

Blueprint for Recovery: Lessons From New York City's Office Comeback

Dive into the data to see how New York City office visitation patterns evolved in 2024 – and uncover trends shaping NYC work routines heading into 2025.

1. **New York City emerged as the clear office recovery leader in 2024.** Visits to NYC office buildings last year were just 13.1% below pre-pandemic (2019) levels.
2. **The New York City office recovery is still very much underway.** In 2024, New York City office building foot traffic increased 12.4% YoY – less than East Coast rivals Miami, Atlanta, and Washington, D.C., but more than the nationwide baseline of 10.0%.
3. **Friday visits still lag behind – but Mondays are making a comeback.** Fridays accounted for just 11.9% of weekday NYC office foot traffic in 2024, up just slightly from the previous year's 11.5%. Mondays, meanwhile, rebounded to 18.2% of overall weekday foot traffic – approaching the pre-pandemic share of 19.5%.
4. **New York City's Tuesday recovery is essentially complete.** Tuesday office visits in NYC were just 0.3% below 2019 levels in 2024 – while nationwide office visits were down 24.3%.
5. **Between 2019 and 2024, the share of New York City office workers coming from less than five miles away increased steadily.** And of the analyzed cities, New York drew the highest percentage of nearby commuters last year.

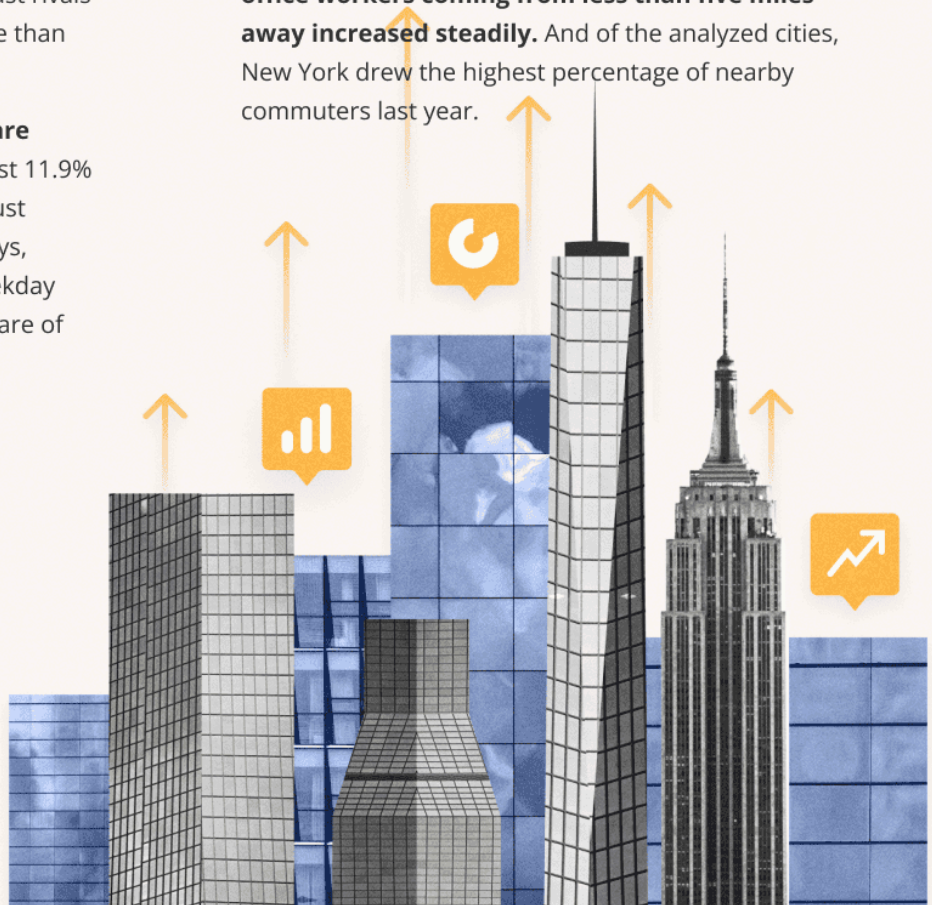


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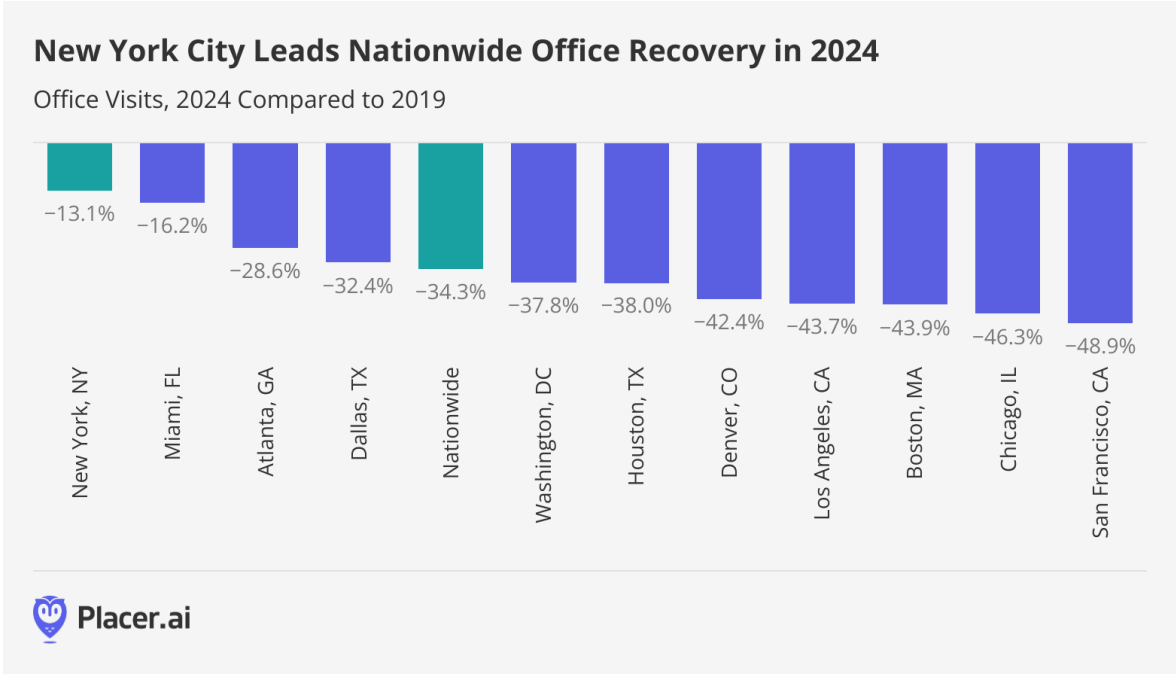
Wall Street Wakeup

The New York office scene is buzzing once again, as companies from [JPMorgan](#) to [Amazon](#) double down on return-to-office (RTO) mandates. But just how did New York office foot traffic fare in 2024? How did Big Apple office foot traffic compare to that of other major business hubs nationwide? And how is New York’s office recovery impacting post-COVID trends like the TGIF work week? Are office visits still concentrated mid-week, or are people coming in more on Fridays and Mondays? And how has Manhattan’s RTO affected local commuting patterns?

We dove into the data to find out.

