



# WELCOME TO ONE ADELAIDE




GWL Realty Advisors Inc. Brokerage  
[www.gwlra.com](http://www.gwlra.com)

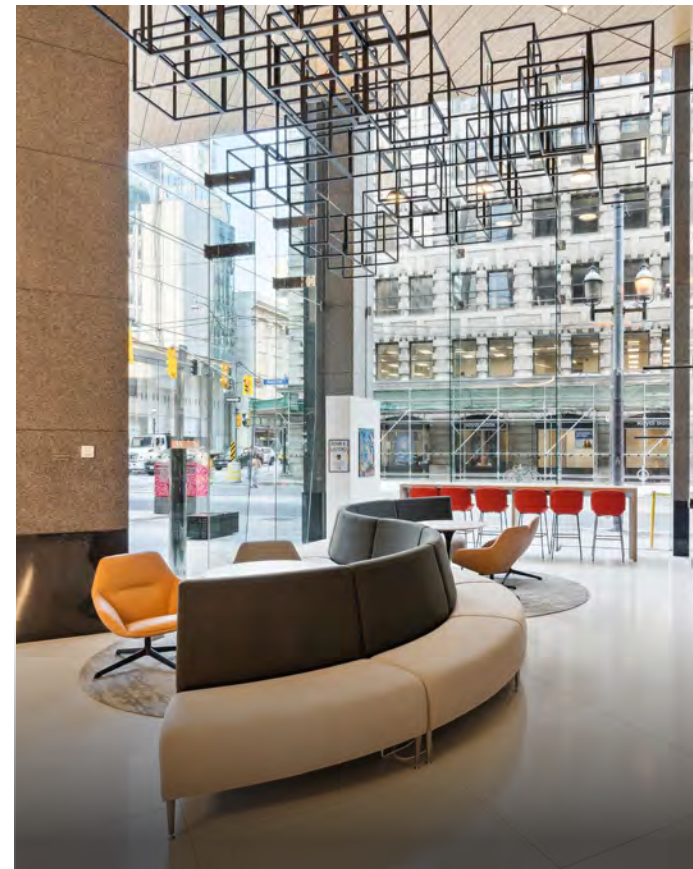
# 1 ADELAIDE STREET

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\*
-  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](#)



Gwl Realty Advisors Inc. Brokerage [www.GWLRA.com](http://www.GWLRA.com)  
Copyright © 2026 GWL Realty Advisors Brokerage. All rights reserved.

This brochure is the intellectual property of GWL. Reproduction, including all text, photographs and designs, is the intellectual property of GWL distribution, or any unauthorized use is strictly prohibited. | \*Sales Representative \*\*Broker

FLOOR 30  
 FLOOR 29  
 FLOOR 28  
 FLOOR 27  
 FLOOR 26  
 FLOOR 25  
 FLOOR 24  
 FLOOR 23  
 FLOOR 22  
 FLOOR 21  
 FLOOR 20  
 FLOOR 19  
 FLOOR 18  
 FLOOR 17  
 FLOOR 16  
 FLOOR 15  
 FLOOR 14  
 FLOOR 12  
 FLOOR 11  
 FLOOR 10  
 FLOOR 09  
 FLOOR 08  
 FLOOR 07  
 FLOOR 06  
 FLOOR 05  
 FLOOR 04  
 FLOOR 03  
 FLOOR 02  
 FLOOR 01

Suite 2602 | 7,775 SQ.FT. ★

Suite 2501 | 10,439 SQ.FT.

