
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

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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

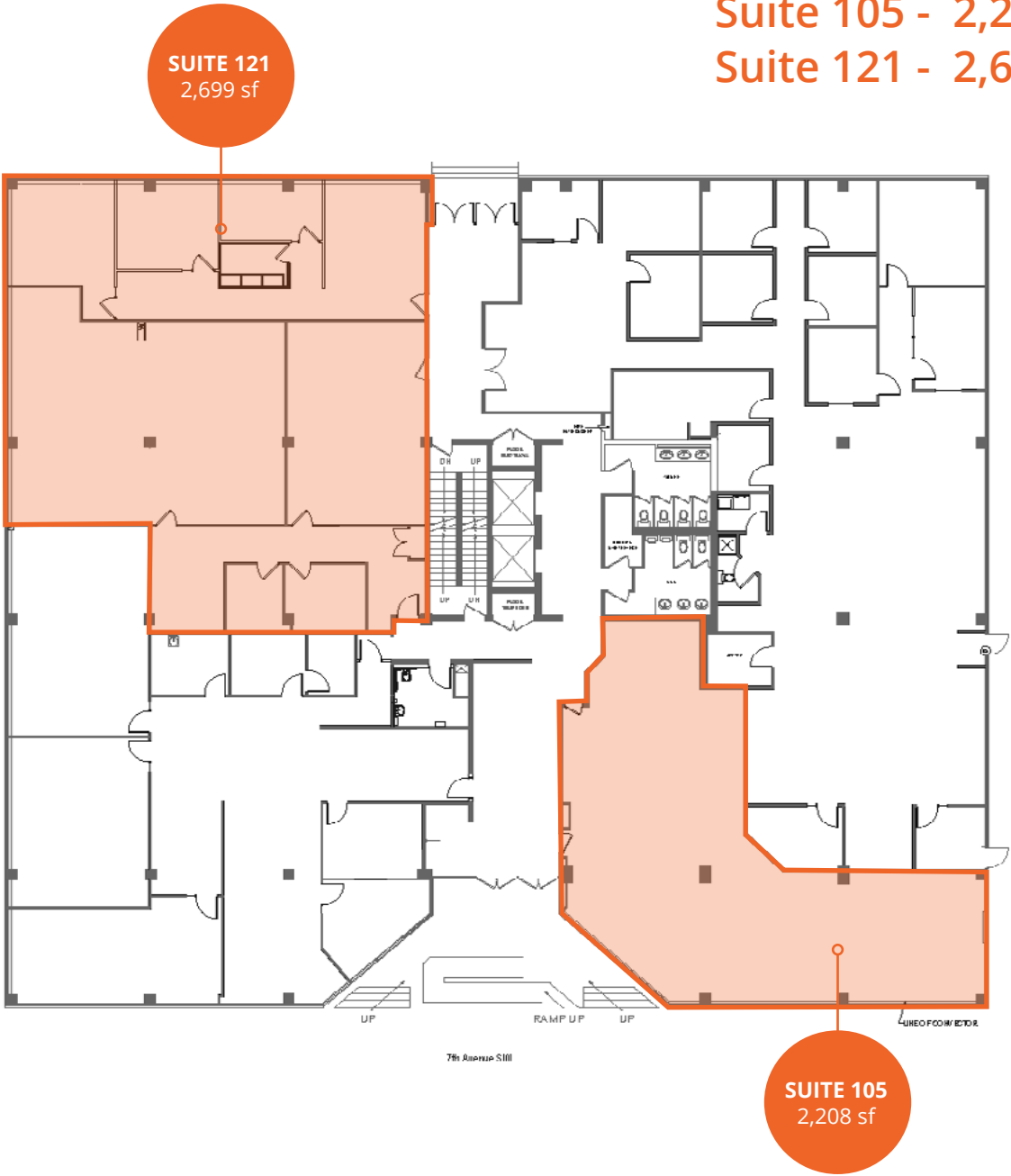
SUITE 105	2,208 sf
SUITE 121	2,699 sf
SUITE 200	6,806 sf
SUITE 300	12,965 sf



Available

1st Floor

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



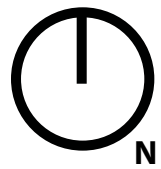
Suite features - #105

○ Open area

Suite features - #121

- 5 offices
- 2 boardrooms





Available

2nd Floor

Suite 200 - 6,806 sf



Suite details

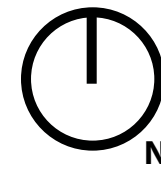
SIZE
6,806 sf

ADDITIONAL RENT
\$15.90 (2025 est.)

