Calgary

First Quarter 2026 Housing Review

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1 SUMMARY

HOUSING DEMAND

	Q1 2025	Q4 2025	**Q1 2026**	YoY Change
Mortgage Rate (5-year Conventional) Chartered Banks	6.49%	6.09%	**6.09%**	**-0.40** percentage points
Population Change (working age population) Calgary Economic Region	1,598,000	1,643,600	**1,654,600**	**+56,600** people
Job Growth Calgary Economic Region	1,023,000	1,050,000	**1,075,100**	**+52,100** jobs

Source: Bank of Canada, Statistics Canada

HOUSING SUPPLY

	Q1 2025	Q4 2025	**Q1 2026**	YoY Change
Residential Construction Investment City of Calgary	$1,225M	$1,252M	**$1,350M**	**+$125** million
Housing Starts City of Calgary	4,995	6,025	**4,302**	**-693** units
Housing Under Construction City of Calgary	20,811	23,467	**22,274**	**+1,463** units

Source: City of Calgary, CMHC

HOUSING MARKET

	Q1 2025	Q4 2025	**Q1 2026**	YoY Change
Housing Sales City of Calgary	5,323	4,549	**4,640**	**-683** units
Average Resale House Prices City of Calgary	$619,022	$621,544	**$629,344**	**+$10,321**

	Q4 2024	Q3 2025	**Q4 2025**	YoY Change
Housing Price to Income Ratio Composite	5.36	5.15	**4.92**	**-0.44**

Source: CREB, CREA, Statistics Canada

2 HOUSING DEMAND

Solid job market in Calgary is supporting housing demand, alongside the newly implemented GST rebate and a rise in co-signing with parents amid slowing population growth

Interest Rates

In Q1 2026, the conventional 5-year mortgage rate stood at 6.1 per cent, down from 6.5 per cent in Q1 2025. However, the ongoing conflict involving Iran, which began the end of February 2026, has led to an increase in bond yields, to which mortgage rates are linked. If this is sustained, mortgage rates would be expected to rise, reducing new housing demand.

Despite many households renewing mortgages originally secured during the low-interest period of 2021-2022, the mortgage delinquency rate in Calgary CMA remained virtually unchanged at 0.17 per cent in Q4 2025, while it rose in Ontario (0.20 in Q4 2024 vs 0.27 per cent in Q4 2025) and BC (0.17 in Q4 2024 vs 0.21 per cent in Q4 2025).

Population Change

In Q1 2026, the working-age population in the Calgary Economic Region (CER) grew by 3.5 per cent, a slowdown from the 5.7 per cent growth recorded in Q1 2025. This is due to a slowdown in international migration, which saw zero growth in Alberta for two consecutive quarters (Q3–Q4 2025). Net interprovincial migration to Alberta is also slowing at 3,684 in Q4 2025, the smallest growth since Q2 2022, contributing to slowing housing market demand.

Employment and Labour Income

In Q1 2026, employment in the CER grew by 5.1 per cent from Q1 2025, with the most gains in full-time positions while national job growth remained flat. This relatively stronger economic growth continues to sustain housing demand in Calgary, supported by a 4.0 per cent increase in income compared to Q1 2025.

As housing price growth outpaces income gains, a new study shows that parents co-signing mortgages for first-time homebuyers in the Calgary CMA has more than doubled, from 4.7 per cent in 2004 to 10.2 per cent in 2025. This trend, alongside the newly implemented GST rebate for first-time buyers, is expected to provide support for housing demand.

3 HOUSING SUPPLY

City of Calgary recorded the highest housing starts among Canadian municipalities in Q1 2026 driven by apartment construction and supported by by The City's office conversion programs

Building Permits

Open Data Calgary shows that the total value of residential building permits submitted in Q1 2026 was approximately $1,350 million for 6,300 housing units, representing an increase of around 10 per cent YoY from Q1 2025. Apartments (app. 3,100 units; $570 million) led this growth, while ground-oriented types saw declines, driven by single-family homes (app. 1,000 units; $420 million). This likely reflects rising inventory of available single-family homes and could signal a slowdown in new supply later this year.

