

930–1,517 SF Office Suites - Stamford Downtown

5 Hillandale Avenue, Stamford CT



Contact Exclusive Agents:

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Pyramid Real Estate Group

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500 Summer Street #502, Stamford, CT 06901

(203) 348-8566 • Fax (203) 872-9023

PYRAMID
Real Estate Group

Brokerage • Consulting • Management Services • Construction

www.pyramidregroup.com

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.

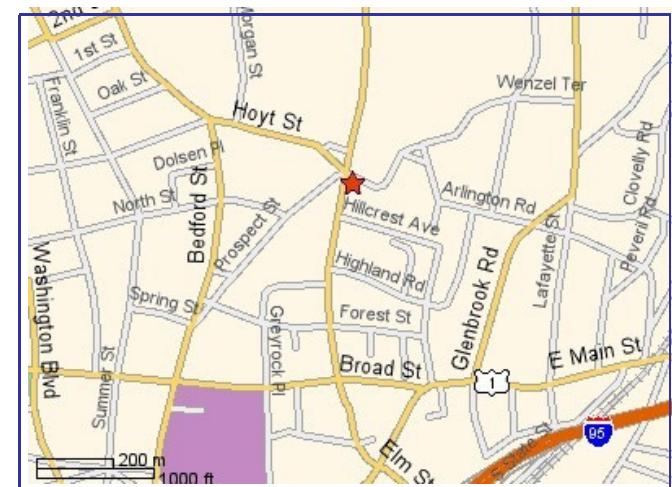
Price:

- 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.

