



WELCOME TO ONE ADELAIDE



GWL Realty Advisors Inc. Brokerage
www.gwlra.com

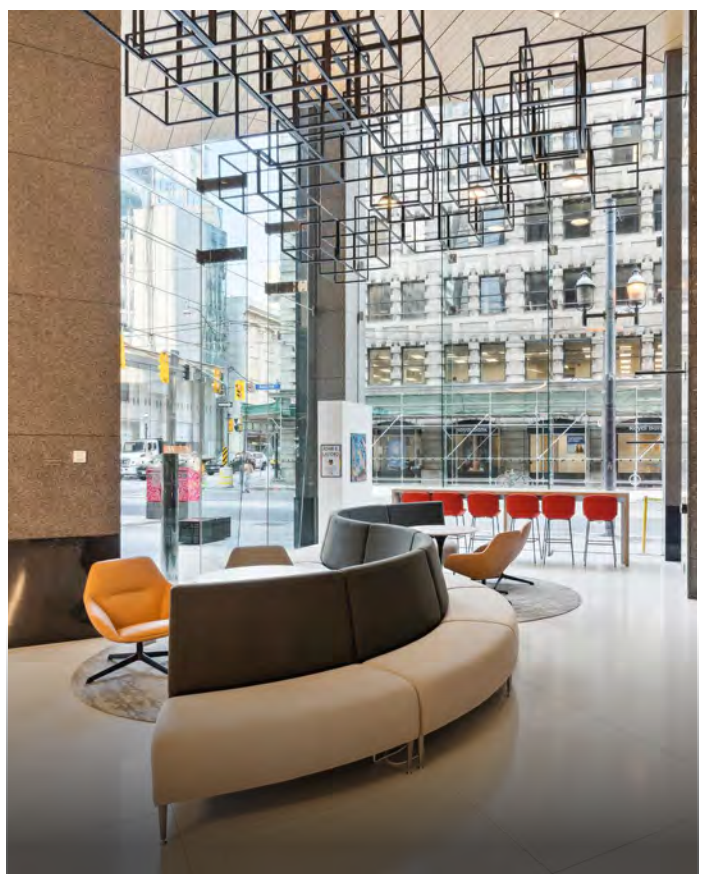
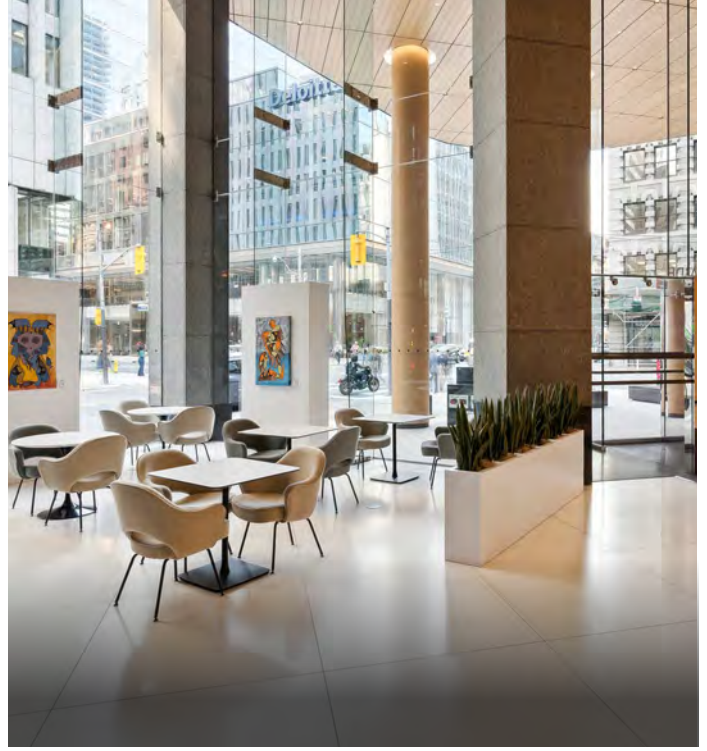
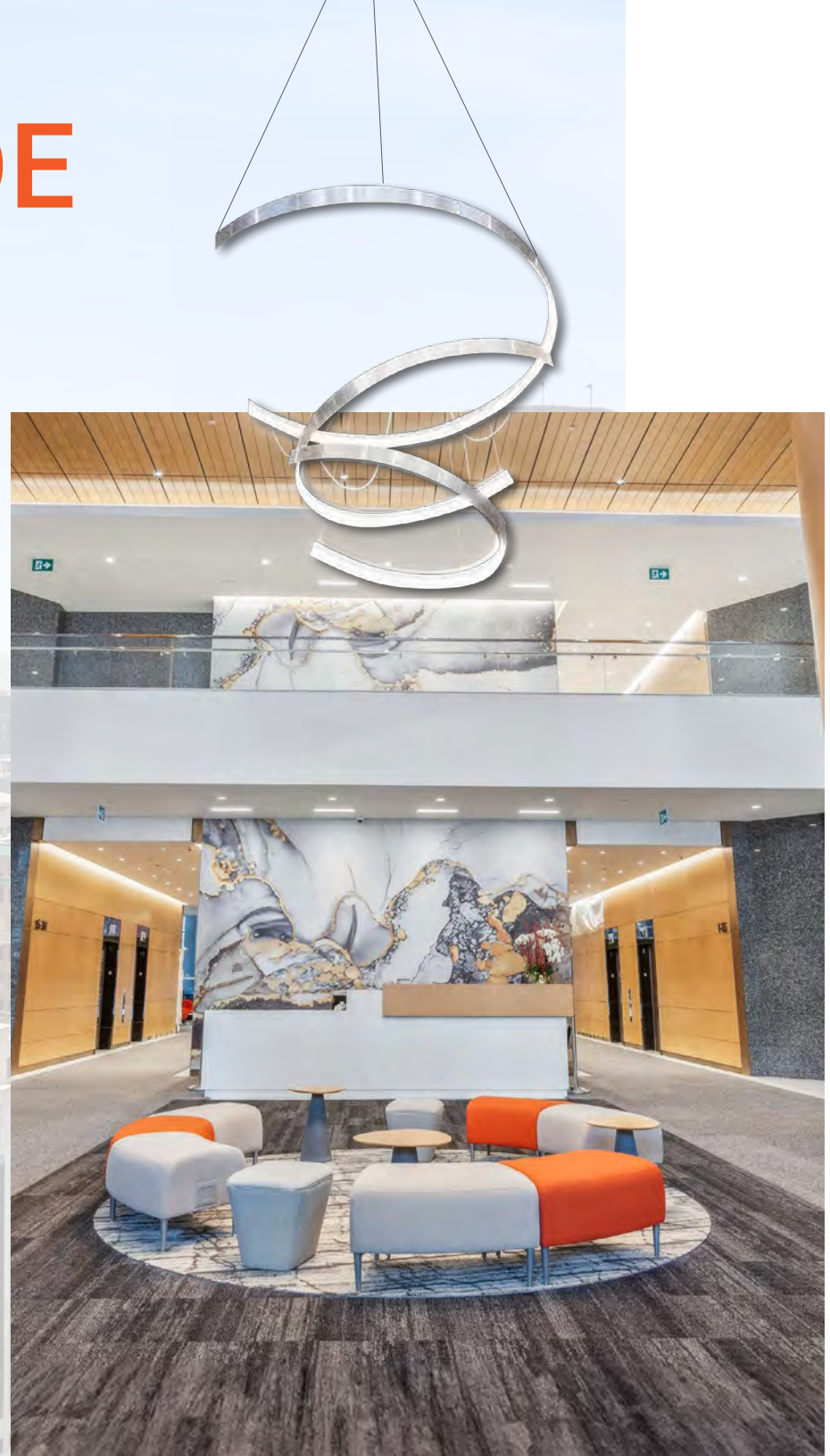
1 ADELAIDE STREET

