[Tokyo's 23 Wards] What Replaced Demolished Office Buildings?

Changes in Use and Number of Buildings Before and After Rebuilding in Tokyo's 23 Wards

February 26, 2026

Introduction

Real estate stock in cities has changed their usage over time, influenced by economic conditions, industrial structures, demographic trends, and urban policies. The stock of office buildings, in particular, are being renewed through rebuilding and repurposing in response to changes in the socioeconomic environment, such as the aging of buildings, changing work styles, and technological advances.

Xymax Research Institute has been working to understand the reality of real estate use in cities and analyze its changes. This survey focuses on the movements of office building stock in Tokyo's 23 wards before and after they are rebuilt, and summarizes the actual situation of stock renewal from multiple perspectives, including the size, age, use, and number of buildings. By using complementary methods such as online research and on-site surveys in addition to the building database that Xymax Research Institute collects and updates independently, we aim to grasp as accurately as possible the changes in office stock in recent years.

The findings of this survey will serve as a foundation for private-sector stakeholders–including property owners, users, and investors–as well as government officials responsible for urban planning, as they consider future office utilization and the vision for the district. We hope that this overview of building renewal trends will contribute to a better understanding of the maturation and restructuring of the urban landscape within Tokyo's 23 wards.

Key Findings

- The loss rate of office buildings in Tokyo's 23 wards has remained roughly 1.0% per year throughout 2014–2024, with demolitions occurring at a steady rate over the long term.
- Most demolished office buildings are small and medium-sized, but a certain number of large-scale properties are also included.
- In cases where a new building is built after demolition, the majority of the buildings are used for offices, though quite a few are converted into residences or hotels.
- While "office → office" rebuilding is the mainstream in Tokyo's 5 central wards, "office → residence" rebuilding accounts for about half of the rebuildings in the 18 peripheral wards.
- In terms of the number of buildings before and after rebuilding, "1 building → 1 building" and "multiple buildings → 1 building" account for roughly the same proportion in the 5 central wards. In the 18 peripheral wards, "1 building → 1 building" accounts for about 80%.

Survey Overview

Survey period:	March 2025 to December 2025
Target properties:	Office properties registered in the property database as of March 2025
Geographical coverage:	Tokyo's 23 wards
Survey method:	In addition to data collected independently by Xymax Research Institute, online research and on-site surveys were conducted to compile data.

Some of the texts in this report have been revised (March 12, 2026).

1. Summary of Target Properties and Comparison of Property Attributes

In this chapter, we compare and analyze the basic attributes of existing and demolished properties in order to clarify the renewal trends of office buildings in Tokyo's 23 wards.

The analysis used a building database continuously maintained by Xymax Research Institute, which covers buildings in Tokyo's 23 wards that are primarily used as offices. In order to ensure the accuracy of the analysis, properties whose year of completion is unknown have been excluded.

In this survey, "demolished properties" refer to properties registered as demolished on the database based on routine data collection, as well as properties for which physical demolition was confirmed through online research and on-site checks during the survey period.

Figure 1 shows a comparison of these with existing properties as of December 2025, summarizing each property type's number of buildings, gross building area, and building age (as of 2025 for existing properties; as of the time of demolition for demolished properties).

Figure 1: Comparison of Existing and Demolished Properties (Number of Buildings, Gross Building Area, Building Age)

	Number of buildings	Average gross building area (tsubo)	Average building age (year)
Existing properties	16,020	1,644	35.3
Demolished properties	2,661	1,513	41.9

Next, in order to understand how large the demolished properties were, Figure 2 shows the distribution of gross building area as a histogram. Just over 40% of the demolished office buildings have a gross building area of less than 500 tsubo, and about 50% are medium-sized buildings with a gross building area of 500 to less than 5,000 tsubo. This means that most of the buildings are small and medium-sized buildings with a gross building area of less than 5,000 tsubo. (1 tsubo = 3.3 sqm)

