

**AVISON  
YOUNG**

## Office Space For Lease

### Parallel Centre

1040 - 7 Avenue SW  
Calgary, AB

Located in Calgary's west downtown, Parallel Centre is a six-storey Class B office building offering direct access to LRT, +15 walkways, and nearby amenities. Tenants enjoy proximity to restaurants, retail, Shaw Millennium Park, and the Bow River Pathway, perfect for workday convenience and outdoor breaks.

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Virtual Tour



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More Photos



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# 1040 7th Avenue SW

## Parallel Centre Suites 300, 500 & 600

### Building & location amenities



#### Direct Access to LRT & Transit

Located steps from Calgary's west downtown LRT stations, Parallel Centre offers seamless public transit connectivity for commuters and visitors alike.



#### +15 Pedestrian Network Nearby

Just a short walk to Calgary's +15 skywalk system, providing sheltered, elevated access to downtown buildings, shops, and services year-round.



#### Retail & Dining at Your Doorstep

Surrounded by a vibrant mix of restaurants, cafés, and retail options, tenants enjoy convenient access to everyday essentials and lunch spots.



#### Close to Shaw Millennium Park

One of Calgary's largest urban parks is just minutes away—perfect for outdoor breaks, walking meetings, or a breath of fresh air.



#### Bow River Pathway System Access

Enjoy scenic walking and biking trails along the Bow River, ideal for wellness breaks or active commuting.



#### Easy Commuter Access

Positioned near major downtown arteries, the building is easily accessible by car, bike, or transit, with covered parking available.



### Building features



Built in 1979



Underground parking available



Universal washrooms and accessibility features



Ample natural light throughout



Daycare on the main floor



Virtual Tour



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# Building details

**SIZE**  
77,500 sf

**FLOORS**  
6

**LANDLORD**  
BB Real Estate Holdings Inc.

**OPERATING COSTS**  
\$15.90 (2025 est.)

**ANNUAL NET RENT**  
Market Rates

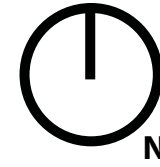
**PARKING**  
1 stall per 1,875 sf

# Current availabilities

<b>SUITE 105</b>	2,208 sf
<b>SUITE 121</b>	2,699 sf
<b>SUITE 200</b>	6,806 sf
<b>SUITE 300</b>	12,965 sf
<b>SUITE 500</b>	12,972 sf
<b>SUITE 600</b>	12,973 sf