Suite 200 | 7,612 SQ.FT. ★

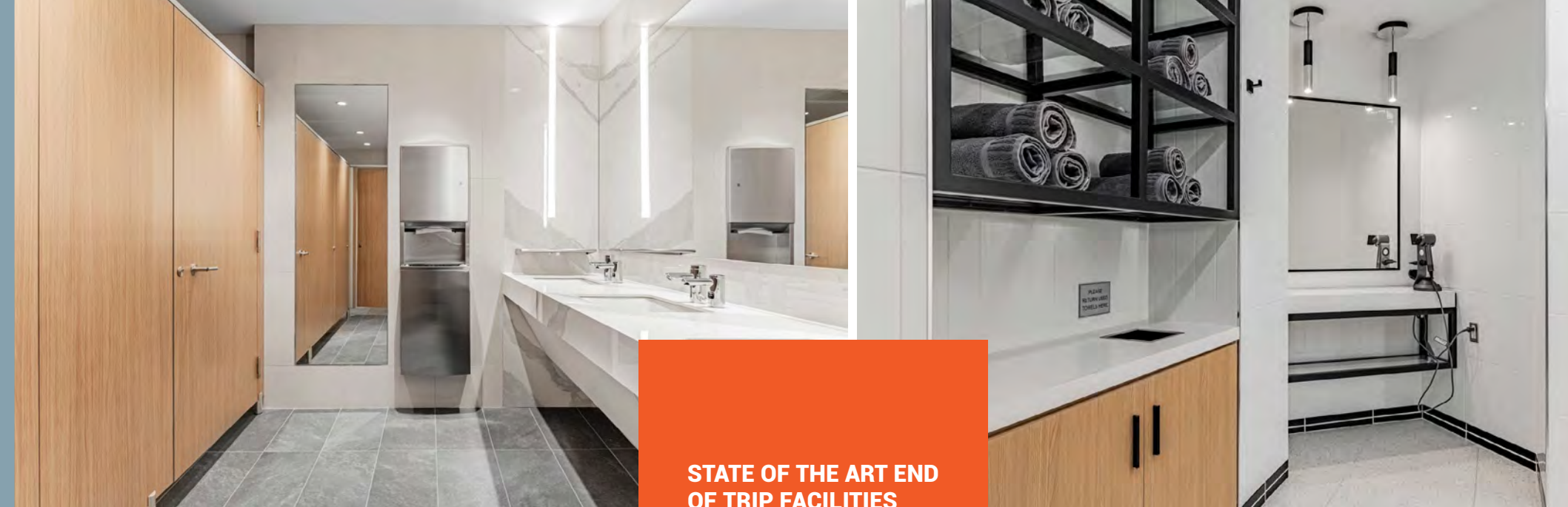
☀️ 25,829 SF Available!

