

930– 1,517 SF Office Suites - Stamford Downtown

5 Hillandale Avenue, Stamford CT



Specifications

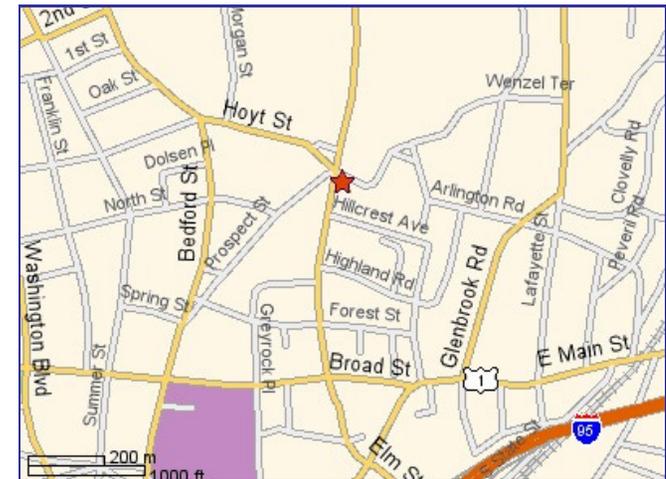
Location: Walk to Superior Courthouse and downtown. Very close to Exit 7 of I-95. At intersection of Grove, Strawberry, Prospect and Hoyt Streets.

Price: - 1st Floor, 1,517SF @ \$23/SF MG, plus electric
- 2nd Floor, 930 SF @ \$23/SF MG, plus electric

Term: 3 -5 years

Comments: Ideal for attorney or other professional services use. 2.5/1,000 parking.

Map



Contact Exclusive Agents:

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Pyramid Real Estate Group

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(203) 348-8566 • Fax (203) 872-9023