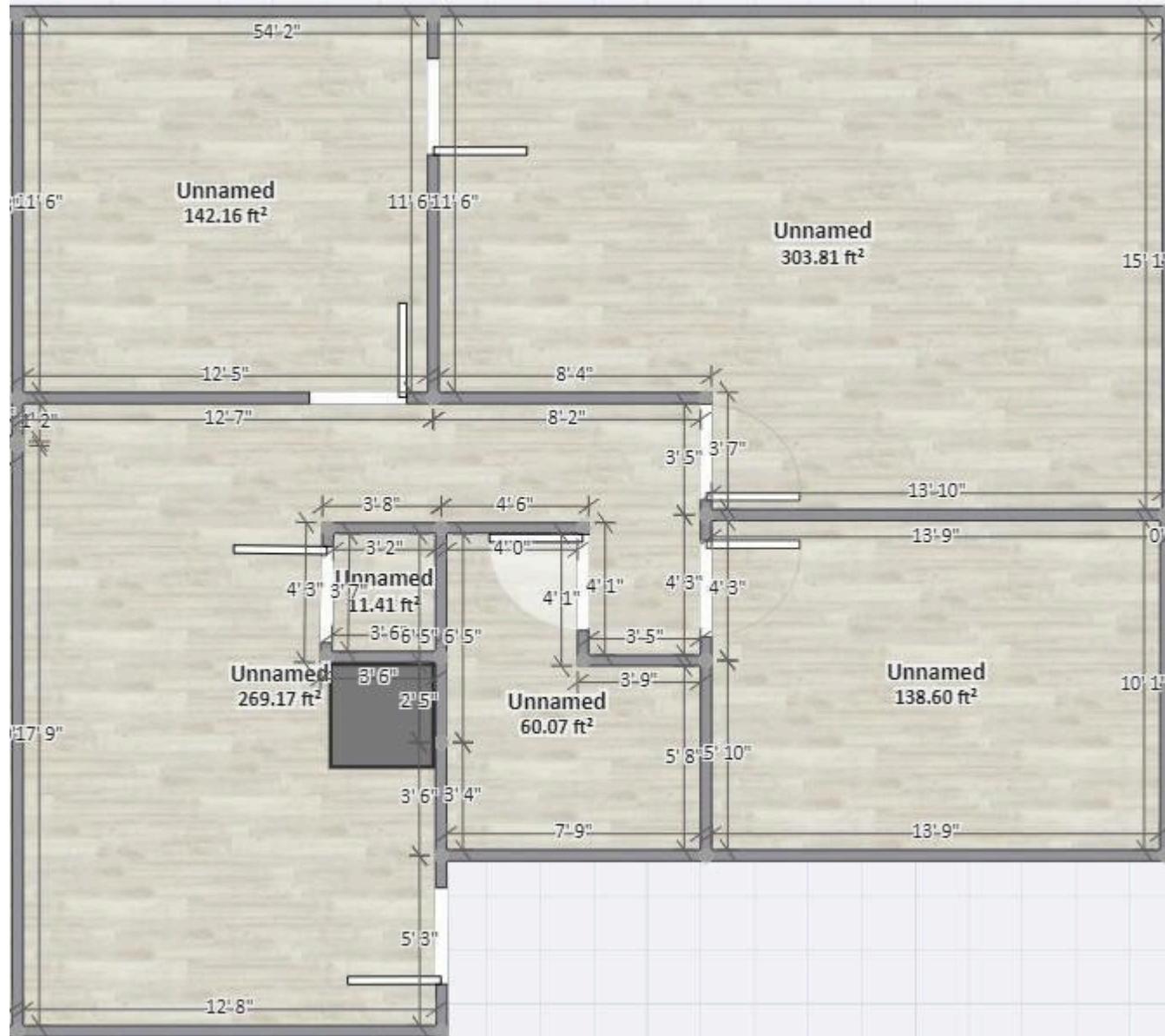
Map





Suite 200
2nd Floor

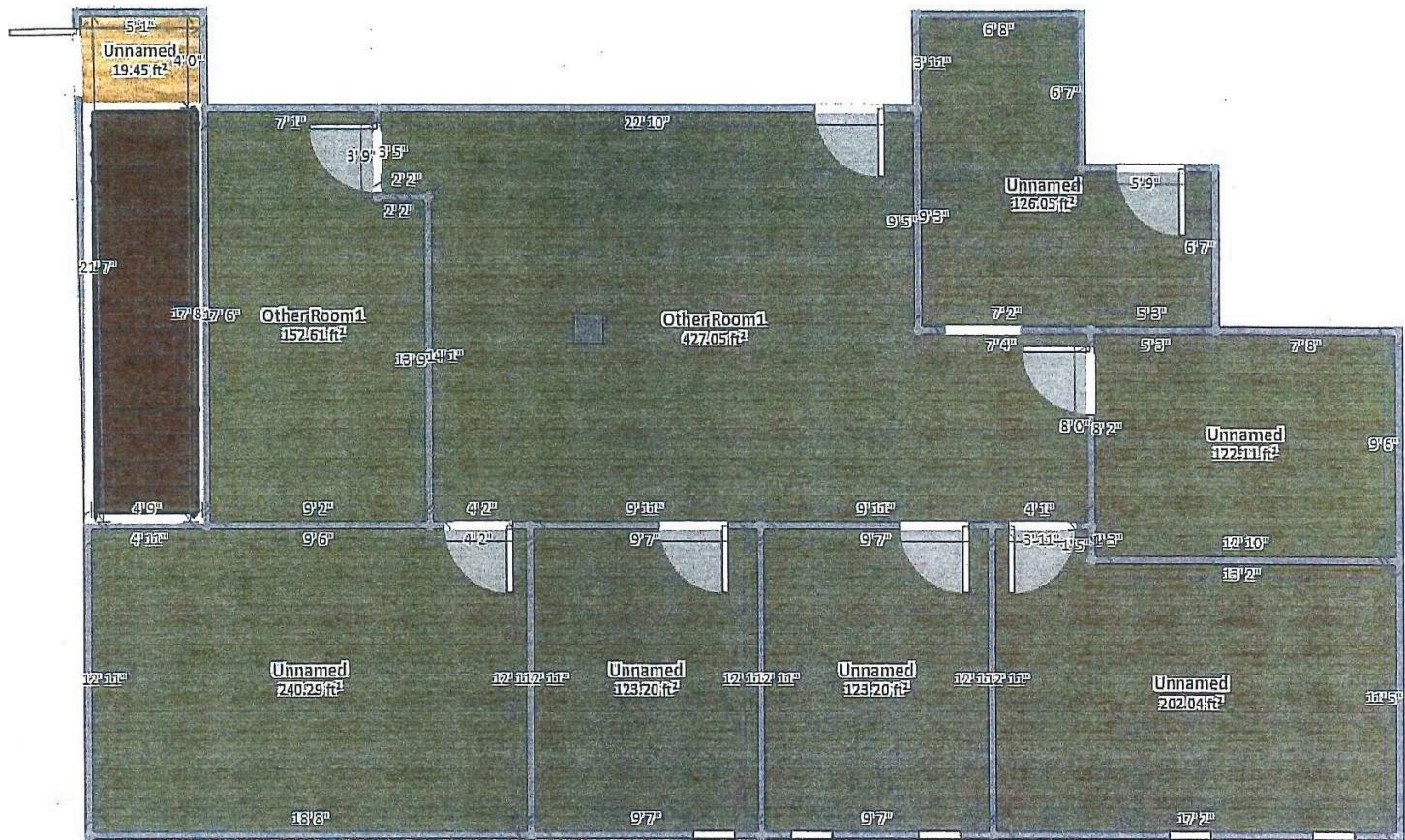
930 sf



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 mi^2	38.3,610	4,842	
Population Density people/ mi^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

