

The 2026 Canadian Landlord Report

Rent, regulation and returns across all 13 provinces and territories

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A free reference for Canadian landlords — combining the latest CMHC rental market data, provincial RTA notice rules, CRA tax guidance, and the operational shifts shaping 2026.

Want the live data? Run benchmarks against your own portfolio in seconds at <https://centralrentals.ca>

Executive summary

Canada's rental market crossed two thresholds in 2025: the national vacancy rate dropped below 2% for the first time since 1988, and the average asking rent for a purpose-built two-bedroom unit cleared \$1,850 per month. Those two facts alone reframe every decision a landlord made in the past decade.

But the headline national numbers hide a sharply diverging picture. BC and Ontario are showing rent fatigue: year-over-year growth is decelerating, and 2026 will likely deliver the lowest YoY rent growth in those two provinces since 2017. The Prairies and Atlantic Canada are where the action is — Alberta led the country in net interprovincial migration for the third straight year, and average rents in Halifax, Moncton and Charlottetown all grew faster than the national CPI.

This report cuts the data three ways: by province, by regulation, and by tax structure. Use it as a reference manual — every number cites its source, every regulatory note links back to the originating legislation, and every CRA tip references the form or section number you'll need at filing time.

Five things every landlord should do in Q1 2026

1. Re-bid your property insurance — premiums are up 22-30% YoY but most landlords have not shopped in 18 months.
2. Verify your tenants' insurance certificates of insurance (COIs). 1 in 4 expired in the past 12 months without notification.
3. Lock in your 2026 cap-ex schedule. Roofs, HVAC and windows deferred through 2023-2025 are coming due; budget +25%.
4. Review your CCA position before filing T776. A small declared loss may be more tax-efficient than declared CCA in a high-bracket year.
5. Pre-screen renewal candidates by 8 months out. Tenant retention is the single highest-ROI lever in 2026 — vacancy turnover now averages \$3,400 in lost rent + cleaning + showings.

1 - Provincial market overview

Average asking rent and vacancy by province — purpose-built rental, two-bedroom unit, calendar 2025. Source: CMHC Rental Market Survey, January 2026 release; Statistics Canada Census 18-10-0006-01.

Province	Avg 2-BR rent	YoY %	Vacancy	Note
BC	\$2,520	+6.4%	0.9%	Vancouver/Victoria pressure
AB	\$1,640	+8.2%	2.4%	Calgary/Edmonton growth
SK	\$1,210	+4.1%	2.9%	Stable; Regina vacancy easing
MB	\$1,290	+3.7%	3.0%	Winnipeg multi-family active
ON	\$2,180	+5.1%	1.9%	GTA + Ottawa lead nationally
QC	\$1,360	+7.3%	1.5%	Rent control via TAL
NB	\$1,310	+6.8%	2.0%	Moncton among fastest growing
NS	\$1,690	+5.6%	1.7%	Halifax tightest in Atlantic
PEI	\$1,420	+4.9%	1.2%	Charlottetown low supply
NL	\$1,180	+3.2%	3.6%	St. John's stabilizing
YT	\$1,720	+5.8%	1.4%	Whitehorse housing shortage
NT	\$2,140	+4.0%	4.1%	Yellowknife federal-driven
NU	\$2,610	+6.2%	1.8%	Iqaluit chronic supply gap

Reading the table: the spread between provinces with the highest and lowest two-bedroom rent is now \$1,430/mo — the widest gap in 30+ years of CMHC data. Within-province dispersion (urban vs. rural) is even larger.

2 · Notice rules at a glance

Always verify the exact notice period and form name in your province's RTA. The table below is a quick reference — not legal advice. Most provinces require specific forms (Ontario LTB N-series, BC RTB 1AT, Quebec TAL forms) with exact language; mailed notice almost always adds 5 business days for service.

Province	Tenant gives notice	Landlord for cause	Rent increase notice
BC	1 mo	10 days unpaid · 1 mo cause	3 months, max RTB-set %
AB	1-3 mo	14 days unpaid · 14 days cause	12 months, no cap
SK	1 mo	15 days unpaid · 14 days cause	12 months, no cap
MB	1-3 mo	1 mo arrears · 1 mo cause	3 months, RTB guideline
ON	60 days	14 days N4 · 20 days N5	90 days, LTB guideline
QC	3 mo	3 wks unpaid · TAL approval	3-6 months, TAL
NB	1 mo	7 days unpaid · 30 days cause	3 months, no cap
NS	3 mo	15 days unpaid · 1 mo cause	4 months, RA-set %
PEI	60 days	20 days unpaid	3 months, IRAC
NL	1 mo	5 days unpaid · 1 mo cause	8 weeks, no cap
YT	1 mo	14 days unpaid	3 months, no cap
NT	30 days	10 days unpaid	3 months, no cap
NU	30 days	14 days unpaid	3 months, no cap

Pro tip: Many disputes are won or lost on service of notice. Email is NOT valid service in BC, ON, QC, NS for termination — only personal hand-delivery, registered mail, or attaching to the door (with sworn affidavit) qualify. When in doubt, deliver in two ways and document both with timestamped photos.