AVAILABILITY
Immediately

Suite features

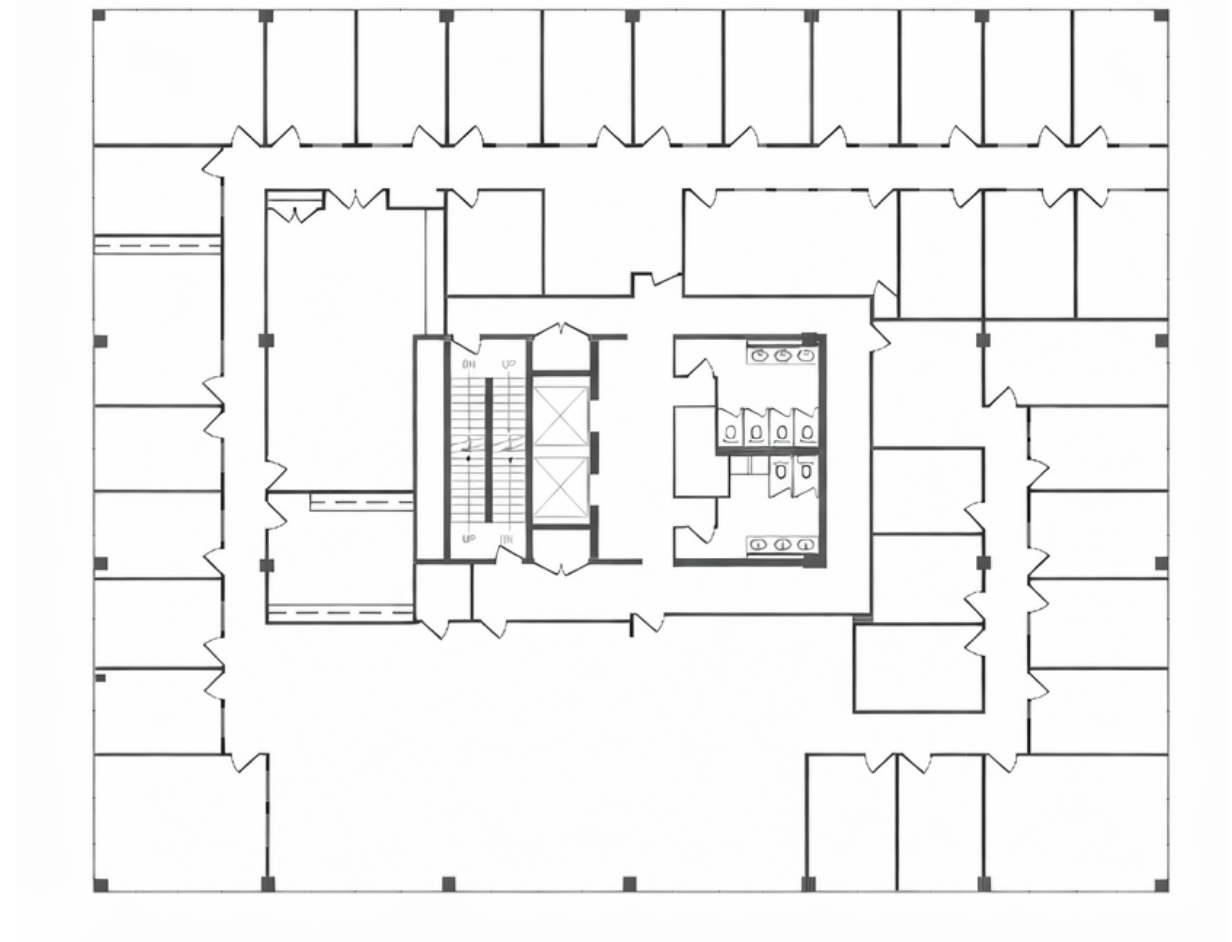
-  30+ offices & meeting rooms
-  Reception
-  3 boardrooms
-  Kitchen and lounge
-  Open area with workstations



Available

3rd Floor

Suite 300 - 12,965 sf



Suite details

SIZE
12,965 sf

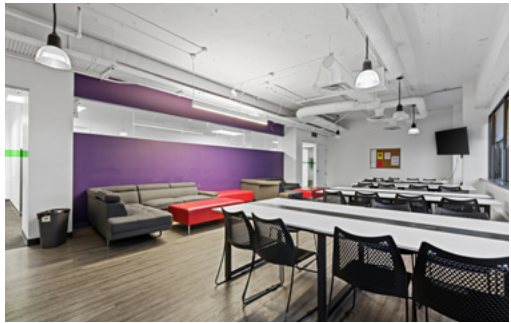
ADDITIONAL RENT
\$15.90 (2025 est.)

