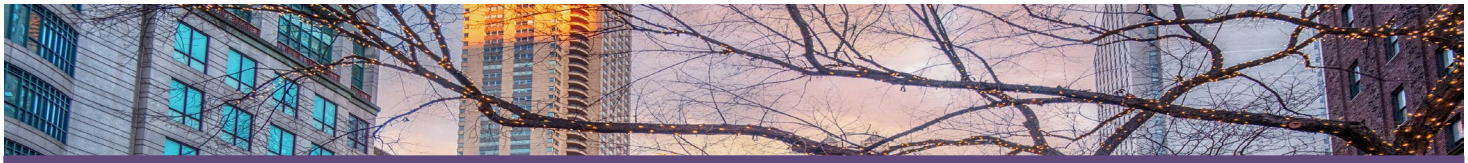
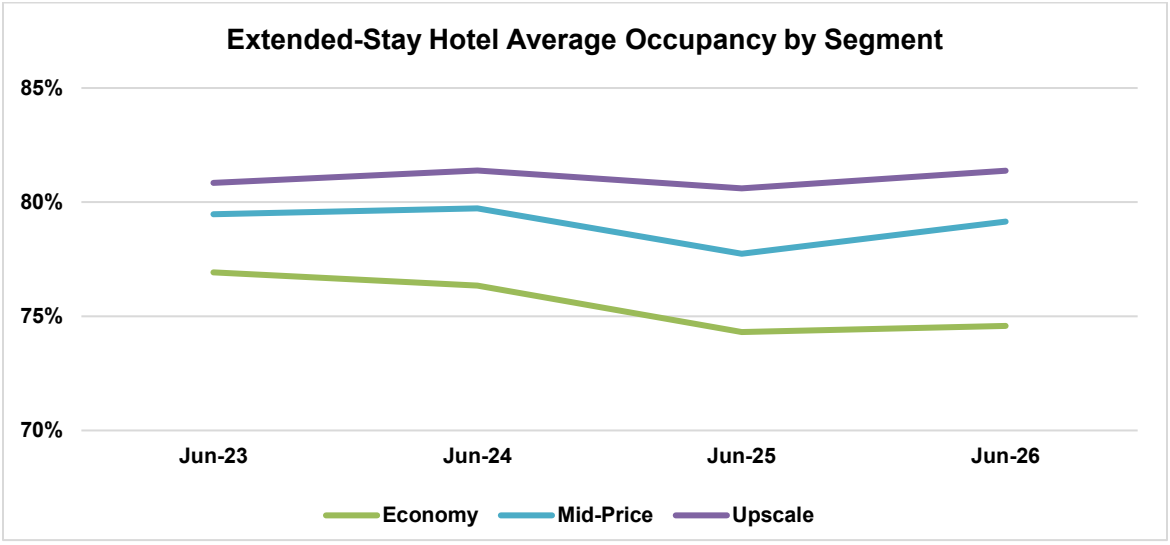


The Highland Group Reports

US Extended-Stay Hotels Bulletin: June 2026 Price $195

June 2026 Key Highlights and Trends

- Supply growth rate downticks
- Largest increase in demand for June in five years
- Highest monthly gain in ADR, RevPar and room revenues in more than three years
- Average occupancy 10.1 points higher than aggregate comparable class hotels