One Adelaide, anchored by OPSEU Pension Trust and MNP, is located at the corner of Yonge Street and Adelaide Street East. The 30-storey LEED Gold-certified office tower, originally built in 1991 and recently renovated, is an iconic part of Toronto's vibrant downtown financial district.

Building Highlights

- END OF TRIP FACILITIES
- ONSITE RESTAURANT
- FITNESS FACILITIES*
- TENANT LOUNGE*
- TENANT CONFERENCE CENTER*
- P PARKING
- BIKE STORAGE
- PUBLIC TRANSIT
- PATH CONNECTED

*Coming Soon

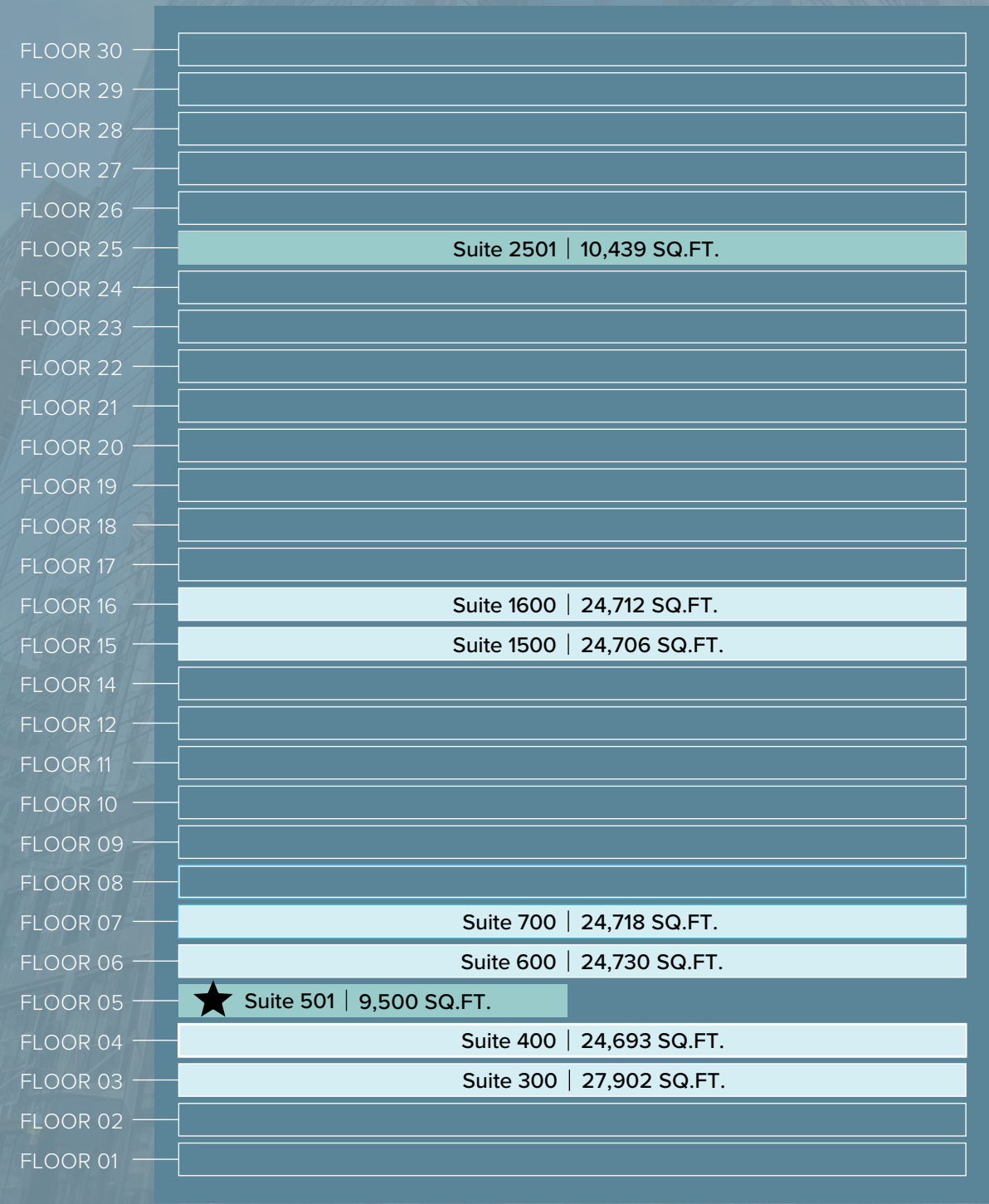