Figure 2: Gross Building Area Histogram of Demolished Properties

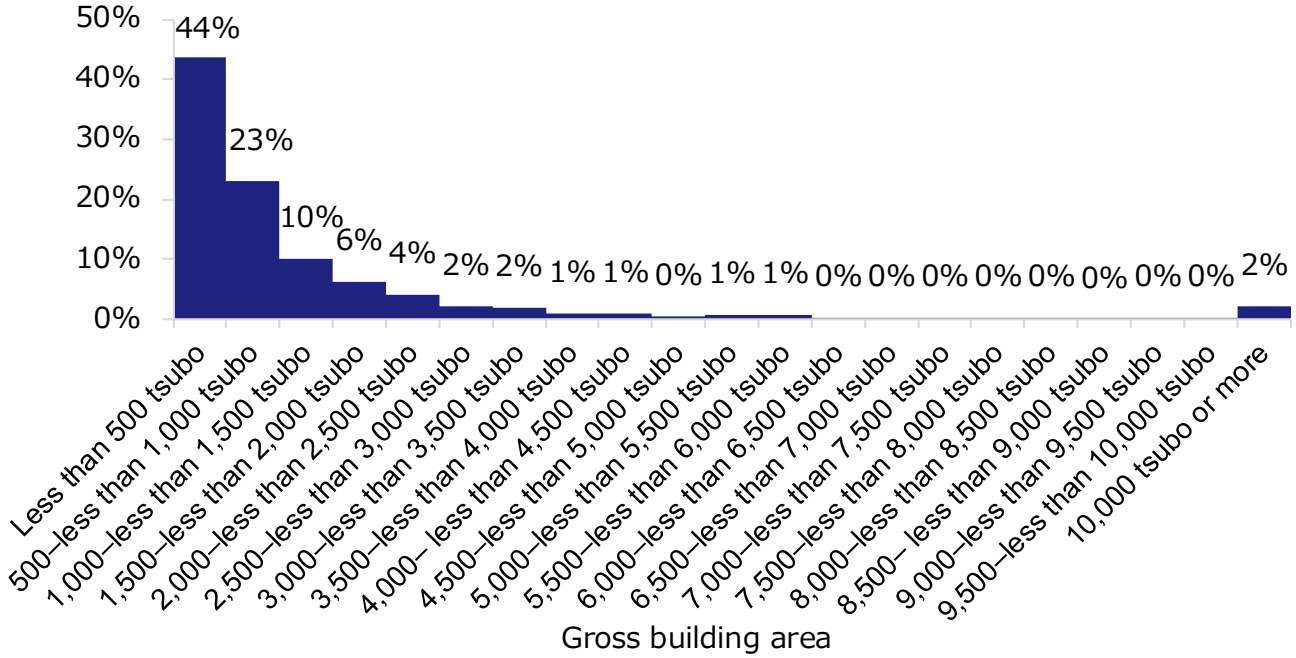
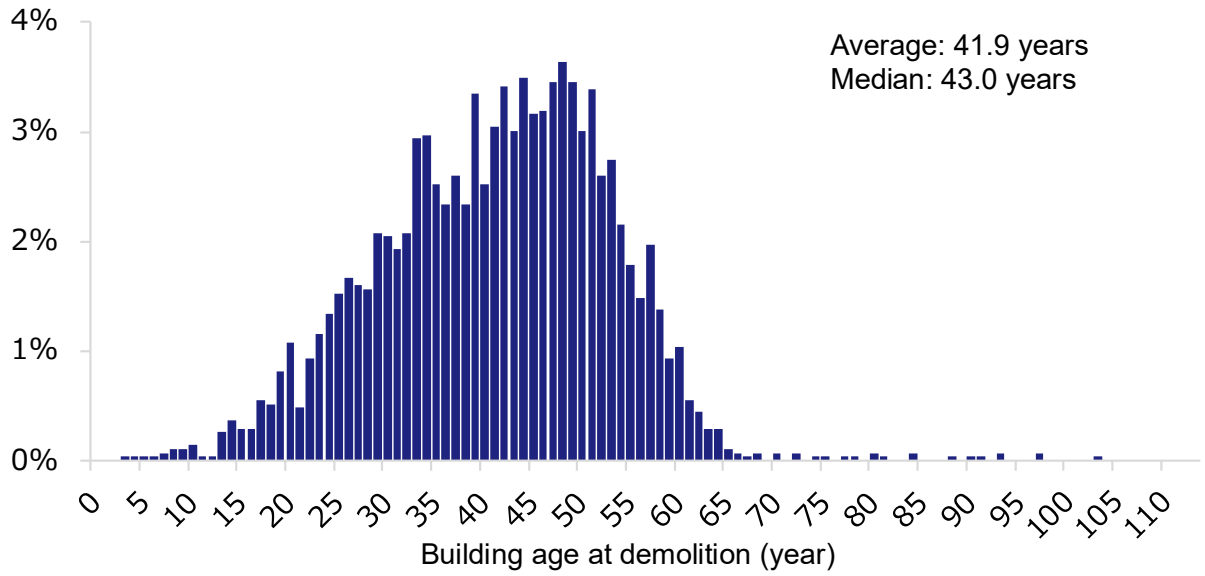


