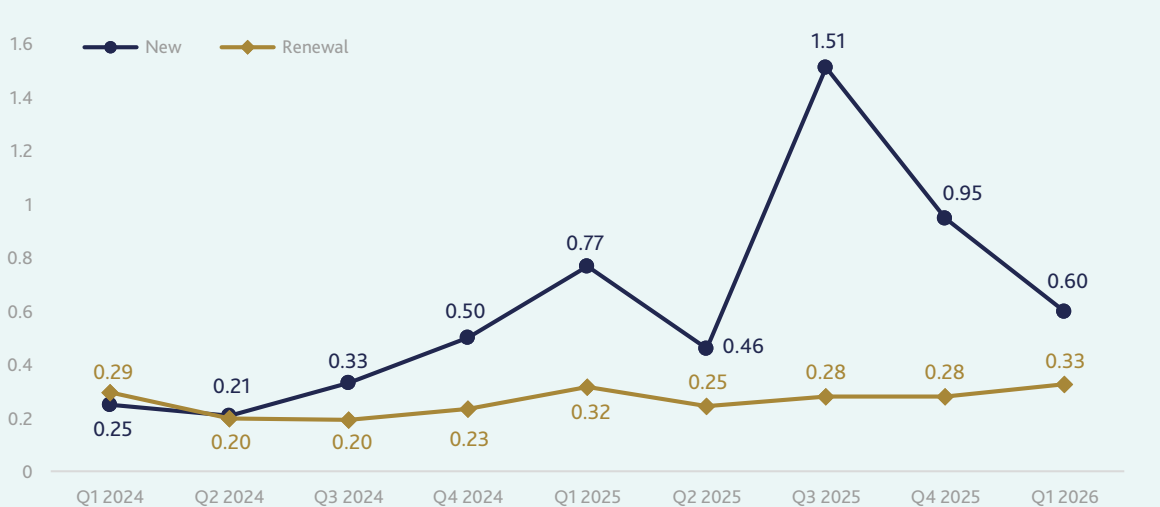
Source: MPM Research, Q1 2026



Rental performance in Abu Dhabi’s office market showed more pronounced q-o-q differentiation in Q1 2026, with growth concentrated in select prime locations and mild corrections elsewhere. Core business districts continued to register incremental quarterly uplifts, while rental levels stabilised across several secondary submarkets. Al Maryah Island remained the market’s most premium location, with rents holding steady at AED 300 per sqft, following strong increases in prior quarters.



Office Leasing Transactions (Value)