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PYRAMID
Real Estate Group

Brokerage • Consulting • Management Services • Construction

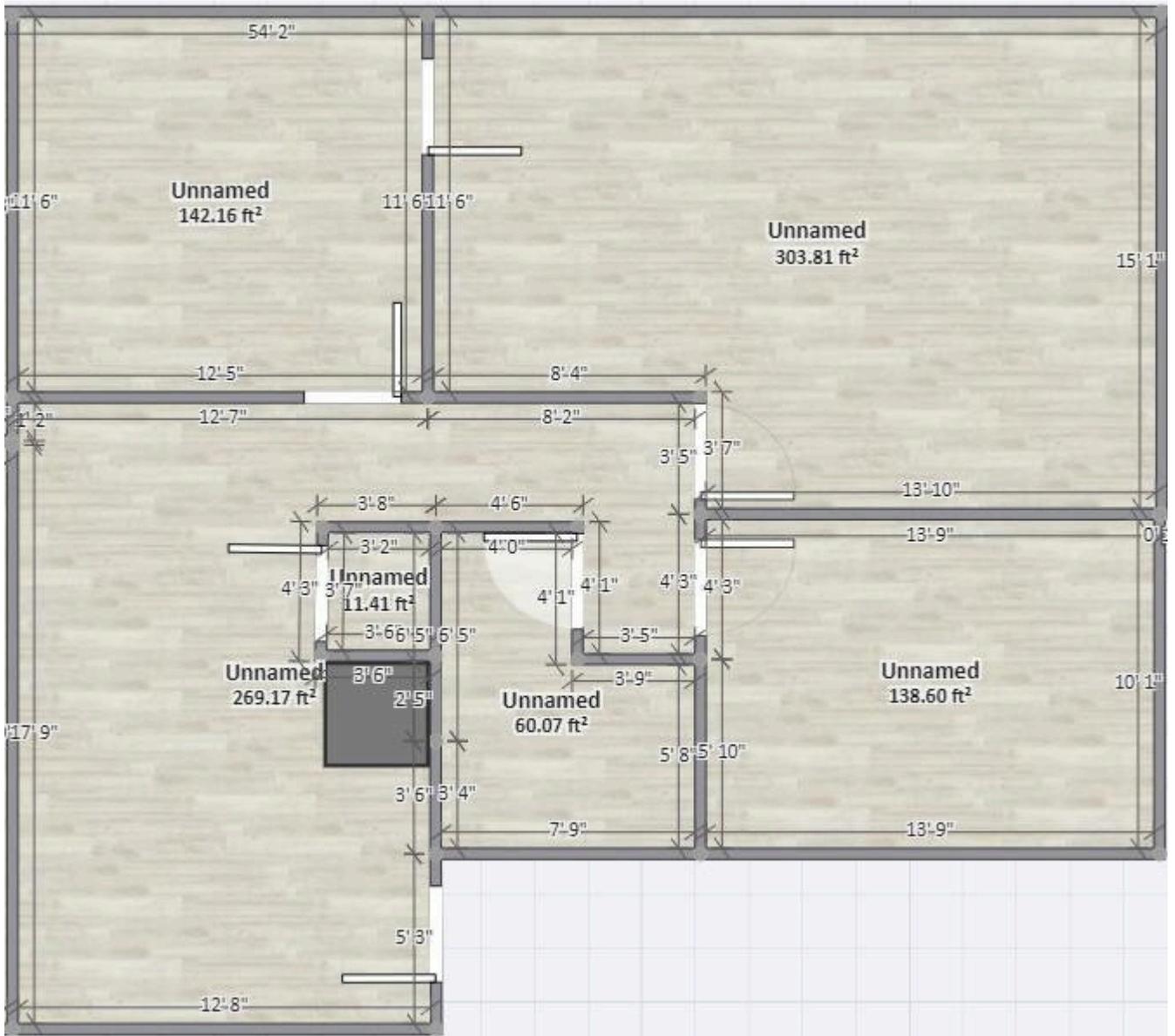
www.pyramidregroup.com





Suite 200
2nd Floor

930 sf



5 Hillandale Avenue, Stamford CT 06902

Suite 103 – 1,517sf
1st -Floor



5 Hillandale Ave, Stamford, CT 06902

General

ACS, 2019-2023	Stamford	State
Current Population	135,806	3,598,348
Land Area <i>mi</i> ²	38	4,842
Population Density <i>people per mi</i> ²	3,610	743
Number of Households	54,165	1,420,170
Median Age	38	41
Median Household Income	\$107,474	\$93,760
Poverty Rate	10%	10%

Economy

Top Industries

Lightcast, 2023 (2 and 3 digit NAICS)	Jobs	Share of Industry
1 Health Care and Social Assistance <i>Hospitals</i>	10,227	38%
2 Finance and Insurance <i>Securities, Commodities, & Financial Inv.</i>	8,354	59%
3 Professional, Scientific, and Tech Svc <i>Professional, Scientific, and Tech Svc</i>	8,168	100%
4 Information <i>Telecommunications</i>	6,971	33%
5 Admin and Support and Waste Mgt <i>Administrative and Support Services</i>	5,639	94%
Total Jobs, All Industries		70,757

SOTS Business Registrations

Secretary of the State, March 2025

New Business Registrations by Year

Year	2020	2021	2022	2023	2024
Total	1,848	2,233	2,345	2,486	2,335
Total Active Businesses	17,579				

Key Employers

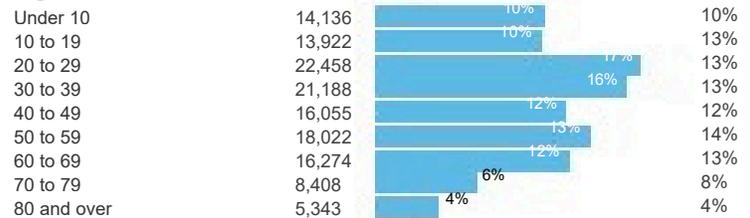
Data from Municipalities, 2025

- Stamford Health NBC
- Sports Group Gartner
- Deloitte Charter
- Communications

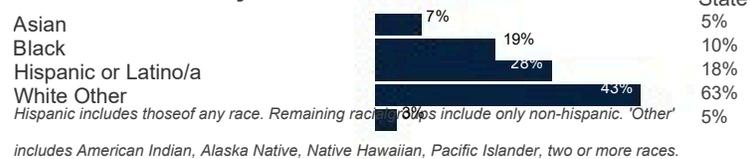
Demographics

ACS, 2019-2023

Age Distribution



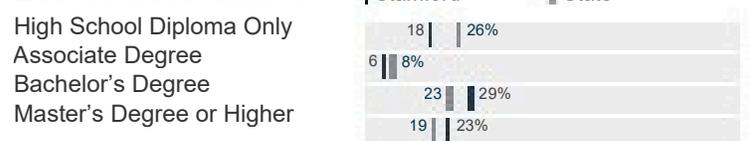
Race and Ethnicity



Language Spoken at Home



Educational Attainment



Housing

ACS, 2019-2023

	Stamford	State
Median Home Value	\$614,300	\$343,200
Median Rent	\$2,207	\$1,431
Housing Units	57,958	1,536,049