Figure 3 shows the distribution of the age of demolished properties at the time of demolition. As shown in the figure, the average age is 41.9 years (median: 43.0 years), with a large number of office buildings having been in use for 40 to 55 years; it is therefore presumed that the age of the buildings is a key factor in the decision to demolish them. On the other hand, some properties have been demolished at a relatively early stage of their lifespan. This suggests that, in addition to deterioration over time, there are cases where rebuilding is chosen relatively early based on considerations such as improving seismic performance and facility standards, as well as maximizing the utilization of the site.

Figure 3: Building Age Histogram of Demolished Properties



Furthermore, to give an idea of how office stock in Tokyo's 23 wards has evolved, Figure 4 shows the loss rate for each year between 2014 and 2024. The loss rate is the percentage of properties that existed on January 1 of each year that were demolished during that year. The reasons for demolishing an office building include aging of the building and the development of the surrounding area, as well as tenant occupancy. Although there is some variation from year to year, the loss rate has generally remained around 1.0% per year, indicating that demolition of office buildings has occurred at a relatively stable rate over the long term.

Figure 4: Annual Loss Rate of Office Properties in Tokyo's 23 Wards Between 2014 and 2024 (Gross Building Area Basis)

Year	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
Loss rate	0.66%	1.06%	1.45%	0.81%	0.97%	0.91%	0.62%	0.83%	1.29%	1.21%	1.00%

2. Changes in Usage and Number of Buildings After Demolition

In this chapter, we examine what kind of buildings were built on the sites of the demolished properties identified in the previous chapter, organizing the data by usage and number of buildings.

In identifying the new buildings, we first cross-referenced the locations and site details of the demolished properties with Xymax Research Institute's building database and identified the new properties built on the same site. For cases where identification or verification was difficult using the database, we confirmed the current status through online research and on-site surveys to supplement the information regarding the primary use and number of buildings after demolition.

Through this process, we determined the primary use and number of buildings after demolition for properties that were used as offices prior to demolition.

2.1. Post-demolition trends broken down by usage

For properties where the post-demolition use of office buildings is known, we compiled data on the number of properties, the average gross building area prior to demolition, and the average building age at the time of demolition, broken down by primary use category (Figure 5).

Although offices account for the majority in terms of primary use after the demolition of office buildings, other uses, such as residential, hotel and commercial use, are also seen. On average, the gross building area of properties that underwent "office → office" rebuilding was 1,977 tsubo prior to demolition. This is larger than the average for properties converted to other uses. On the other hand, the average building age at the time of demolition was around 40 years, with no significant difference between usages.

Figure 5: Number of Buildings Broken Down by Primary Use After Demolition, Average Gross Building Area, and Average Building Age

Change in primary use	Number of properties	Avg. gross building area of property before demolition (tsubo)	Avg. building age at demolition (year)
Office→Office	1,416	1,977	42.4
Office→Housing	592	845	38.4
Office→Hotel	247	1,054	43.2
Office→Retail	162	1,137	42.1
Office→Parking lot	53	1,134	45.4
Office→Other	74	1,615	40.8
Total	2,523	1,525	41.6

(Properties whose usage after demolition is known)

Next, we compare how the primary use of these properties after demolition differs between the 5 central wards (Chiyoda, Chuo, Minato, Shinjuku, and Shibuya) and the 18 peripheral wards (Figure 6).

About 60% of office buildings demolished in the 5 central wards were rebuilt for office use, indicating that the continuation of office use is the mainstream. Meanwhile, about half were converted to housing in the 18 peripheral wards, with only about 30% being rebuilt as offices. Properties are increasingly being rebuilt as housing in the 18 peripheral wards, likely for optimal land use, given the more robust demand for housing than offices in this area.