👉 Visit Our Website

### One Adelaide Overview of Availabilities

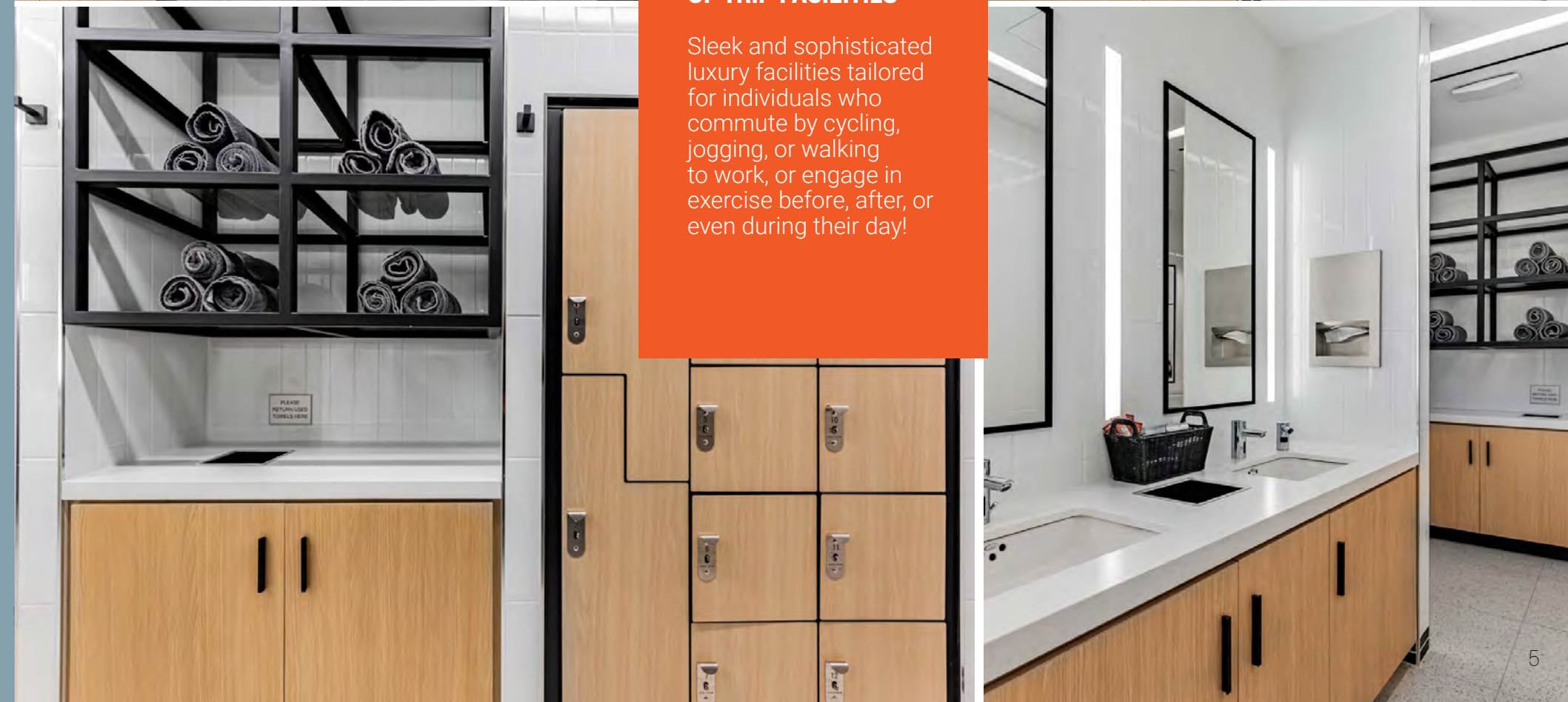
#### Legend

- ★ 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!

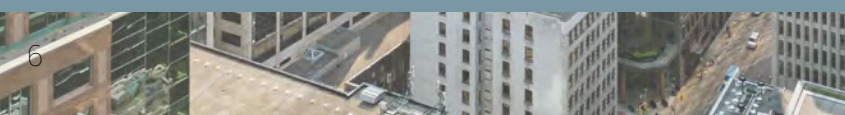


# AMENITIES BUILDING COMING SOON

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

## COFFEE 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 Mercato

## 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 Inc. Brokerage [www.GWLRA.com](http://www.GWLRA.com)  
Copyright © 2026 GWL Realty Advisors Brokerage. All rights reserved.

This brochure is the intellectual property of GWL. Reproduction, including all text, photographs and designs, is the intellectual property of GWL distribution, or any unauthorized use is strictly prohibited. | \*Sales Representative \*\*Broker