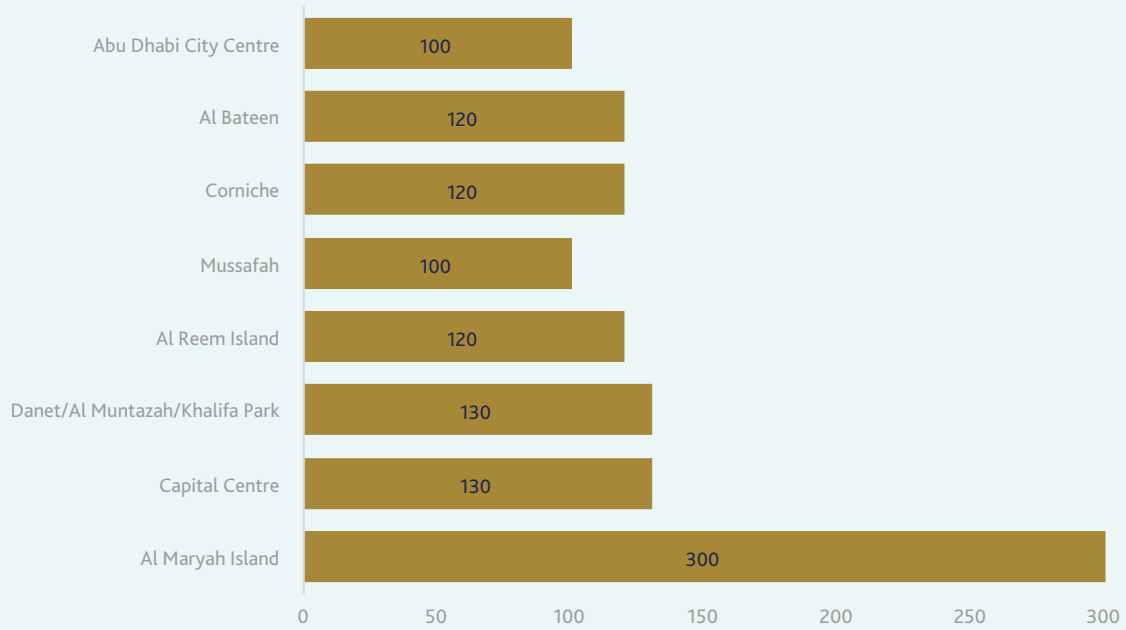
Source: MPM Research, Quanta, Q1 2026



Elsewhere, quarterly rental gains were observed in Abu Dhabi City Centre, Mussafah and the Corniche, supported by limited new supply and steady occupier demand, particularly from professional services and government-linked entities. In contrast, locations such as Al Reem Island and Capital Centre experienced modest q-o-q softening, reflecting short term tenant pushback and selective absorption, although rents remained materially higher than a year ago. Quarterly movements point to a maturing rental cycle, with prime locations continuing to outperform while secondary areas enter a period of consolidation.



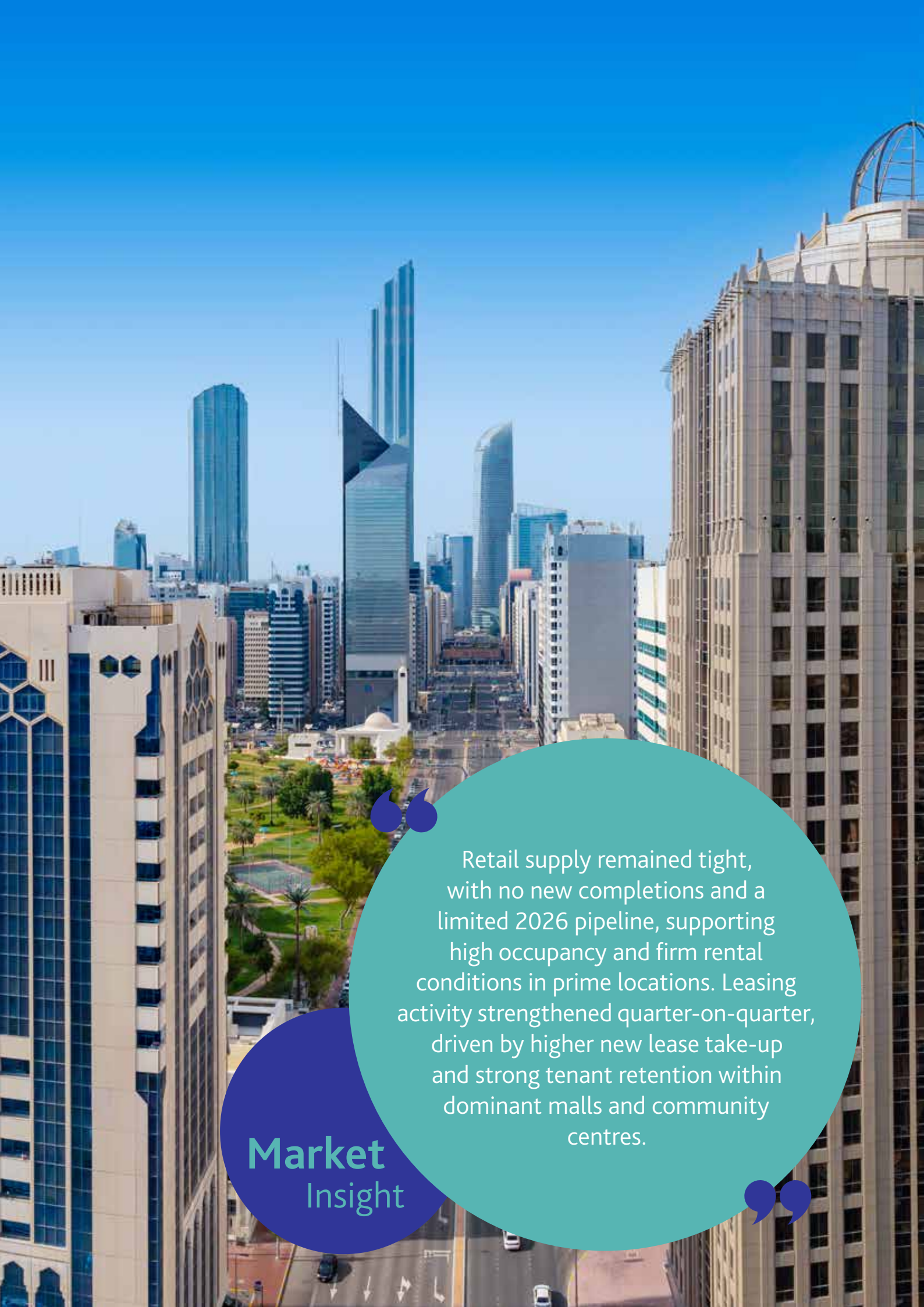
Average Annual Rents by Location (Shell & Core) - Q1 2026 (AED/sqft/Annual)