**SUITES 500 AND 600** ARE STAIRWELL CONNECTED FOR UP TO 25,945 SF

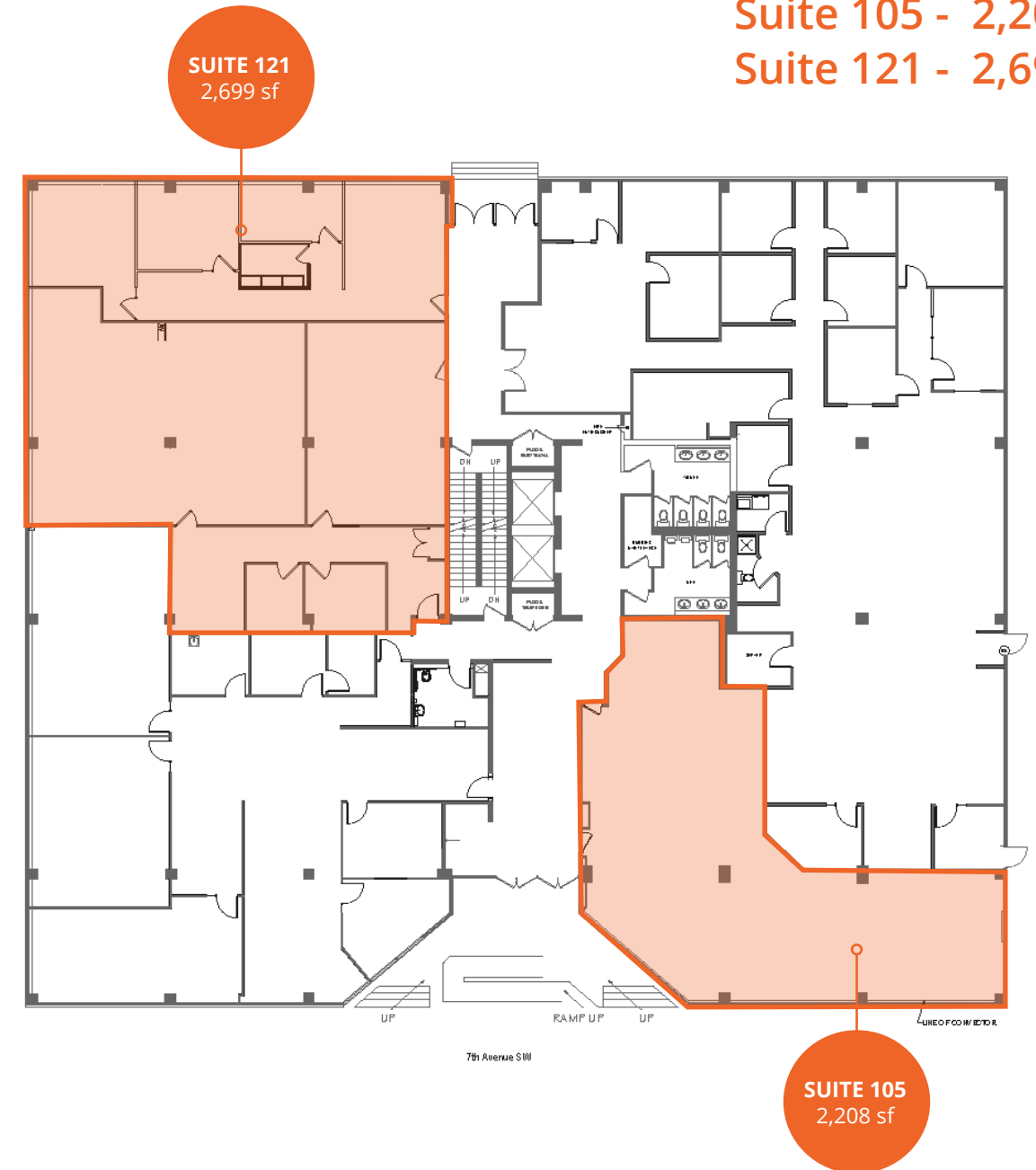
**IDEAL EDUCATION SPACE WITH LARGE CLASSROOMS**