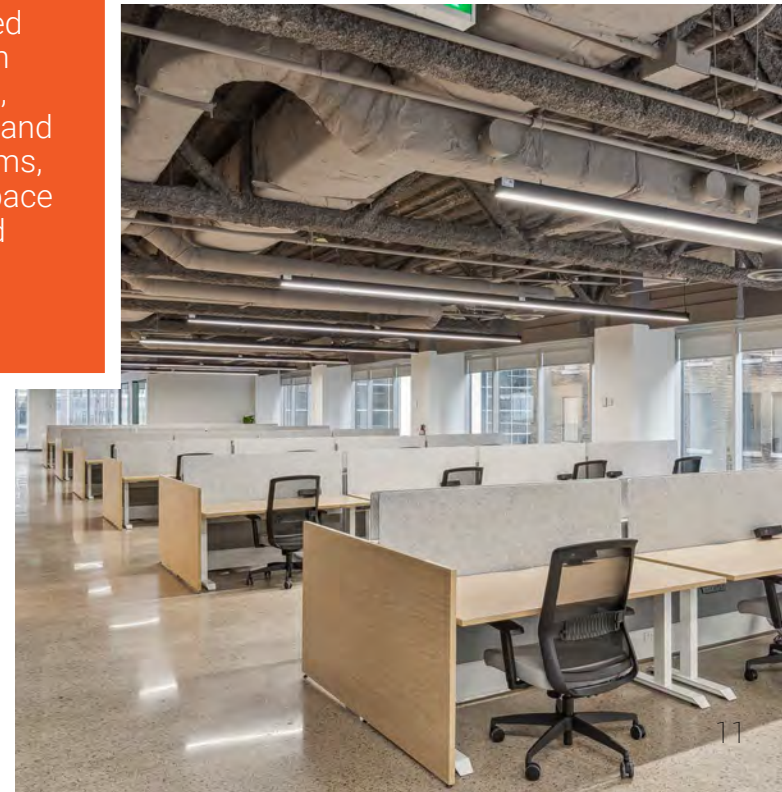


COLLABORATION REFINED

# 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.

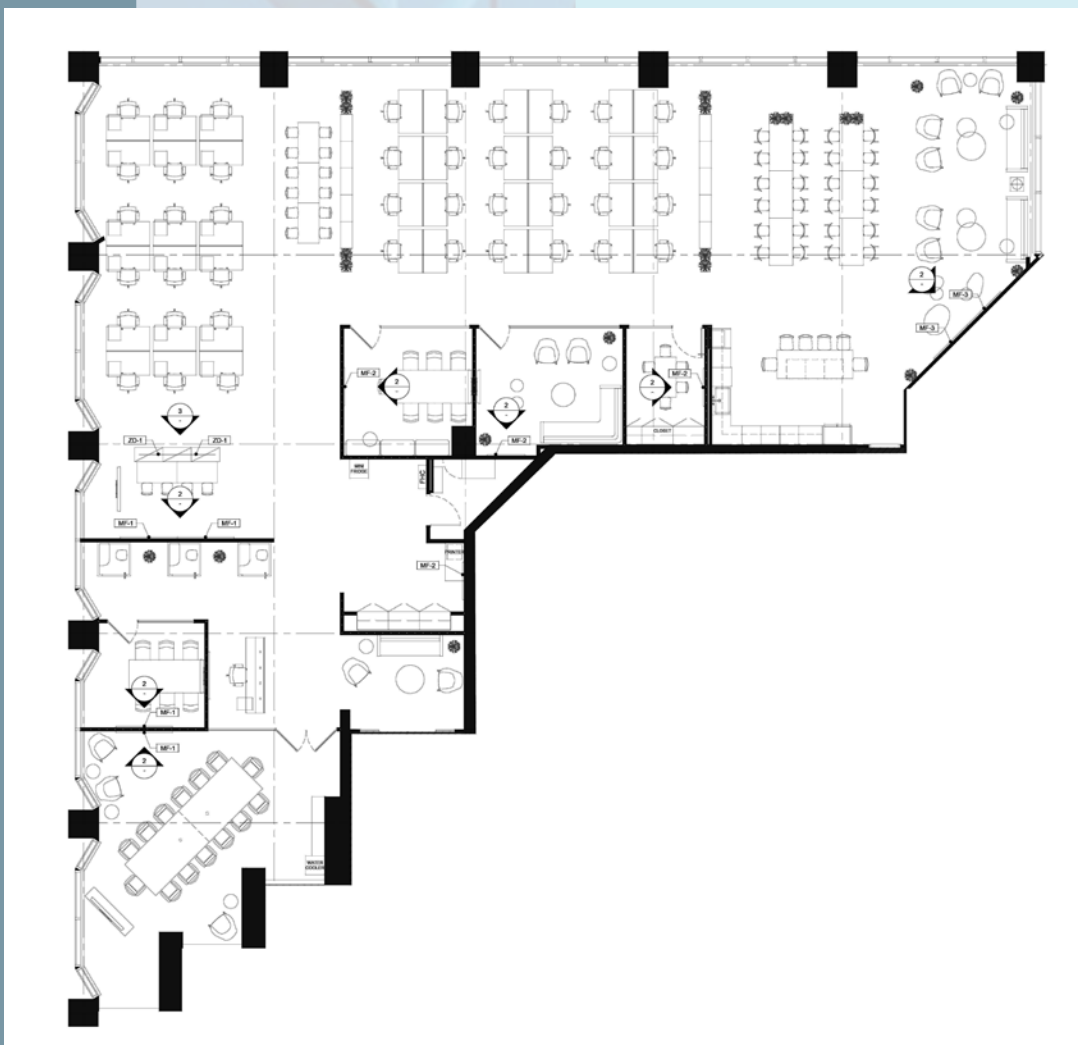


# SUITE 200 - 7,612 SQ.FT.

AVAILABLE DEC 1ST, 2026



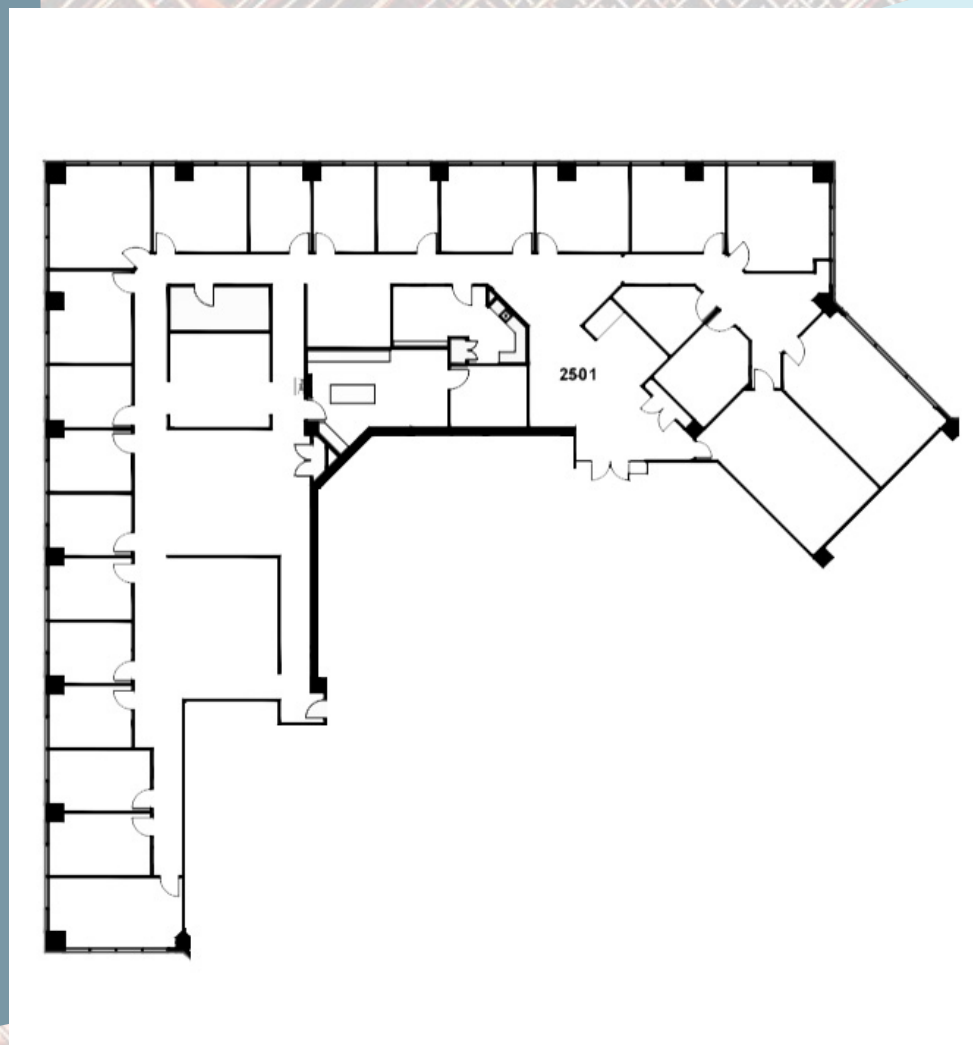
- Inviting reception area
- Spacious boardroom complemented
- 3 flexible meeting rooms
- 42 height-adjustable workstations for comfort and productivity
- A modern kitchen and open collaboration space
- Fully furnished and move-in ready



# SUITE 2501 - 10,439 SQ.FT.

AVAILABLE OCT 1ST, 2026

- The suite is extensively built out, featuring a reception area, a combination of private offices and meeting rooms, a well-appointed boardroom, and a kitchen for staff convenience.