Source: MPM Research, Q1 2026



**Retail Market
Overview**



“ Retail supply remained tight, with no new completions and a limited 2026 pipeline, supporting high occupancy and firm rental conditions in prime locations. Leasing activity strengthened quarter-on-quarter, driven by higher new lease take-up and strong tenant retention within dominant malls and community centres. ”

**Market
Insight**

Retail Supply

Abu Dhabi's total retail real estate stock reached approximately 3.77 million sqm in Q1 2026. This covers large malls, small-to-medium sized malls, big-box retail, street retail and community centres. Near term supply remains manageable, with four retail mall developments delivering approximately 90,000 sqm expected in 2026 namely Saadiyat Grove Mall and Saadiyat Lagoon Community Retail

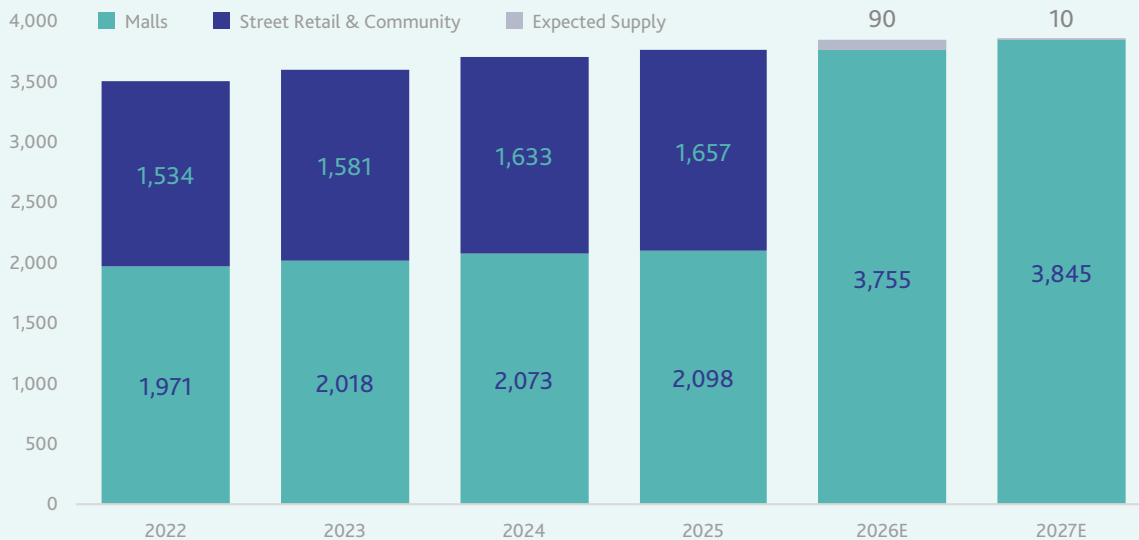
in Saadiyat Island as well as Mara Mall and Spot Mall in Al Shamkha. Retail development pipeline beyond 2026 remains measured placing upward pressure on occupancy and rentals. Continued population growth alongside steady tourism activity also remains a key driver of retail sales and rental stability across prime locations.



During the quarter, Aldar and Mubadala completed a strategic joint venture to create a new AED 10 billion retail platform that will play a central role in positioning Abu Dhabi as a global destination for curated luxury retail. Managed by Aldar, the platform brings together Yas Mall and The Galleria Luxury Collection with a combined gross leasable area of approximately 260,000 sqm and occupancies of 99% and 92% respectively. This consolidation is expected to generate value through scale, integration and active asset management. The initiative also complements the wider expansion of Al Maryah Island and reinforces Abu Dhabi's strategy to develop high-performing, experience-led retail assets that enhance the emirate's global retail appeal.



Abu Dhabi Retail Supply 2022 - 2027E GLA (in '000 sqm)