GWL Realty Advisors has redefined One Adelaide with a forward-thinking design approach. The result of the renovations is a future-friendly facility offering several amenity options for tenants. The improved streetscape presence, cohesive lobby with multiple seating options, newly constructed 'end-of-trip' bike and shower facility, and new outdoor spaces for gatherings and events provide a best-in-class visitor experience.

[CLICK HERE TO WATCH BUILDING VIDEO](#)



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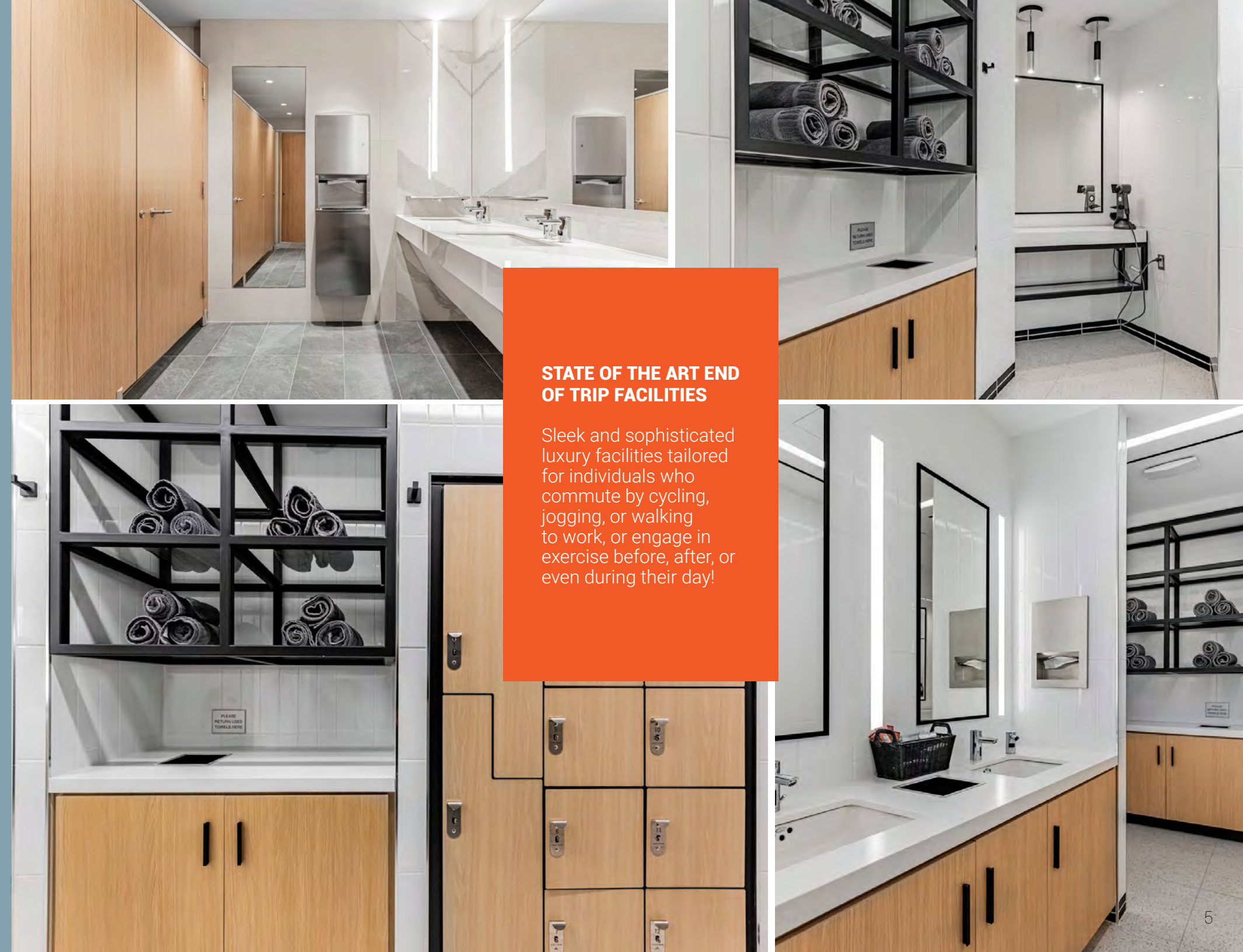
 **171,400 SF Available!**