Source: The Highland Group

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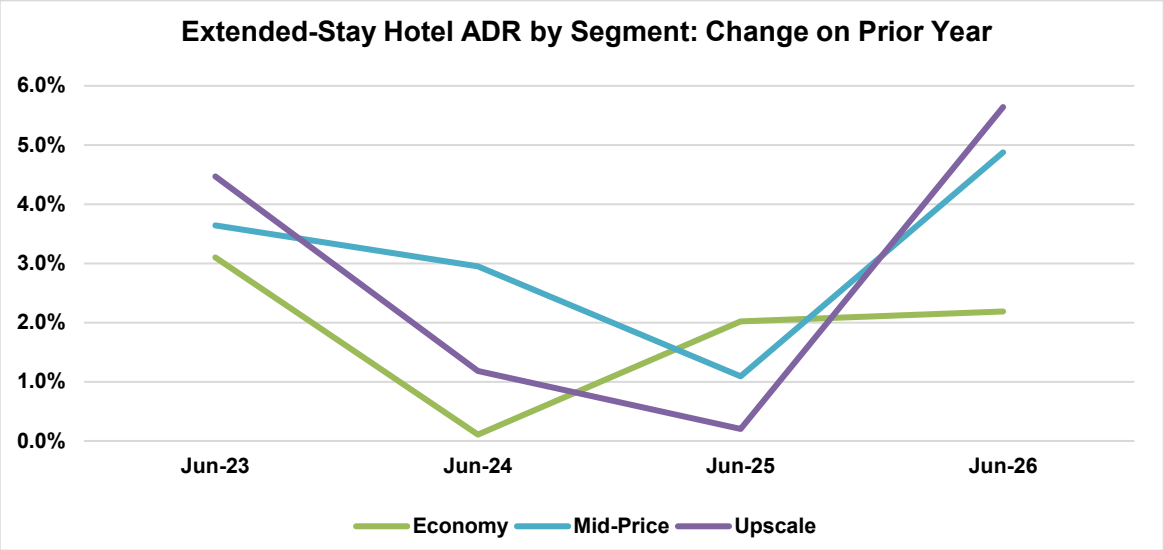

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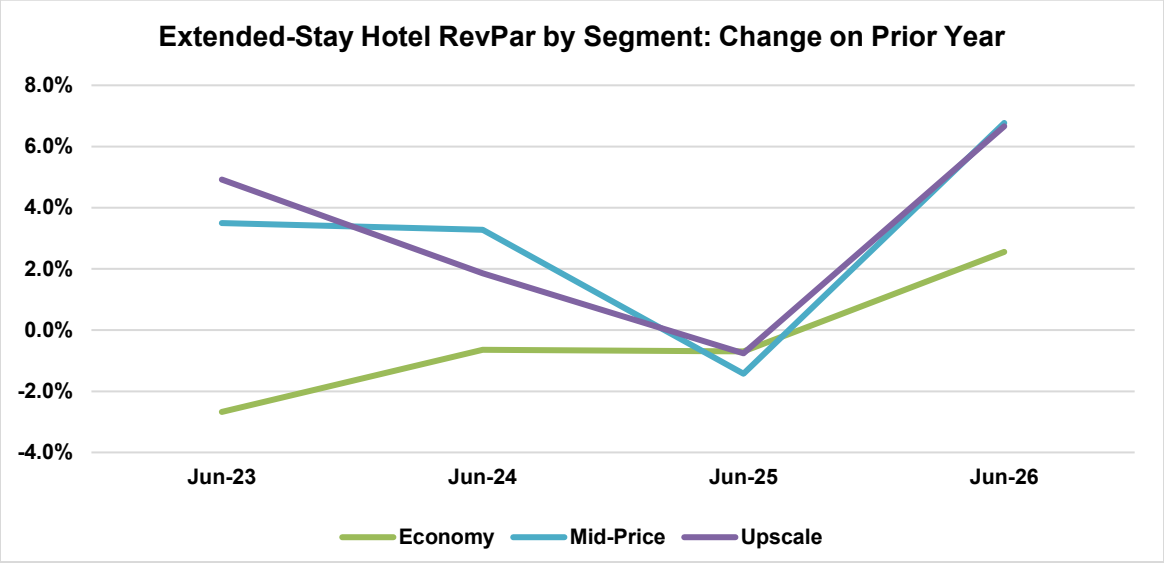