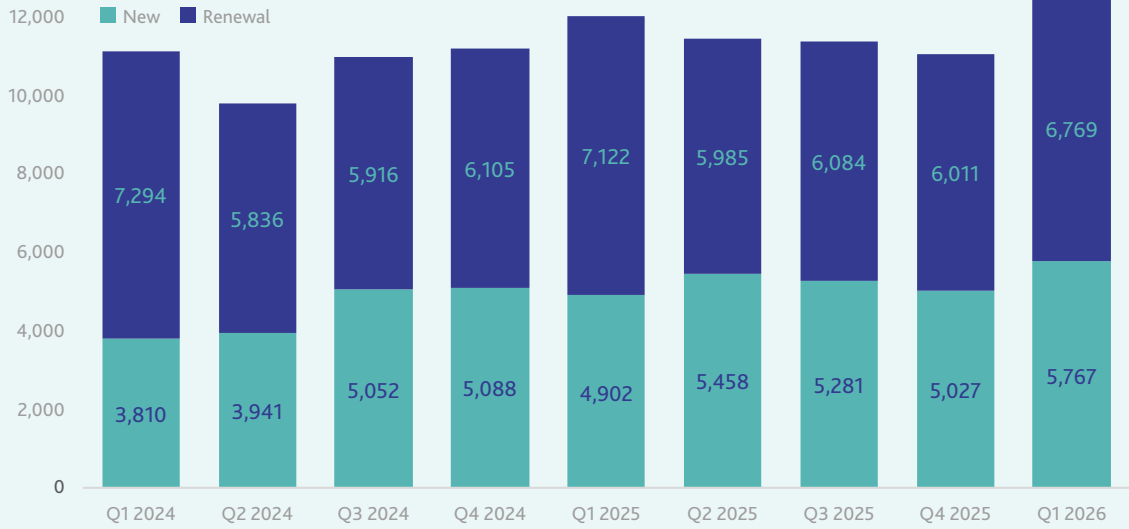


Source: MPM Research, Abu Dhabi Real Estate Centre (ADREC), Q1 2026

Leasing activity strengthened on a quarter-on-quarter basis, with total rental transactions rising 14% q-o-q to 12,536 deals, marking the highest quarterly volume in over a year. New leases increased by 15% q-o-q, reflecting renewed expansion activity from food & beverage, convenience retail and

experiential concepts, while renewals also rose by 13% q-o-q, indicating strong tenant retention in well-performing assets. This quarterly uplift points to improving sentiment among retailers, particularly within dominant malls and prime community retail schemes.

Retail Leasing Transactions (Volume)



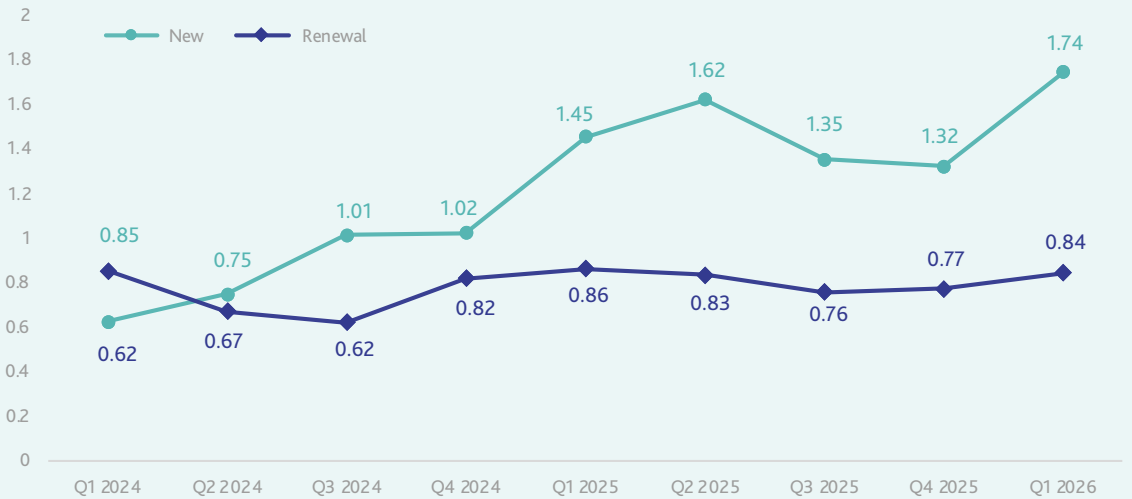
Source: MPM Research, Quanta, Q1 2026



Our clients are increasingly focused on experience-led formats at the community and neighborhood level, with a strong emphasis on building integrated ecosystems anchored by sustainability, an area where many developers are now seeking strategic clarity and structured advisory support.



Retail Leasing Transactions (Value)



Source: MPM Research, Quanta, Q1 2026

In value terms, the market recorded a notable uptick in Q1 2026, with total rental transaction value increasing 24% q-o-q to AED 2.58 billion. New lease values were the key driver, surging 32% q-o-q, suggesting larger unit take-ups, higher headline rents or a shift towards prime locations. Renewal

values also increased modestly quarter-on-quarter, reinforcing the strengthening income profile of stabilised assets. The divergence between stronger quarterly values and moderate annual growth highlights improving deal quality rather than volume led expansion.

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Abu Dhabi

Ground Floor ADIB Building,
Al Bateen Area

Al Ain

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Branch, Oud Touba street

Dubai

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Al Barsha 1

Sharjah

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