Housing Starts, Housing Under Construction, Housing Completions and Units granted Occupancy

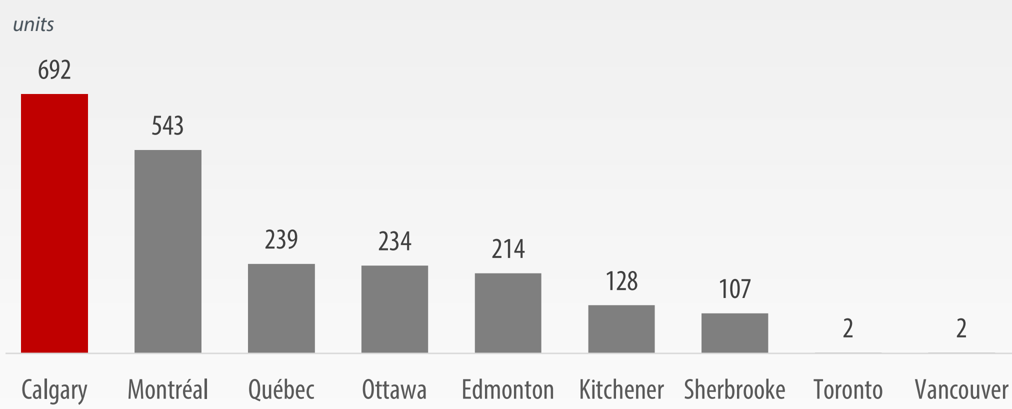
According to CMHC, the City of Calgary recorded 4,302 total housing starts in Q1, down 14 per cent from the record high in Q1 2025, but still well above the 10 year quarterly average of 2,500 units. In Q1 2026, Calgary recorded the highest level of housing starts among Canadian municipalities. Units under construction reached 22,274 , the highest on record for Q1, reflecting the large number of projects currently in the pipeline. Housing completions were 5,457 units. Across starts, units under construction, and completions, apartment construction remained robust , while ground-oriented housing types declined.

In Q1 2026, The City of Calgary also recorded 6,633 units granted occupancy, down from 7,951 units in Q1 2025.

The City's Strategy in Focus: Office conversion programs

The City of Calgary also led all Canadian municipalities in non-residential-to-residential conversions in 2025 supported by its office conversion programs. The initiative, which offers financial incentives for conversion projects as part of a comprehensive housing strategy, leveraged approximately $3.5[1] in private investment for every $1 of public funding. The program is expected to deliver roughly 2,700 residential units, with 21 projects currently in the pipeline and 540 units under construction as of Q1 2026.

Chart 1. The City of Calgary led non-residential to residential conversions in 2025



Source: CMHC

1 https://www.calgary.ca/research/downtown-report.html

4 HOUSING MARKET

Sales and benchmark prices declined overall in Calgary, but impacts vary across types and regions

Listing, Inventory and Sales

In Q1 2026, there were 4,640 sales, down 13 per cent from Q1 2025 but broadly in line with the 10-year average for Q1. Apartment and row house segments posted double-digit declines, while detached and semi-detached homes saw only slight pullbacks. While sales declined, new listings also dropped by almost 800 to 8,960, resulting in the Sales-to-New-Listings ratio remaining virtually unchanged at about 52 per cent. Total inventory reached 4,871 units, up 13 per cent YoY, driven primarily by semi-detached and rowhouses. Months of supply (the ratio of inventory to sales) was at 3.2, up from 2.4 YoY, though it has trended down from 3.5 in December as activity began to pick up.

House Prices (Benchmark Prices)

The composite benchmark price in the city of Calgary, which measures the value of a typical home, declined to $560,167, representing a 4.4 per cent YoY decrease. While overall market conditions softened, the detached and semi-detached segments remained relatively resilient with lower declines (3 per cent and 1 per cent respectively), supported by sustained demand and limited inventory; in contrast, benchmark prices for apartment and row houses declined by 9 per cent and 5 per cent, respectively. Higher-priced areas, such as the west districts, continued to experience price appreciation, whereas traditionally lower-priced regions saw more pronounced declines. While sales fell across almost all price ranges, higher-end sales, particularly detached homes priced above $1 million and semi-detached homes above $800,000, held steady, highlighting increasingly polarized and nuanced market conditions.

Housing Price to Income Ratio

The housing price to income ratio stood at 4.9 in Q4 2025, continuing the downward trend from 5.1 in Q3 2025 and 5.4 in Q4 2024 as prices ease while wage growth remains steady. While affordability has improved in the short term, the ratio is significantly above the average of 3.8 between 2015-2020.