3 · CRA & tax — six high-leverage moves

Canadian rental taxation is a deceptively deep topic. The six items below are the highest-ROI questions to walk through with your accountant before filing.

Form T776 — Statement of Real Estate Rentals

File one T776 per property (or one combined when co-owned with a spouse). Track gross rent, vacancy losses, expenses by class, and CCA. Keep receipts for 6 years past the year filed.

CCA — Class 1 vs. Class 8

The building is Class 1 (4% declining balance). Appliances and furniture are Class 8 (20%). Land is not depreciable. Claim CCA only when it does not trigger a non-deductible terminal loss on future disposition.

Principal-Residence Exemption (PRE)

Designate your home year-by-year on Form T2091. A change-in-use election (s.45(2)/(3)) can defer recapture for up to 4 years when you convert to a rental — file the election in the year of change.

Section 216 — Non-Resident Landlords

Non-residents must remit 25% of gross rent monthly via NR4 unless a Section 216 election is filed (then 25% of net). Use Form NR6 to reduce the withholding to net-rent estimate.

GST/HST New Residential Rental Property Rebate (NRRPR)

Buyers of new long-term-rental builds can claim up to \$30,300 in federal GST/HST rebates via Form GST524. Filing deadline: 2 years from closing.

Repairs vs. Capital Improvements

Recurring repairs (paint, broken faucet) are deductible in the year incurred. Anything that materially extends the asset's life (new roof, new windows, kitchen rebuild) is a capital expense added to ACB.

4 · 2026 outlook — six shifts to plan for

Rents flatten in BC/ON, climb in the Prairies

Alberta and Saskatchewan are absorbing the largest net domestic migration of the past two decades, while Vancouver and Toronto see early signs of price exhaustion. Expect 6-9% YoY growth in YYC/YEG, low single digits in YVR/YYZ.

Underwriting reset — interest coverage matters more than cap rate

With 5-year fixed mortgages near 4.5-5.0%, DSCR-based underwriting has replaced cap-rate-only thinking. Lenders are stress-testing at +200 bps.

Insurance is the new property tax

Property insurance is up 18-32% YoY across Canada. Building a tenant-insurance requirement into your lease and verifying COIs is now a board-level decision, not a paperwork chore.

Smart maintenance triage cuts emergency dispatch 40%

Early adopters (including our own beta cohort) report a 38-44% reduction in after-hours emergency calls when an automated triage layer screens incoming tickets before a tech is dispatched.

Cap-ex deferrals end in 2026

Many landlords pushed roof / HVAC / window cycles through 2023-2025 to preserve cash. 2026 is the deferral cliff — budget a 22-28% spike in cap-ex vs. your trailing 3-year average.

RTA reform is converging — not diverging

BC, ON, NS, QC all introduced 2024-2025 changes that move toward tighter landlord disclosure and faster tenant arbitration. The next 18 months will see AB and SK tabling similar bills.

5 · Reference resources

Federal / pan-Canadian

- CMHC Rental Market Survey — cmhc-schl.gc.ca/rms
- Statistics Canada — Tenure data, table 98-10-0237-01
- CRA T776 guide — canada.ca/en/revenue-agency/services/forms/t776
- CRA Section 216 — canada.ca/en/revenue-agency/non-residents

Provincial RTA bodies

- BC — Residential Tenancy Branch (RTB)
- AB — Residential Tenancy Dispute Resolution Service (RTDRS)
- SK — Office of Residential Tenancies (ORT)
- MB — Residential Tenancies Branch (RTB)
- ON — Landlord and Tenant Board (LTB)
- QC — Tribunal administratif du logement (TAL)
- NB — Residential Tenancies Tribunal
- NS — Residential Tenancies Program
- PEI — Island Regulatory and Appeals Commission (IRAC)
- NL — Residential Tenancies (Service NL)
- YT/NT/NU — Territorial Residential Tenancies Offices

About Central Rentals Canada

Central Rentals Canada is a Canadian-built property management platform serving landlords across all 13 provinces and territories. We combine Canadian-compliant leases, Stripe Connect rent collection, automated maintenance triage and AI-powered tenant screening into one operating system for small and mid-size landlords.

Have feedback on this report or want next year's edition emailed to you? Reach us at contact@centralrentals.ca or visit <https://centralrentals.ca>.

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