Nationwide Recovery Leader

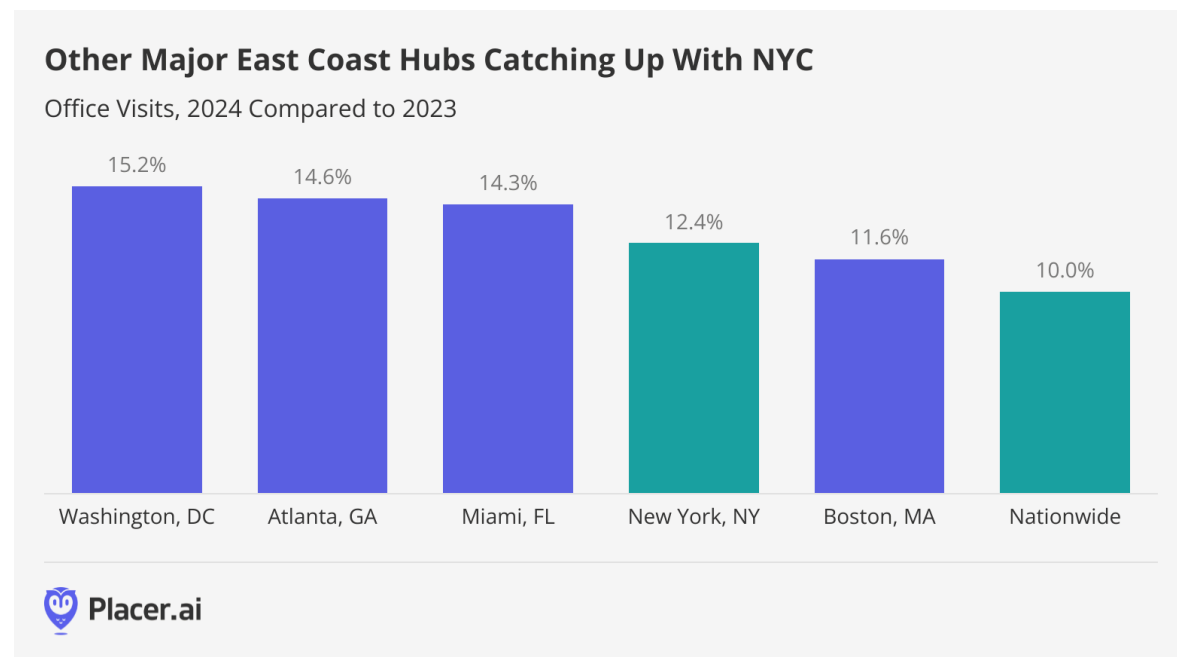
In 2024, New York City cemented its position as the nationwide leader in office recovery. Thanks in part to remote work crackdowns by banking behemoths like Goldman Sachs, Morgan Stanley, and JPMorgan, visits to NYC office buildings in 2024 were just 13.1% below pre-pandemic (2019) levels.



For comparison, Miami's office foot traffic remained 16.2% below pre-pandemic levels, while Atlanta, Washington D.C., and Boston saw significantly larger gaps at 28.6%, 37.8%, and 43.9%, respectively.

No Slowing in Sight

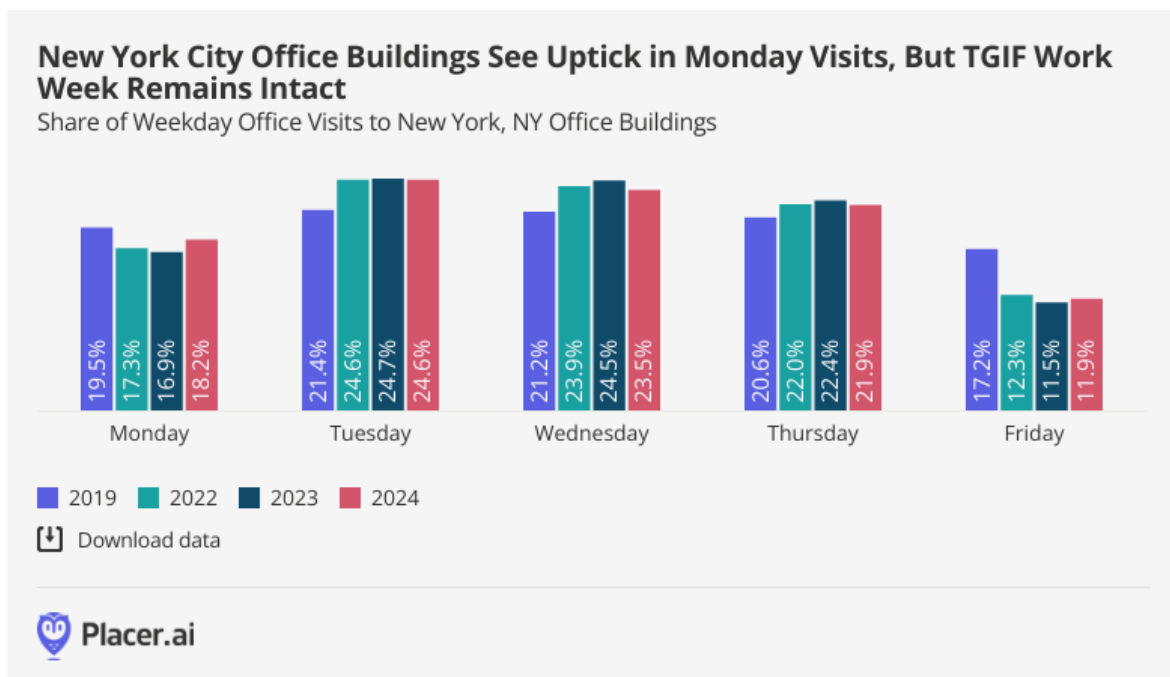
Perhaps unsurprisingly given the Big Apple's robust year-over-five-year (Yo5Y) recovery, the pace of year-over-year (YoY) visit growth to NYC office buildings was somewhat slower in 2024 than in other major East Coast business centers. Still, New York's YoY office recovery rate of 12.4% outpaced the nationwide baseline, and came in just slightly below Washington, D.C.'s 15.2% and Atlanta's 14.6%.