	Jobs	Share of Industry
1 Health Care and Social Assistance Hospitals	10,227	38%
2 Finance and Insurance Securities, Commodities, & Financial Inv.	8,354	59%
3 Professional, Scientific, and Tech Svc Professional, Scientific, and Tech Svc	8,168	100%
4 Information Telecommunications	6,971	33%
5 Admin and Support and Waste Mgt Administrative and Support Services	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 Active Businesses	1,848	2,233	2,345	2,486	2,335
Total Businesses	17,579				

Key Employers

Data from Municipalities, 2025

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

Schools

CT Department of Education, 2024-25

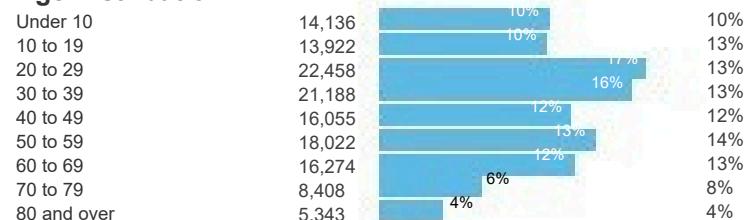
School Districts

	GAvraadilaebst	ETontraollmen	Enrero-Kilmen	R4-aYteea(r2 G02ra2d23)
Stamford Charter School for Excellence	PK-8	543	0	364
Stamford School District	PK-12	16,185	20,762	
Statewide	-	508,402	78%	88%

Demographics

ACS, 2019–2023

Age Distribution



Race and Ethnicity



Language Spoken at Home



Educational Attainment

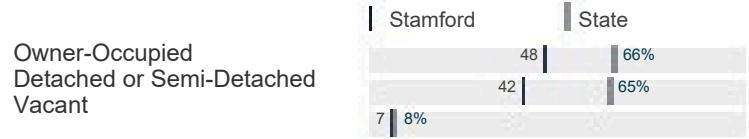


Housing

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



Smarter Balanced Assessments

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

Stamford, Connecticut

Labor Force

CT Department of Labor, 2024

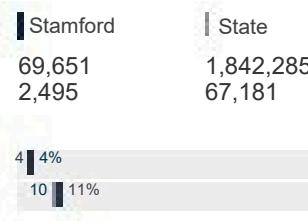
Employed

Unemployed

Unemployment Rate

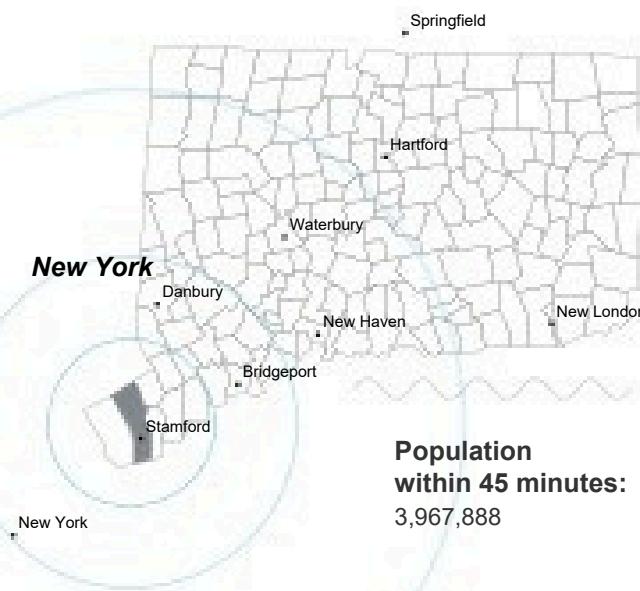
Self-Employment Rate*

*ACS, 2019–2023



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

Massachusetts



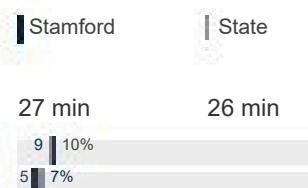
Access

ACS, 2019–2023

Mean Commute Time *

No Access to a Car

No Internet Access



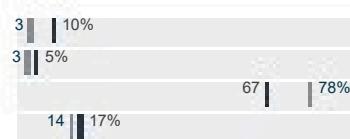
Commute Mode

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
per capita, as % of state avg.	131%
Intergovernmental Revenue	\$58,259,308
Revenue to Expenditure Ratio	112%

Municipal Expenditure

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

Grand List

Equalized Net Grand List	
per capita	\$36,221,552,565
per capita, as % of state avg.	149%
Commercial/Industrial	26%
Share of Net Grand List	27.25
Actual Mill Rate	16.45
Equalized Mill Rate	

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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