Figure 6: Usage After Demolition – By District

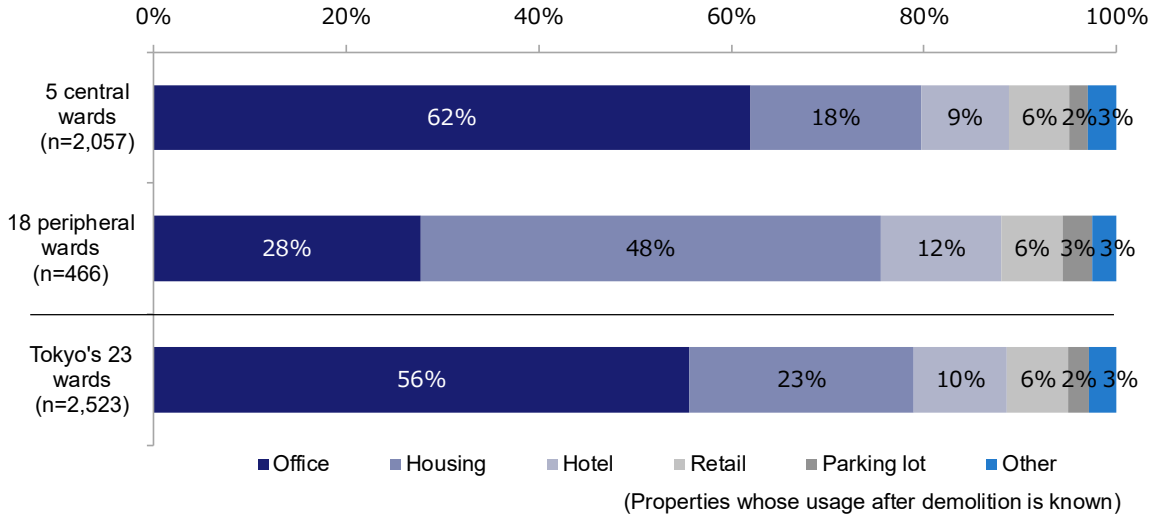
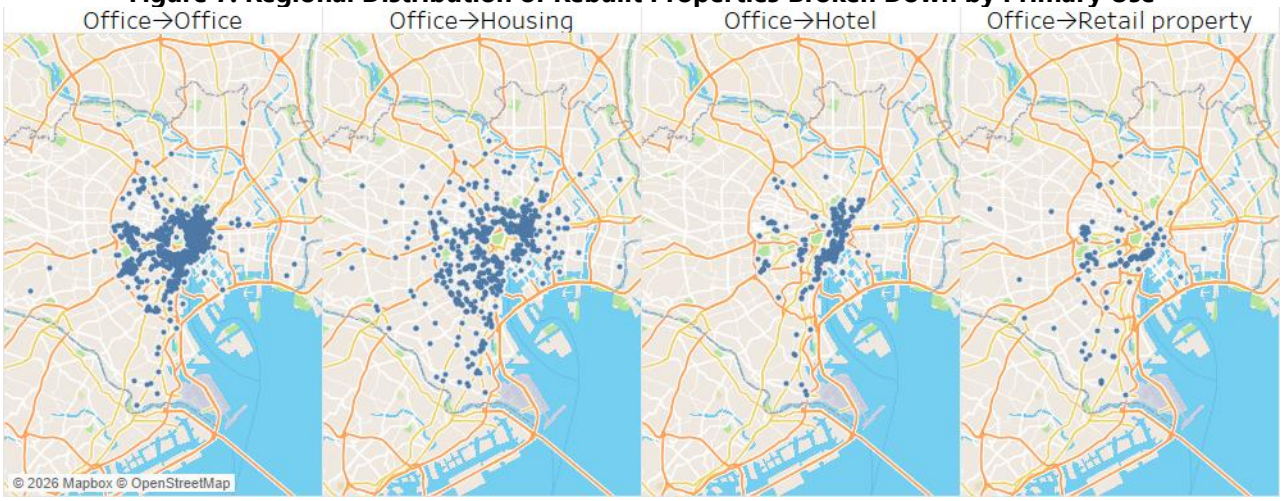


Figure 7 shows the results of plotting the properties by primary use to understand the regional distribution of properties' primary uses after demolition.