# Available

## 1<sup>st</sup> Floor

Suite 105 - 2,208 sf  
Suite 121 - 2,699 sf



### Suite features - #105

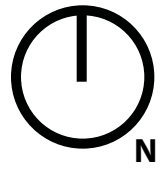
○ Open area

### Suite features - #121

□ 5 offices

▭ 2 boardrooms

More Photos  
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# Available

## 2<sup>nd</sup> Floor

Suite 200 - 6,806 sf








### Suite details

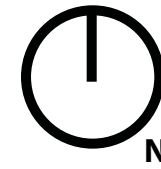
**SIZE**  
6,806 sf

**ADDITIONAL RENT**  
\$15.90 (2025 est.)

**AVAILABILITY**  
Immediately

### Suite features

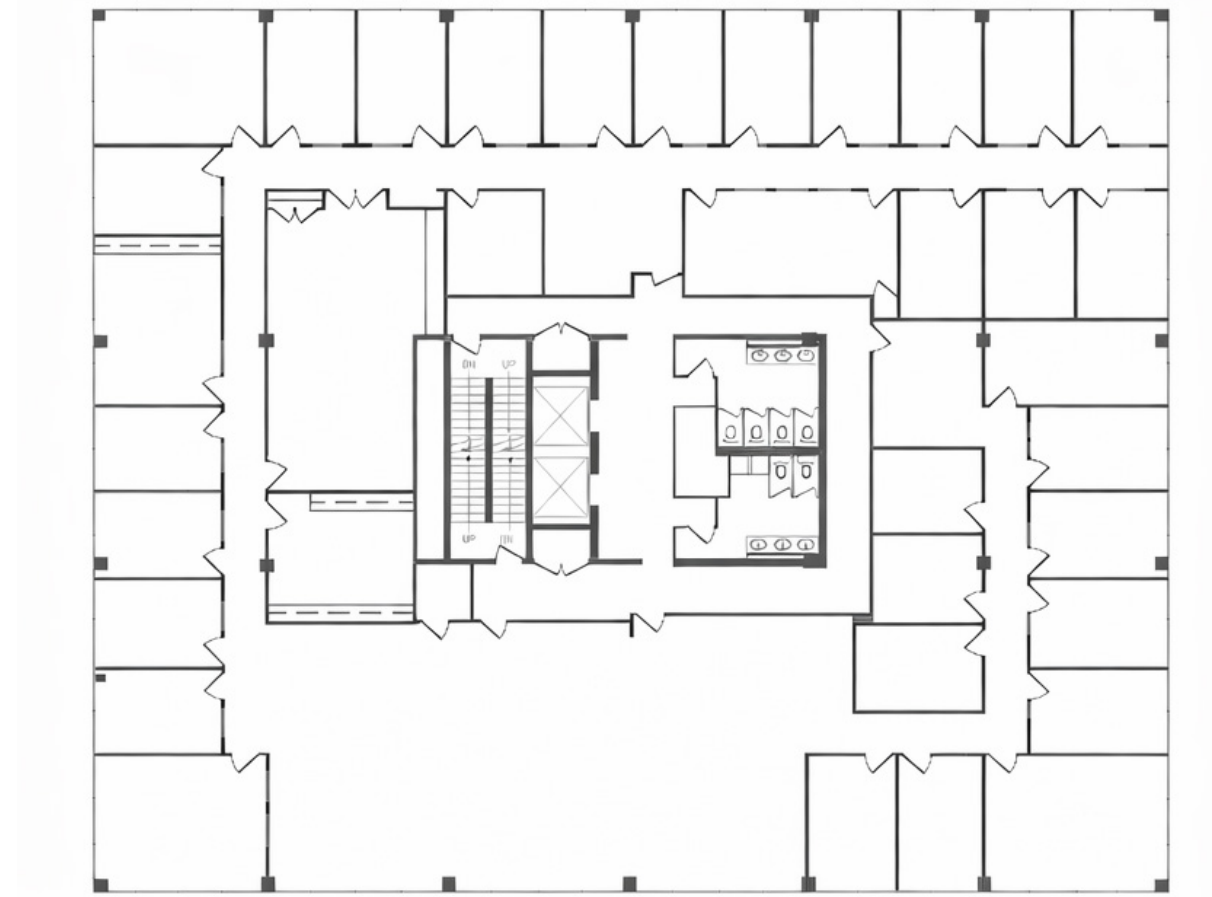
-  30+ offices & meeting rooms
-  Reception
-  3 boardrooms
-  Kitchen and lounge
-  Open area with workstations