 **Visit Our Website**

One Adelaide Overview of Availabilities

Legend

-  Model Suite
-  Available immediately
-  Future Availability
-  Tenanted



STATE OF THE ART END OF TRIP FACILITIES

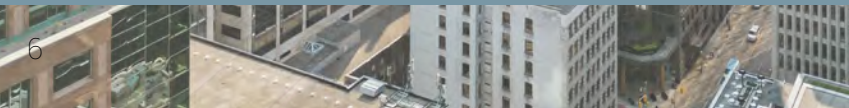
Sleek and sophisticated luxury facilities tailored for individuals who commute by cycling, jogging, or walking to work, or engage in exercise before, after, or even during their day!

AMENITIES BUILDING COMING SOON

Welcome to Club House the newest state-of-the-art amenities facility at 1 Adelaide St. E. Designed to enhance your workday with dynamic workout spaces, a serene yoga room, contemporary conference centre and tenant lounge. Experience seamless integration of health and productivity, fostering a balanced lifestyle right where you work.

Unwind, recharge, and thrive.

These renderings are for illustrative purposes only and may not accurately reflect final materials, colors, or design details. Variations may occur due to site conditions, availability, or project modifications. For accurate specifications, refer to official plans and documentation.



AMENITIES MAP



• TRANSPORTATION:

GO TRAIN STATION

- Union Station

TTC

PARKING

• AMENITIES

HOTELS

- The St. Regis Toronto
- Cambridge Suites Toronto
- One King West Hotel & Residence
- Executive Hotel Cosmopolitan Toronto
- Hilton Hotel Toronto

COFFE SHOPS

- Pilot Coffee Roasters
- Vereda Central Coffee Roasters
- Dineen Coffee Co.
- Timothy 's World Coffee
- Au Pain Doré Bakery
- Daily Ritual Cafe
- 11:59 Bar Café
- Starbucks
- Second Cup

RESTAURANTS

- CRAFT Beer Market Toronto
- Astor Lounge
- Cactus Club Cafe First Canadian Place
- Edna + Vita
- John & Sons Oyster House
- The Chase
- Lucie
- Sansotei Ramen
- Carisma
- Terroni
- Nami Japanese Restaurant
- Hy's Steakhouse & Cocktail Bar
- Leña Restaurante
- Jump Restaurant
- Cantina Mercatto

FOOD COURT

- Touch
- The Poke Box
- Pizzaiolo
- McDonald's
- Hero Certified Burgers
- Fast Fresh Foods
- Mamma's Pizza
- Big Smoke Burger
- Sultan's Mediterranean Grill

- Wat Ah Jerk Caribbean Grill
- The Indian Canteen
- Market Street Catch

GYMS

- GoodLife Fitness Toronto
- Adelaide Club
- 6S Fitness
- Equinox Bay Street

• FINANCE:

BANKS

- TD Bank
- RBC Royal Bank
- Scotiabank

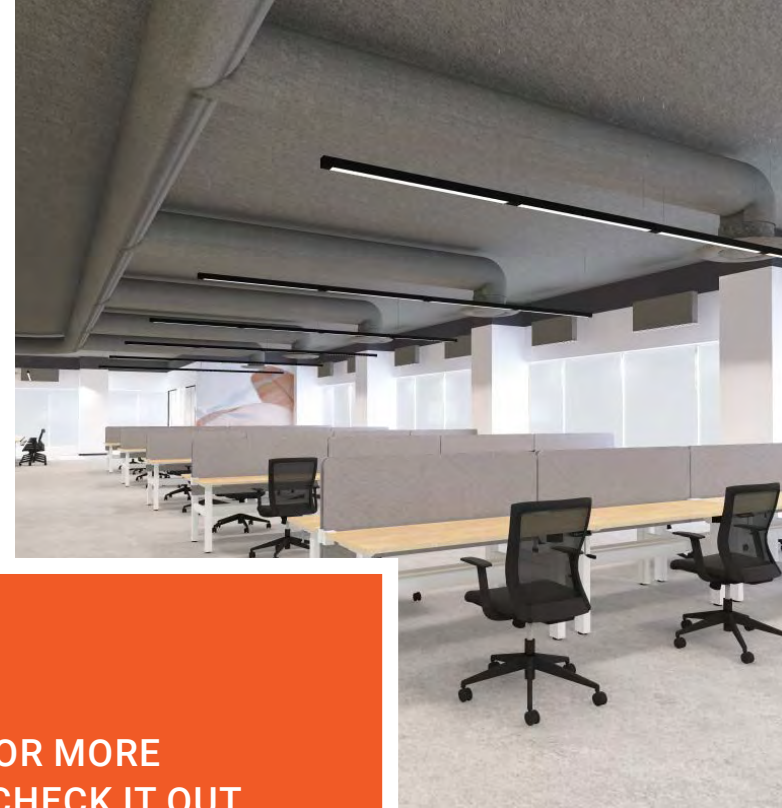
• WALKABILITY SCORE:



GWL REALTY ADVISORS

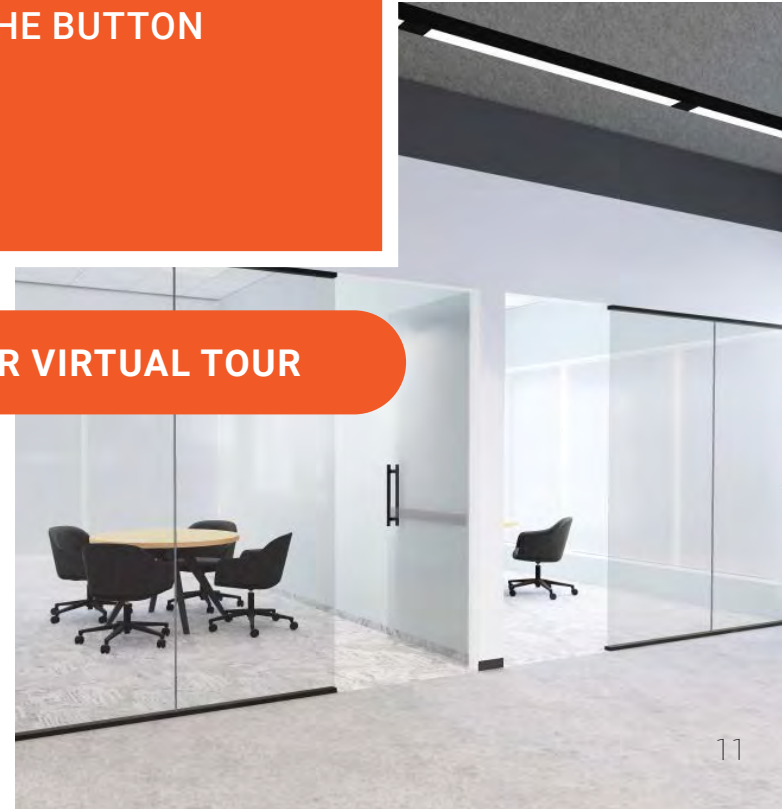
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Full Floor Turnkey Available

CONTACT US FOR MORE
DETAILS, AND CHECK IT OUT
BY CLICKING THE BUTTON
BELOW.



CLICK HERE FOR VIRTUAL TOUR

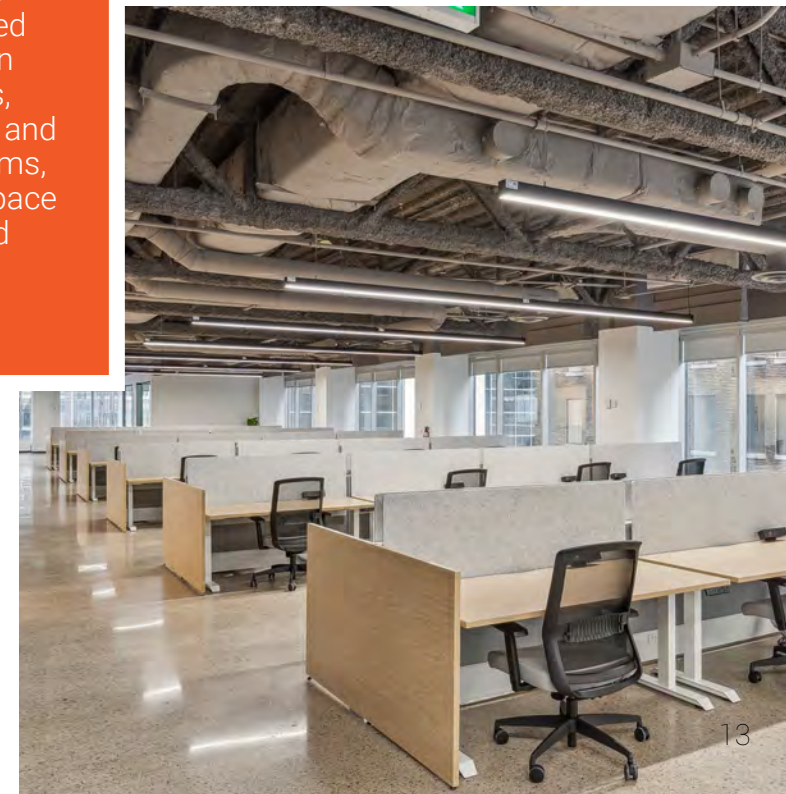


COLLABORATION REFINED

Model Suites

FUEL INNOVATION AND TEAMWORK IN OUR DYNAMIC WORKSPACE

Ignite collaboration in an environment primed for synergy. With open concept workstations, inviting lounge areas, and versatile meeting rooms, every corner of our space sparks innovation and fosters connection.