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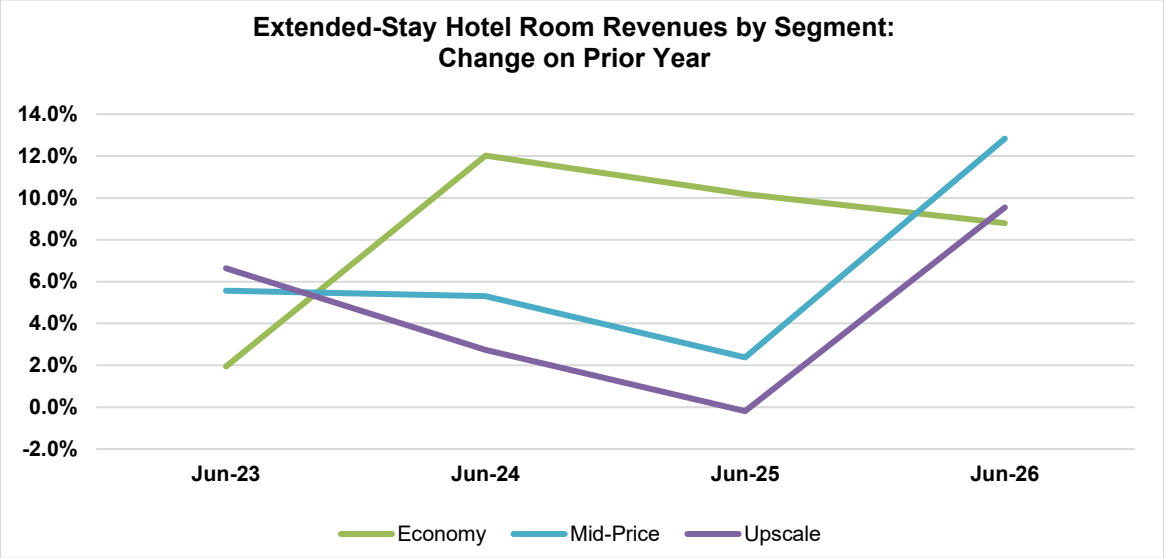

Source: The Highland Group

Definitions/Database

Extended-Stay Hotel – A hotel with a fully equipped kitchenette in each guest room, which accepts reservations and does not require a lease.

The database used in the estimates and projections in this report included the extended-stay brands in the table following. There are independent extended-stay hotels that were not included, but the sample represents the great majority of extended-stay rooms in the US. Estimates are based on all hotels in each brand or company. Changes from period to period are not based on same store data. Therefore, the statistics in this report can differ slightly from other sources of this information including company financial reports.

Price segments reflect a $60 spread in average daily rates between the segments. The segments are for comparison only. There is a significant difference in clientele and other characteristics among hotels within the ranges.

Extended-Stay Brands by Average Daily Rate Range

Upscale $135+	Mid-Price $75-$135	Economy Under $75
Element by Westin	@Home by Best Western	Affordable Suites of America
Homewood Suites by Hilton	Candlewood Suites (IHG)	Budget Suites
Hyatt House	Everhome Suites Extended Stay by Choice Hotels	Echo Suites by Wyndham
Larkspur Landing	Extended Stay America	Extended Stay America Select Suites
Residence Inn by Marriott	Extended Stay America Premier Suites	HomeTowne Studios by Red Roof
Sonesta ES Suites	Executive Residency by Best Western	Intown Suites
Staybridge Suites (IHG)	Hawthorn Suites by Wyndham	LivAway Suites
	Home 2 Suites by Hilton	Other Independents
	Hyatt Studios	Savannah Suites
	LivSmart Studios by Hilton	Studio 6
	Mainstay Suites Extended Stay by Choice Hotels	Suburban Studios by Choice Hotels
	My Place	Sure Stay Studio by Best Western
	Sonesta Simply Suites	WoodSpring Suites Extended Stay by Choice Hotels
	stayAPT Suites	
	StudioRes by Marriott	
	TownePlace Suites by Marriott	
	Water Walk by Wyndham	

Source: The Highland Group

The Highland Group prepared this bulletin on extended-stay lodging in the United States as a service to the industry. We are grateful to the extended-stay hotel chains and owners that contributed information and trust that the results will be useful. While accurate to the best of our knowledge on June 26, 2026, we do not warrant the accuracy of any information presented, nor do we warrant that any projections will be achieved. This information should not be relied upon to make any investment or management decision, without further research and analysis.