It shows that properties rebuilt as offices are relatively common in major office districts, particularly in the 5 central wards. On the other hand, properties converted for residential use are widely distributed not only in central Tokyo, but also across the 18 peripheral wards, indicating an increasing shift in usage in districts with high housing demand. Conversions into hotels and retail properties are scattered around major stations and in districts with high foot traffic, which suggests that the choice of use is based on the properties' specific locations. This indicates that the use of properties after demolition is not uniform but distributed to reflect the function and demand structure of the district.

Figure 7: Regional Distribution of Rebuilt Properties Broken Down by Primary Use



Mapbox and OpenStreetMap are used for background maps.

2.2. Changes in number of buildings before and after rebuilding

In addition to usage, we also identified how the number of buildings on the site changed before and after rebuilding. Specifically, for each demolished property, we identified how many buildings existed on the site before demolition, as well as how many buildings were newly constructed on the site after demolition. We then defined the changes in the number of buildings as follows.

- One building is demolished, and one is built (1 building → 1 building)
- One building is demolished, and multiple buildings are built (1 building → multiple buildings)
- Multiple buildings are demolished, and one is built (multiple buildings → 1 building)
- Multiple buildings are demolished, and multiple buildings are built (multiple buildings → multiple buildings)

Figure 8 summarizes the average gross building area of the property before demolition and the average building age at the time of demolition for each of the above patterns.

The majority of the changes in the number of buildings were "1 building → 1 building" and "multiple buildings → 1 building." The average gross building area before demolition is larger in "multiple buildings → multiple buildings" than in other patterns. However, it should be noted that the average may be skewed by some large properties. Apart from this, there was no difference in the average gross building area before demolition or building age between each pattern.

Figure 8: Average Gross Building Area Before Demolition and Average Building Age by Change in Number of Buildings

Change in number of buildings before and after rebuilding	Number of properties	Avg. gross building area of property before demolition (tsubo)	Avg. building age at demolition (year)
1→1	1,286	1,412	41.6
Multiple buildings→1	1,089	1,501	41.3
Multiple buildings→1	73	4,405	42.9
1→Multiple buildings	10	1,146	40.1
Total	2,458	1,537	41.5

(Properties whose number of buildings before and after rebuilding is known)

To confirm how the change in the number of buildings differs between the 5 central wards and the 18 peripheral wards, Figure 9 shows the percentage mix in each district.

In the 5 central wards, the "1 building rebuilding → 1 building" and "multiple buildings → 1 building" patterns each accounted for roughly 50%, while in the 18 peripheral wards, the "1 building → 1 building" pattern accounted for nearly 80 percent.