Fridays Fizzle, Mondays Rebound, Tuesdays Surge

Interestingly, New York's return to office has not led to a significant retreat from the TGIF work week that emerged during COVID. In 2024, just 11.9% of weekday (Monday to Friday) visits to NYC offices took place on Fridays – only slightly more than the 11.5% recorded in 2023 and significantly below the pre-pandemic baseline of 17.2%.

Meanwhile, Monday has quietly regained its footing as the dreaded start of the New York work week. After dropping significantly in 2022 and 2023, the share of weekday office visits taking place on Mondays rebounded to 18.2% in 2024 – just slightly below 2019’s 19.5%. Still, Tuesday remained the Big Apple’s busiest in-office day of the week last year, accounting for nearly a quarter (24.6%) of weekday NYC office foot traffic.

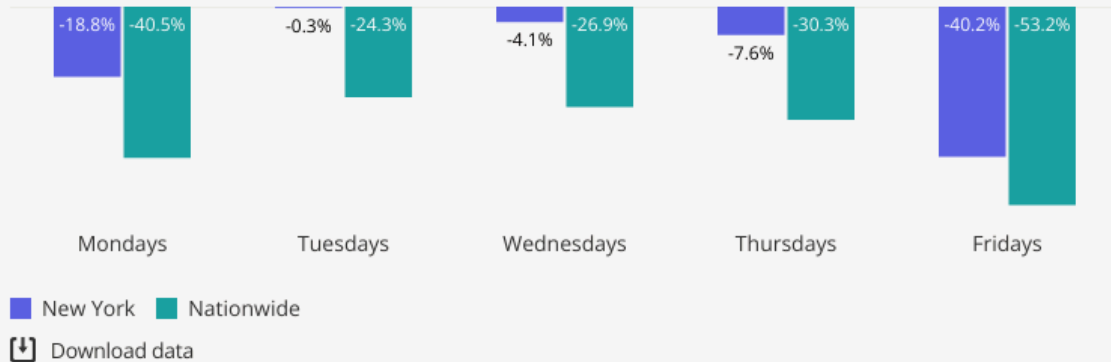


Tuesday Recovery (Nearly) Complete

And diving into Yo5Y data for each day of the work week shows just how much New York’s overall recovery is driven by mid-week visits – and especially Tuesday ones. In 2024, Friday visits to NYC office buildings were down 40.2% compared to 2019. But on Tuesdays, visits were essentially on par with pre-pandemic levels (-0.3%), even as nationwide office visits remained 24.6% below 2019.