# Available

## 3<sup>rd</sup> Floor

Suite 300 - 12,965 sf








### Suite details

**SIZE**  
12,965 sf

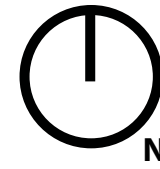
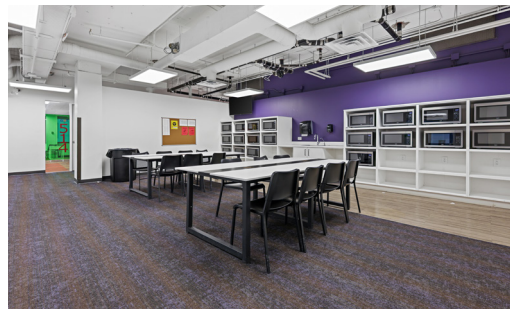
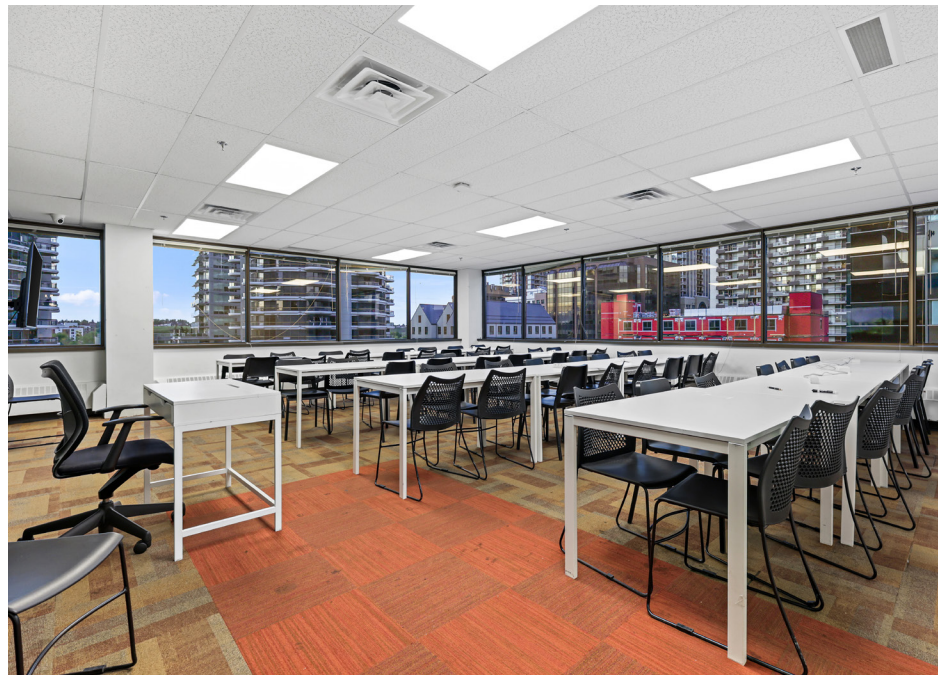
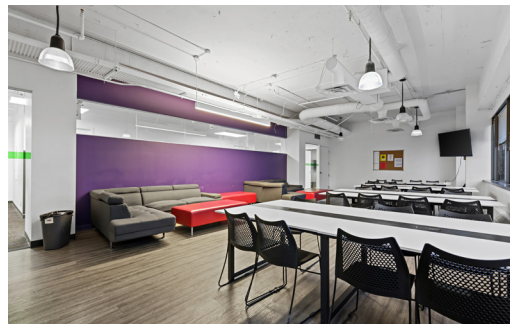
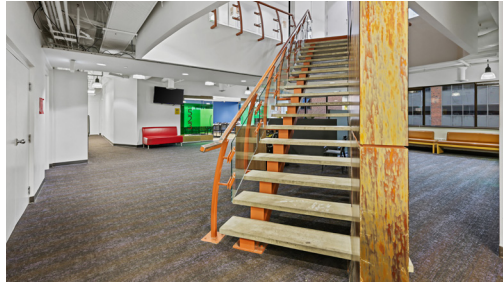
**ADDITIONAL RENT**  
\$15.90 (2025 est.)

**AVAILABILITY**  
Immediately

### Suite features

-  30+ offices & meeting rooms
-  Reception
-  3 boardrooms
-  Kitchen and lounge
-  Open area





# Available

## 5<sup>th</sup> Floor

Suite 500 - 12,972 sf








### Suite details

**SIZE**  
12,972 sf

**ADDITIONAL RENT**  
\$15.90 (2025 est.)

**AVAILABILITY**  
March 1st, 2026

### Suite features

-  4 Offices & 9 classrooms
-  Reception
-  Boardroom
-  2 Lounge areas
-  Floors 5 & 6 stairwell connected