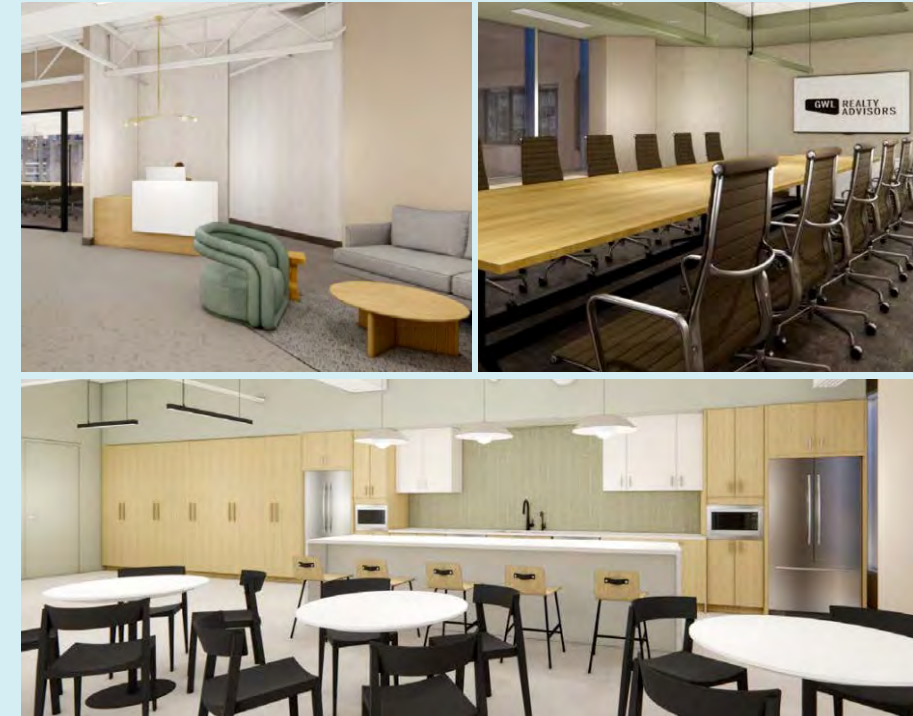




LOBBY

SUITE 501 - 9,500 SQ.FT.

