

144: Filer Information

Filer CIK0001669754

Filer CCCXXXXXXXX

Is this a LIVE or TEST Filing?☒ LIVE ☐ TEST

Submission Contact Information

Name

Phone

E-Mail Address

144: Issuer Information

Name of IssuerHOST HOTELS & RESORTS, INC.

SEC File Number001-14625

Address of Issuer4747 BETHESDA AVENUE
SUITE 1300
BETHESDA
MARYLAND
20814

Phone240-744-1000

Name of Person for Whose Account the Securities are To Be SoldLENTZ MICHAEL E

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer

Officer

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Raymond James and Associates 880 Carillon Parkway St. Petersburg FL 33716	56757	1320233.27	684879281	08/21/2026	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the	Date you	Nature of	Name of	Is	Date	Amount of	Date of	Nature of
--------------	----------	-----------	---------	----	------	-----------	---------	-----------

Class	Acquired	Acquisition Transaction	Person from Whom Acquired	this a Gift?	Donor Acquired	Securities Acquired	Payment	Payment *
Common	02/14/2023	Award	issuer	☐		3459	02/14/2023	NA
Common	02/20/2024	Award	Issuer	☐		13650	02/20/2024	NA
Common	02/09/2024	Award	Issuer	☐		4095	02/09/2024	NA
Common	02/08/2024	Award	Issuer	☐		4688	02/08/2024	NA
Common	02/13/2018	Award	Issuer	☐		1335	02/13/2018	NA
Common	02/05/2024	Award	Issuer	☐		3123	02/05/2024	NA
Common	02/08/2018	Award	Issuer	☐		7120	02/08/2018	NA
Common	02/15/2022	Award	Issuer	☐		14638	02/15/2022	NA
Common	02/07/2023	Award	Issuer	☐		4401	02/07/2023	NA
Common	04/15/2019	Award	Issuer	☐		248	04/15/2019	NA

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report ☒

144: Remarks and Signature

Remarks
Date of Notice 08/21/2026

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature Rashida Mitchell, as duly authorized representative of Raymond James & Associates, Inc., as attorney-in-fact for Michael Lentz

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)