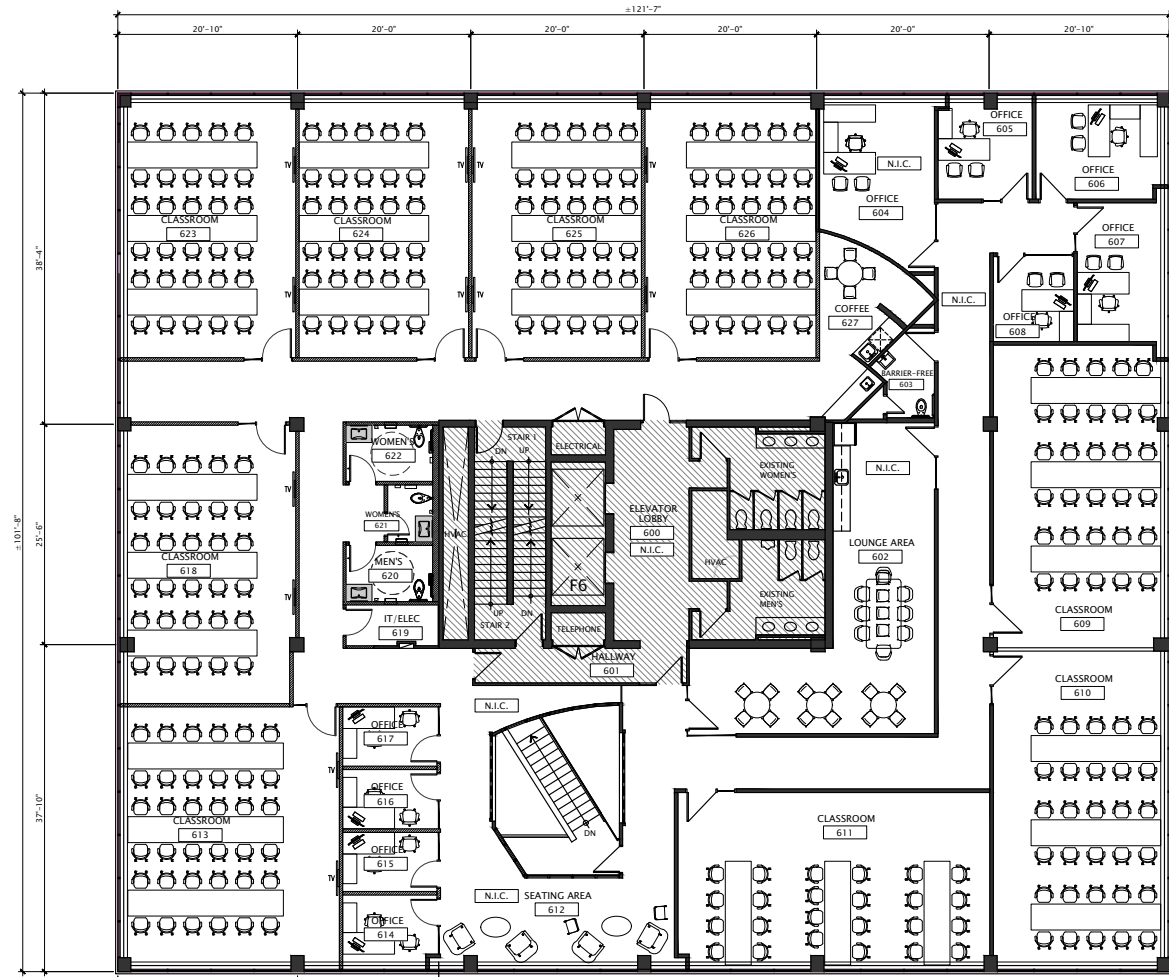
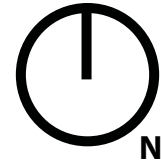
Virtual Tour  
  