Schools

CT Department of Education, 2024-25

School Districts

School Districts	Available Grades	Total Enrollment	Pre-K Enrollment	4-Year Grad Rate (2022-23)
Stamford Charter School for Excellence PK-8		543	0	
Stamford School District	PK-12	16,185	364	78%
Statewide	-	508,402	20,762	88%

Smarter Balanced Assessments

Met or Exceeded Expectations, 2023-24	Math	ELA
Stamford Charter School for Excellence	69%	74%
Stamford School District	32%	36%
Statewide	44%	49%

Stamford, Connecticut

Labor Force

CT Department of Labor, 2024

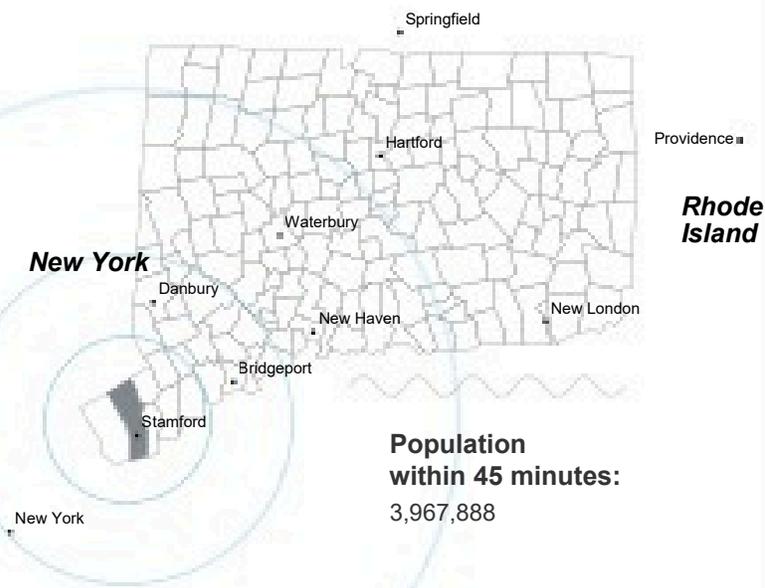
Employed
Unemployed
Unemployment Rate
Self-Employment Rate*
*ACS, 2019–2023

Stamford	State
69,651	1,842,285
2,495	67,181



Catchment Areas of 15mi, 30mi, and 60mi

Massachusetts



Population within 45 minutes:
3,967,888

Access

ACS, 2019–2023

Mean Commute Time *
No Access to a Car
No Internet Access

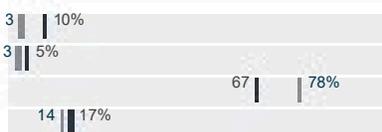
Stamford	State
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27 min 26 min



Commute Mode

Public Transport
Walking or Cycling
Driving
Working From Home *



Public Transit

CTtransit Service
Other Public Bus Operations
Train Service

Local, Stamford metro
-
Amtrak, Metro-North

* 5 year estimates include pre-pandemic data

Fiscal Indicators

CT Office of Policy and Management, State FY 2021-22

Municipal Revenue

Total Revenue	\$671,404,924
Property Tax Revenue	\$583,553,177
<i>per capita</i>	\$4,285 131%
<i>per capita, as % of state avg.</i>	\$58,259,308 112%
Intergovernmental Revenue	
Revenue to Expenditure Ratio	

Municipal Expenditure

Total Expenditure	\$599,317,100
Educational	\$336,545,453
Other	\$262,771,647

Grand List

Equalized Net Grand List	\$36,221,552,565
<i>per capita</i>	\$265,967
<i>per capita, as % of state avg.</i>	149%

Commercial/Industrial	26%
Share of Net Grand List	27.25
Actual Mill Rate	16.45

Municipal Debt

Moody's Rating (2024)	Aa1
S&P Rating (2024)	AAA
Total Indebtedness	\$400,683,667
<i>per capita</i>	\$2,942
<i>per capita, as % of state avg.</i>	100%
<i>as percent of expenditures</i>	67%
Annual Debt Service	\$53,909,237
<i>as % of expenditures</i>	9%

About Town Profiles

The Connecticut Town Profiles are two-page reports of demographic and economic information for each of Connecticut's 169 municipalities. Reports for data are available from profiles.ctdata.org

Feedback is welcome, and should be directed to info@ctdata.org.

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