New York Sees Near Complete Office Recovery on Tuesdays

Office Visits, 2024 Compared to 2019



The Office Next Door

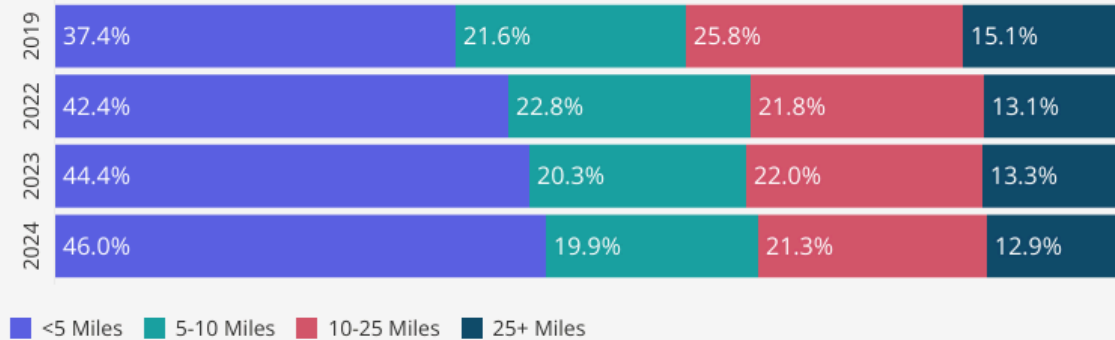
Another post-COVID trend that has shown staying power in New York is the growing share of office visits coming from employees who live nearby. As hybrid schedules become the norm, it seems that those commuting more frequently are often just a short subway ride -or even a stroll- away.


A Steadily Growing Share of Nearby Workers

The share of NYC office workers coming from less than five miles away, for example, has risen steadily since COVID, reaching 46.0% in 2024. Over the same period, the share of workers coming from 5-10 miles, 10-15 miles, or 25+ miles away has declined.

Nearby Employees Fuel NYC Office Recovery

Share of Visits to New York Office Buildings by Distance Traveled



 Download data



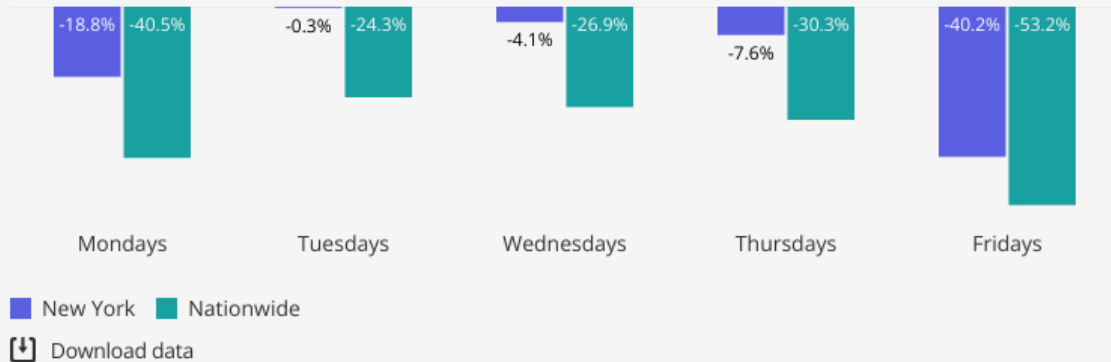
Outpacing Other Markets in Short Commutes

Looking at commuting trends across the East Coast helps put New York City's shift into perspective. In 2019, NYC's share of nearby commuters was on par with Washington, D.C. and slightly below Boston. But while both cities experienced moderate increases in local commuters between 2019 and 2024, New York pulled ahead, outpacing all other analyzed cities in its share of nearby office workers last year.

Miami and Atlanta – two other standout cities in office recovery – also saw significant growth in the percentage of short-distance commuters over the past five years. This trend underscores a broader shift: As hybrid work reshapes commuting habits, employees across multiple markets are more likely to go into the office if they live nearby, reducing reliance on long-haul commutes.

New York City Sees Near Complete Office Recovery on Tuesdays

Office Visits, 2024 Compared to 2019



A Big Apple Bellwether

As the nation's office recovery leader, New York offers a glimpse into what other cities can expect as office visitation rates continue to improve. Even at just 13.1% below pre-pandemic levels, NYC office visit levels continue to rise. And as recovery nears completion, trends that took hold during COVID remain firmly entrenched.