CLICK HERE

More Photos  
  
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# Available

## 6<sup>th</sup> Floor

### Suite 600 - 12,973 sf








### Suite details

**SIZE**  
12,973 sf

**ADDITIONAL RENT**  
\$15.90 (2025 est.)

**AVAILABILITY**  
March 1st, 2026

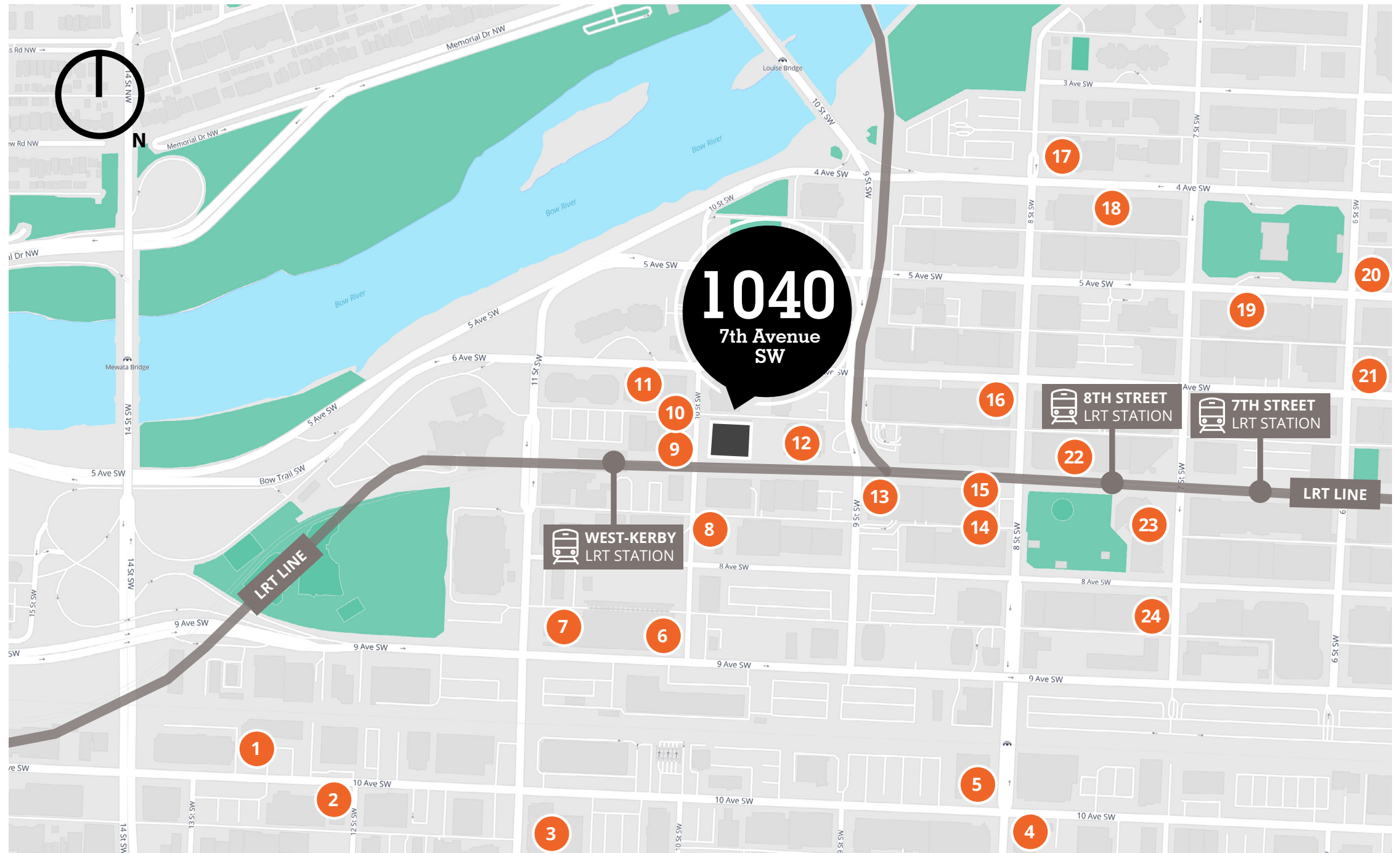
### Suite features

-  9 Offices & 9 classrooms
-  Reception
-  Lounge area
-  Seating areas
-  Floors 5 & 6 stairwell connected



# Location

- 1 Thai Friends Thai Food
- 2 Monki Breakfast Club & Bistro
- 3 Calgary Co-op
- 4 Bonterra Trattoria
- 5 Caffe Mauro
- 6 Frida's Coffee Home
- 7 No Frills
- 8 Loophole Coffee Bar
- 9 Calan Beef Noodle
- 10 Kibo Sushi - Kerby
- 11 Rendevous Cafe
- 12 Nellie's Break the Fast Cafe
- 13 Luxor Emporium Cafe
- 14 McDonald's
- 15 Subway
- 16 Kyoku
- 17 Street Eatery
- 18 Spicy Amigos
- 19 Sushi Hiro
- 20 Tim Hortons
- 21 Gyu-Kaku
- 22 Moxies
- 23 Ongiri Japan
- 24 Bagelino's

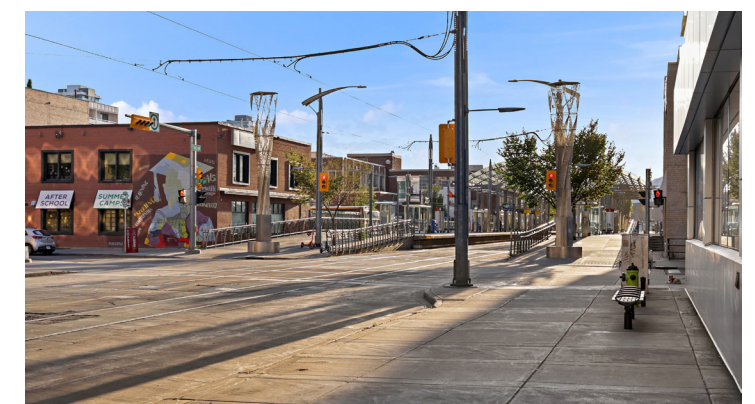


**83** **TRANSIT SCORE**  
Excellent transit

**97** **WALK SCORE**  
Walker's paradise

**96** **CYCLING SCORE**  
Biker's paradise

Source: WalkScore.



## Contact for more information

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