AVAILABLE FEBRUARY 1, 2026

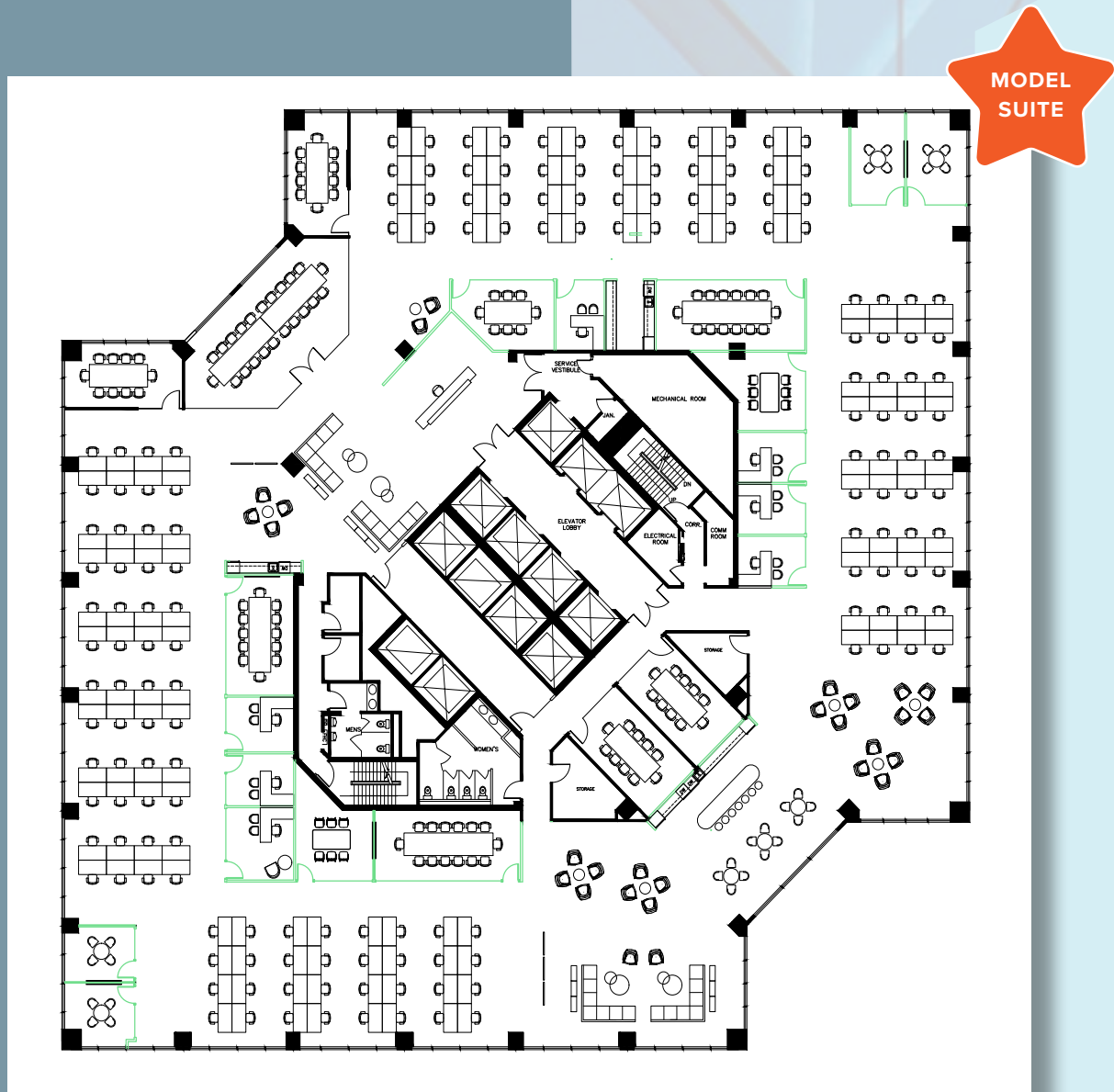


- Model Suite to come!
- Built out with reception, large boardroom, 4 private offices, 3 meeting rooms, 2 focus rooms, 64 sit/stand workstations, kitchen and open area for collaboration
- Fully furnished



SUITE 1600 - 24,712 SQ.FT.

PROPOSED LANDLORD TURNKEY AVAILABLE

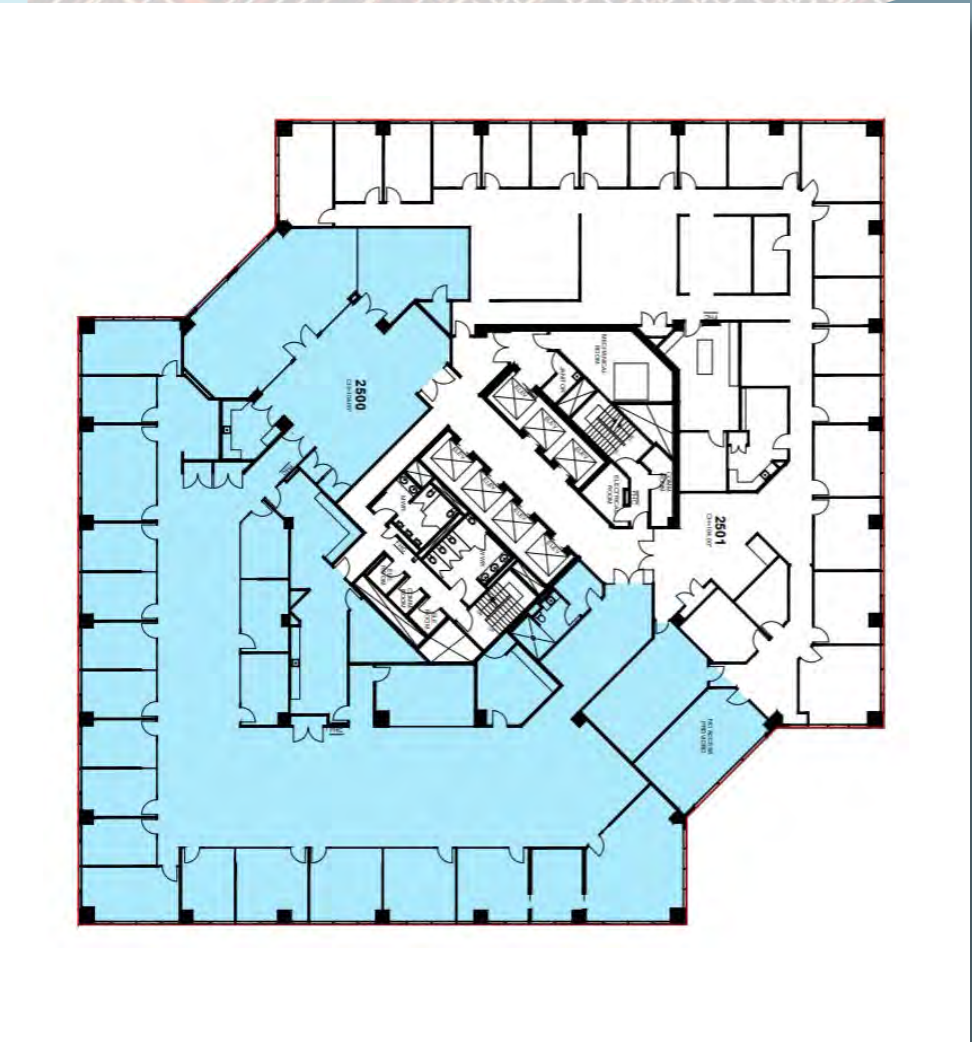


[CLICK HERE FOR 3D WALKTHROUGH](#)

SUITE 2501 - 10,439 SQ.FT.