Figure 9: Change in Number of Buildings – By District

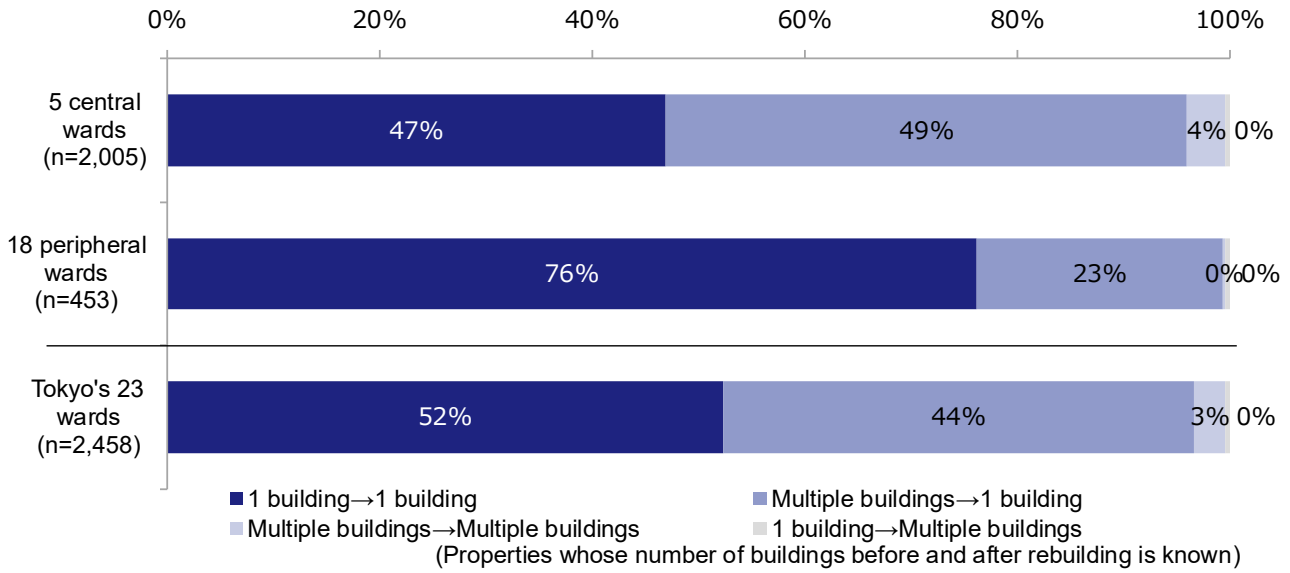
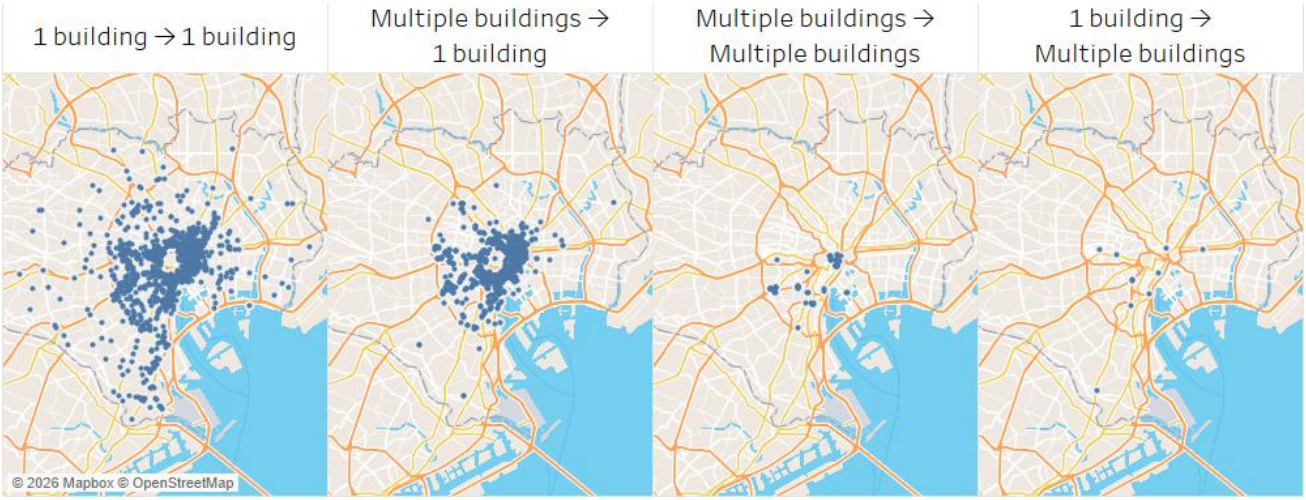


Figure 10 shows the spatial distribution of properties plotted on a map according to changes in the number of buildings. While "1 building → 1 building" are widely distributed in central Tokyo as well as in the 18 peripheral wards, "multiple buildings → 1 building" are more common in major office districts, especially the 5 central wards.

Figure 10: Distribution of Properties by Change in Number of Buildings



Mapbox and OpenStreetMap are used for background maps.

Conclusion

In this survey, we focused on changes in the primary use and number of buildings before and after office buildings in Tokyo's 23 wards were rebuilt and provided an overview of the situation.

The majority of properties rebuilt in the 5 central wards were primarily for office use both before and after their demolition, indicating a continued focus on maintaining and strengthening business functions. In the 18 peripheral wards, however, around 50% of the rebuilt properties were relatively small office buildings converted into housing, suggesting a shift from business to residential use. Furthermore, in terms of changes in the number of buildings, nearly half of the properties rebuilt in the 5 central wards were a consolidating type of rebuilding, from multiple buildings to one. This indicates that redevelopment projects involving clusters of small and medium-sized buildings have progressed to a certain extent in central Tokyo.

As Japan's industrial structure and work styles continue to evolve, the renewal of office stock will go beyond mere measures to address aging infrastructure; it will also affect the functional layout and competitiveness of the city as a whole, as well as the quality of the living environment. Xymax Research Institute will continue to monitor the actual state of real estate stock renewal in cities and provide foundational information through data-based analysis to examine the transformations of the real estate market and the future of cities.

The percentage mix in the charts contained in this report is rounded to the first decimal place and, therefore, may not add up to 100%.

For further inquiries, please contact below:

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