AVAILABILITY
Immediately

Suite features

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





Leased

5th Floor

Suite 500 - 12,972 sf



Suite details

SIZE
12,972 sf

ADDITIONAL RENT
\$15.90 (2025 est.)

AVAILABILITY
Leased

Suite features

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

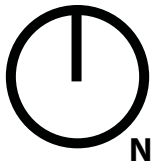
Virtual Tour
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More Photos
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Leased

6th Floor

Suite 600 - 12,973 sf



Suite details

SIZE
12,973 sf

ADDITIONAL RENT
\$15.90 (2025 est.)

AVAILABILITY
Leased

Suite features

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

Virtual Tour

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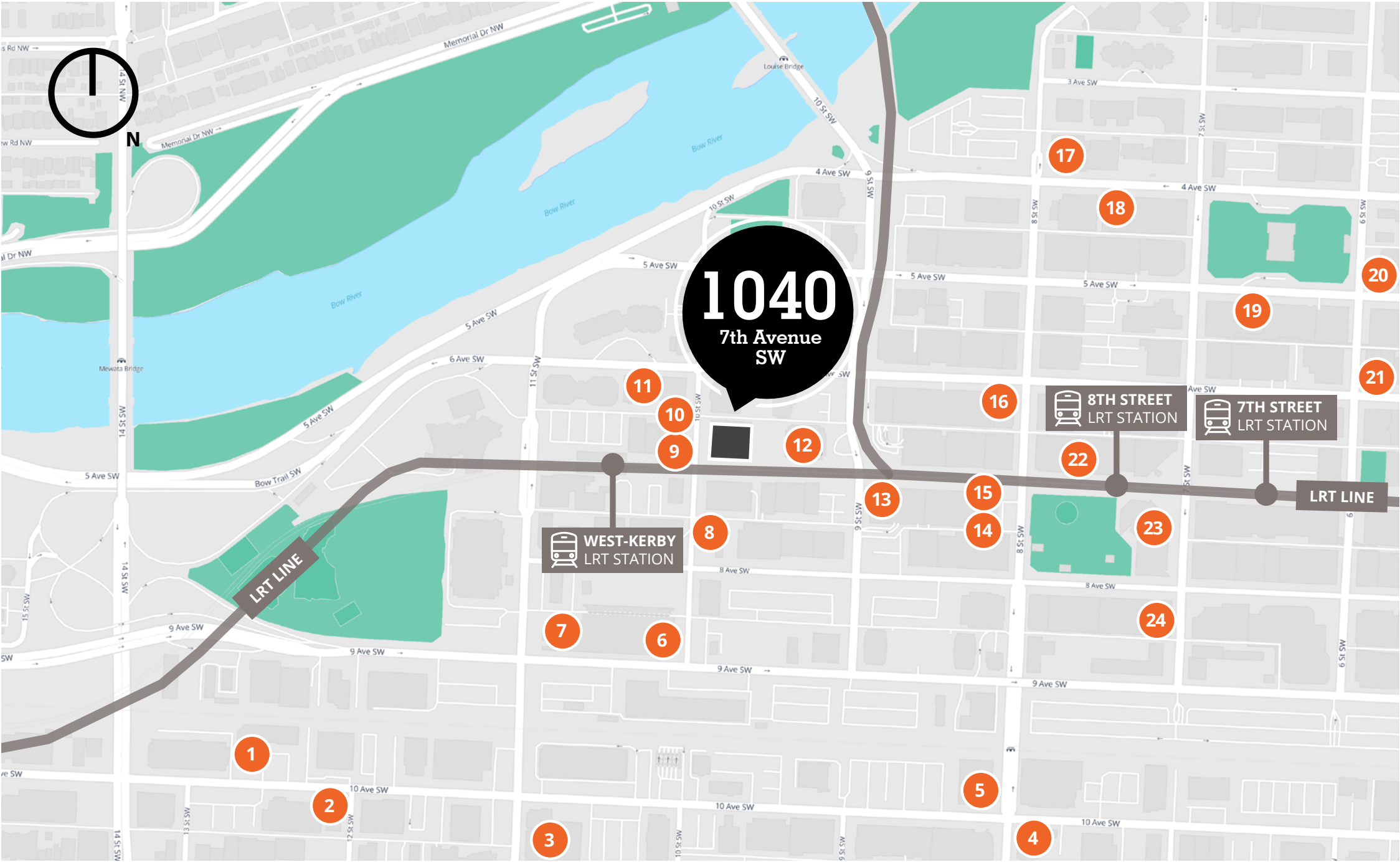
More Photos

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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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