AVAILABLE OCT 1ST, 2026

- Heavily built out includes reception, a mix of offices/meeting rooms, boardroom and kitchen



PROPERTY OVERVIEW

PROPERTY DESCRIPTION

Posted Net Rate:	Negotiable
Typ. High-rise Floor Plate:	22,500 SF
Typ. Low-rise Floor Plate:	24,750 SF

TECHNICAL SPECIFICATIONS

Typical power watts/SF

Tenant:	2 watts/SF
Lighting:	2 watts/SF
Other:	2 watts/SF

Ceiling Height:	8'8
Wall Type:	Window Glazing
Washrooms per floor:	2
Satellite Dish Capability:	YES
Fibre Optic Capability:	YES (Bell, Beanfield, Cogent, Rogers, Telus and Zayo)
Shipping Receiving:	YES
Emergency Generator:	YES
HVAC Dist System:	Variable Air Volume
HVAC Hours:	7:30 am - 6:00 pm Monday to Friday
After Hours HVAC \$/hr:	70 (+15% Admin Fee & HST)

AMENITIES

Concierge:	Staffed 24/7 concierge desk
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Year Built:	1991
Total Gross Area of Property:	688,015 SF
Designed by:	Page + Steele Architects

Anchor Tenants :	OPSEU Pension Trust MNP
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PSF Realty Tax:	\$ 10.30
PSF Utilities:	\$ 1.43
PSF Operating Costs:	\$ 15.97
PSF Additional Rent Total:	\$ 27.70 (2025 est.)

PARKING*

Below Ground Stalls:	256
Below Ground Ratio:	1 space/2,500 SF
Monthly Parking Cost:	\$ 400.38/month (tenant unreserved) \$ 580.82/month (tenant reserved)

*Three (3) levels of conditioned parking

ACCESS

Public Transit Surface Route:	YES
Direct Subway Access:	YES
Barrier Free Access To Building:	YES
Barrier Free Access To Washroom:	YES

ELEVATORS

High Rise:	6
Mid Rise:	0
Low Rise:	6
Freight:	1
Parking:	1

SAFETY

Fire Detection System:	1
Sprinkler System:	6
Manned Security:	6
Security Systems:	1



NEW UPDATES

A New Lobby

A small oasis for tenants and their visitors. Beyond simply functioning as an atrium and circulation space, the renovated lobby will give tenants and visitors comfortable spaces for a natural gathering spot for casual meetings and spontaneous conversation.

Terrace Gardens & Courtyard

Located at the front and rear of the building, these outdoor spaces offer a relaxing place to unwind or host an event. GWL Realty Advisors will take advantage of this new hospitality vibe to host events at these spaces.

End of The Trip

Our End of Trip Facilities are designed for your convenience, offering showers, complimentary towels, secure bike storage, and spacious lockers. Whether you're cycling to work or need a place to freshen up and store your belongings, we've got everything you need to start your day feeling refreshed and ready.

AWARDS & DESIGNATIONS



BOMA BEST
Platinum
BOMA Certificate
of Excellence



LEED Gold



Rick Hansen
Foundation
(Accessibility
Certification)



The Office Building
of the Year (TOBY) -
Award at both local
and national levels



ENERGY STAR
Certified



OUR ENVIRONMENTAL COMMITMENT

OUR COMMITMENT TO NET-ZERO CARBON AND CLIMATE RISK MANAGEMENT

The business case to move toward net zero is strong—both in terms of working to mitigate the regulatory, technological, and market risks associated with the transition to a low-carbon economy as well as to capitalize on the opportunities associated with reducing operating costs and adding and preserving asset value over the long term. Acting early and decisively helps to satisfy increasing tenant and investor demand and enhances our reputation as a top-tier investment manager.



From 2013 to 2022, we reduced the absolute Scope 1 and 2 GHG emissions of our managed office and residential portfolios by 31%.

Our focus moving forward will be the development of a strategic net-zero carbon roadmap to 2050.



Our office portfolio continues in GWLRA's SBCP, working toward five-year reduction targets for energy, water, waste, and emissions. Teams are on track to meet these goals and align with GWLRA's net-zero commitment. The Going for Gold Challenge is also on track, with 84% of offices already BOMA BEST Gold certified.



We have also strengthened our natural hazard screening processes for new acquisitions by starting to build a repository of local resources on hazards and regional infrastructure. We look forward to advancing our climate change adaptation and mitigation work throughout 2024, collaborating across the company and engaging with our clients on this important journey.

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OUTDOOR SPACES TO UNWIND

- Designed with a focus on health & wellness.
- Supports productivity, collaboration and reduces stress.
- Enables tenants to attract top talent.
- Integration of eco-friendly and sustainable practices.
- Ideal venue/location for to host an event.



86% of offices have achieved **BOMA BEST Gold certification.**



In 2021, GWLRA was recognized as a leader in sustainability by GRESB, earning a GRESB **5 Star rating for a fifth year in a row.**



Receipt of 7 national and regional property awards in 2021, for our sustainability, operational, development and tenant engagement practices.



Now more than ever, real estate companies like ours must act early and decisively to reduce our GHG emissions. We're proud of the steps we've taken and for being recognized as a leader in sustainability by the Global Real Estate Sustainability Benchmark (GRESB)



Ralf Dost,
Chair of Board of GWL Realty Advisors

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