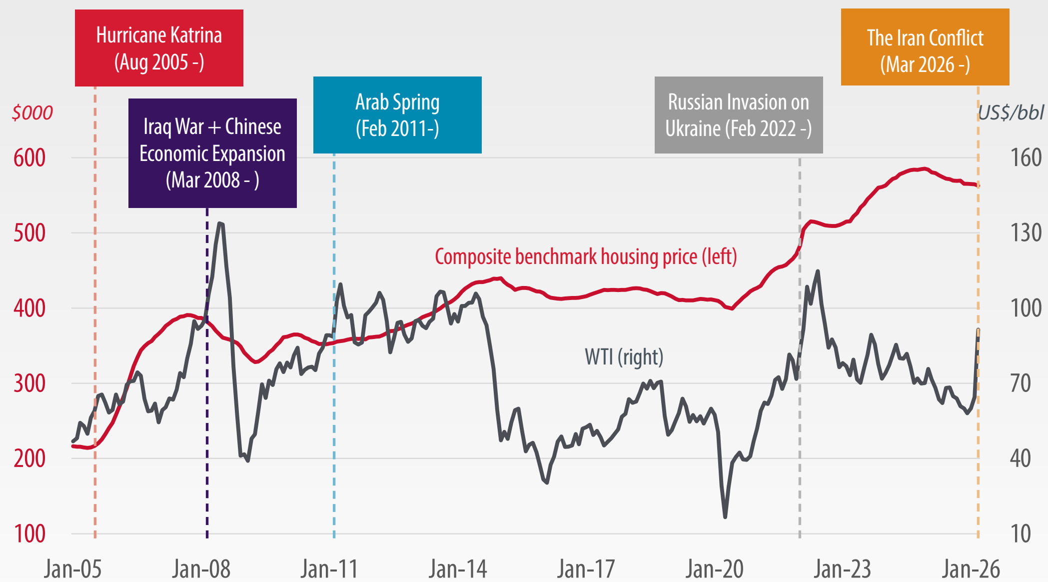
Geopolitically driven spikes in oil prices and Calgary housing markets

It is a long-standing view that Calgary's housing market is closely linked to the global oil market, given the region's energy-focused economy. In fact, the chart on the following page demonstrates that sustained growth in oil prices has historically been associated with rising housing prices (e.g., 2005–2008 and 2009–2014), while downturns in oil prices (e.g., 2008 and 2015-2019) coincide with declines in housing prices.

In contrast, short-term spikes in oil prices driven by geopolitical events yield less clear results. An analysis of four major geopolitical oil price spikes since 2005 suggests that double-digit monthly surges do not translate into immediate housing price appreciation. Based on these historical patterns, the immediate impact of the recent oil price spike associated with the conflict in Iran on Calgary's housing market is expected to be limited.

However, a prolonged high-price environment could eventually stimulate long-term O&G investment, potentially fueling housing demand and cost escalations, leading to potential housing price appreciation.

Chart 3. Calgary housing prices (benchmark composite) and WTI



Source: CREA, EIA

5 GLOSSARY

CMA: The Calgary CMA includes Airdrie (City), Beiseker (Village), Calgary (City), Chestermere (City), Cochrane (Town), Crossfield (Town), Irricana (Town), Rocky View County (Municipal district), and Tsuu t'ina Nation.

CER: Calgary Economic Region (CER) is an Alberta economic region that covers the city of Calgary and its surrounding twenty cities, towns, villages, and First Nation reserves including: Airdrie (City), Beiseker (Village), Black Diamond (Town), Carstairs (Town), Chestermere (City), Cochrane (Town), Cremona (Village), Crossfield (Town), Didsbury (Town), Eden Valley Reserve; Bearspaw First Nation, Foothills No. 31 (Municipal district), High River (Town), Irricana (Town), Longview (Village), Mountain View County (Municipal district), Okotoks (Town), Olds (Town), Rocky View County (Municipal district), Sundre (Town), Tsuu t'ina Nation, Turner Valley (Town).

Benchmark prices: According to CREB, benchmark price refers to the price of a typical home in an area as calculated by the Calgary Real Estate Board (CREB).

Next Update: July 2026

Who We Are

Corporate Economics provides services in four areas: forecasting, information provision, policy analysis and consulting. We also monitor the current economic trends which allows us to develop unique insights on how external events are impacting the local economy and the Municipal government. We are experienced at researching different economic topics and have developed reliable methods of forecasting and analysis.

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Sources:
Bank of Canada, CMHC, CREA, CREB, Statistics Canada, The City of Calgary.