

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.

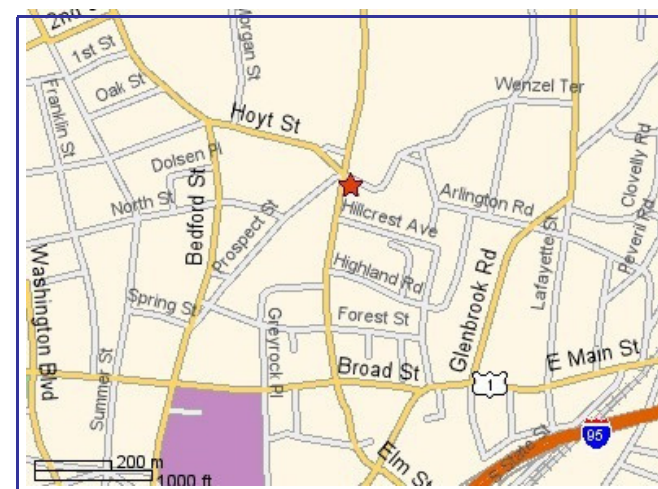
Price:

- 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

500 Summer Street #502, Stamford, CT 06901

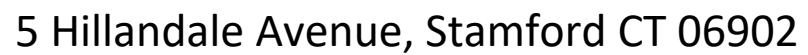
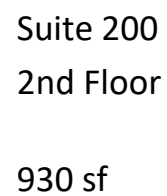
(203) 348-8566 • Fax (203) 872-9023

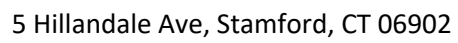
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PYRAMID
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Brokerage • Consulting • Management Services • Construction

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General

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

Economy

Top Industries

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

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

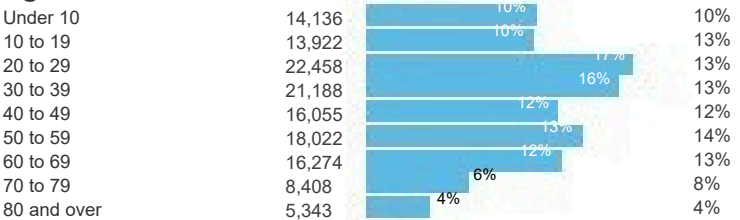
Data from Municipalities, 2025

- 1
- Stamford Health NBC
- 2
- Sports Group Gartner
- 3
- Deloitte Charter
- 4
- Communications
- 5

Demographics

ACS, 2019–2023

Age Distribution



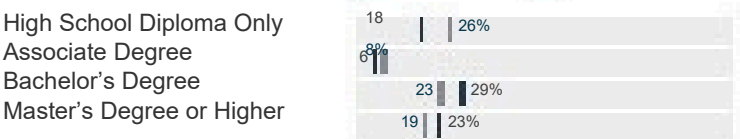
Race and Ethnicity



Language Spoken at Home



Educational Attainment

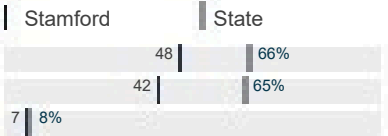


Housing

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

Owner-Occupied
Detached or Semi-Detached
Vacant



Schools

CT Department of Education, 2024-25

School Districts

	PK-8	PK-12	Statewide
Stamford Charter School for Excellence	16,185		
Stamford School District		508,402	78%
Statewide			88%

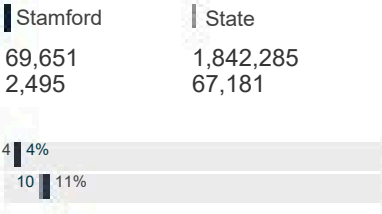
Smarter Balanced Assessments

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

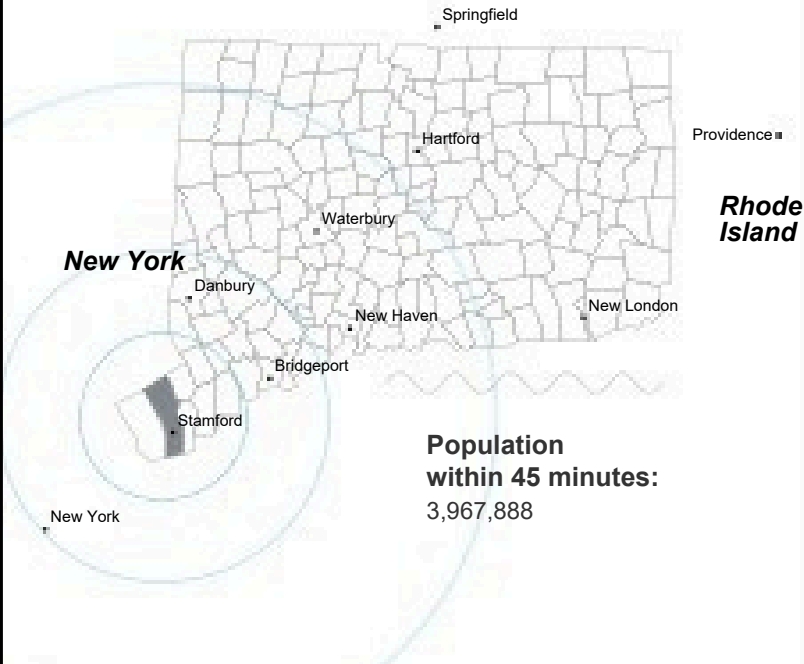
Labor Force

CT Department of Labor, 2024
Employed
Unemployed
Unemployment Rate
Self-Employment Rate*
*ACS, 2019–2023



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

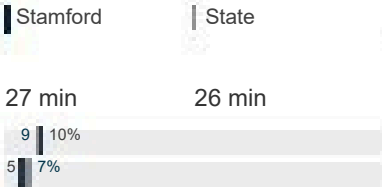
Massachusetts



Access

ACS, 2019–2023

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



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
per capita	\$4,285 131%
per capita, as % of state avg.	\$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
per capita	\$265,967
per capita, as % of state avg.	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
per capita	\$2,942
per capita, as % of state avg.	100%
as percent of expenditures	67%
Annual Debt Service	\$53,909,237
as % of expenditures	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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