# SUITE 2602 - 7,775 SQ.FT.

AVAILABLE OCTOBER 1ST, 2026

Step into a thoughtfully designed, turnkey workspace that blends functionality with modern aesthetics. This fully built-out suite includes:

- Welcoming reception area to greet clients and guests
- Expansive boardroom ideal for executive meetings and presentations
- 3 private offices for focused work and leadership teams
- 4 versatile meeting rooms to support collaboration and brainstorming
- 58 sit/stand workstations promoting flexibility and employee wellness
- Modern kitchen and open collaboration zone for team engagement and social interaction
- Fully furnished



SKYLINE VIEW

# PROPERTY OVERVIEW

Year Built: 1991  
 Total Gross Area of Property: 688,674 SF  
 Designed by: Page + Steele Architects

Anchor Tenants : OPSEU Pension Trust  
 MNP

## 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: 4 hr min base rate of \$280, and then \$70/hr thereafter (+15% admin fee & HST)

## AMENITIES

Concierge: Staffed 24/7 concierge desk

PSF Realty Tax: \$ 10.38  
 PSF Utilities: \$ 1.28  
 PSF Operating Costs: \$ 16.65  
 PSF Additional Rent Total: \$ 28.31 (2026 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, ideal venue/location to host an event 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



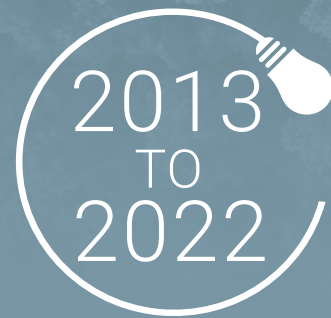
ENERGY STAR Certified



# 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.

Gwl Realty Advisors Inc. Brokerage [www.GWLRA.com](http://www.GWLRA.com) | Copyright © 2026 GWL Realty Advisors Brokerage. All rights reserved.

This brochure is the intellectual property of GWL. Reproduction, including all text, photographs and designs, is the intellectual property of GWL distribution, or any unauthorized use is strictly prohibited. | \*Sales Representative \*\*Broker



# 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*



## LEASING CONTACT

Patrick Henry  
Senior Director, Leasing, Sales Representative  
GTA Office  
T: (416) 507.2844  
E: Patrick.Henry@gwlra.com

GWL Realty Advisors Inc.  
Brokerage  
www.gwlra.com



The information contained herein is provided for informational purposes only and is not intended to provide you with any financial, investment, real estate, legal, accounting, tax, or other professional advice. All visual representations, illustrations, photographs and artist renderings are conceptual for representational purposes only and cannot be regarded as representations of fact. All features, specifications and plans are subject to change without notice. Not all amenities and features depicted herein may be constructed in accordance with the visual representations, illustrations, photographs or artist renderings. Maps, floor plans, models and other improvements represented are not to scale or shown in their final as-built locations and orientations. While the information contained herein is believed to be reliable and accurate, GWL Realty Advisors Inc. and its affiliates ("GWLRA") expressly disclaims all representations, warranties or conditions, express or implied, statutory or otherwise, including, without limitation, the warranties and conditions of merchantable quality and fitness for a particular purpose, compatibility, timeliness, or accuracy. The user assumes full responsibility for risk of loss of any nature whatsoever resulting from the use of this information.

For more information concerning the terms and conditions of use of this document, please refer to our website at <https://www.gwlrealtyadvisors.com/legal/>.