

709 HART LANE | NASHVILLE, TN 37216

▷ 1,536 SF Freestanding East Nashville Office/Flex

STRIDE

COMMERCIAL

709 Hart Lane

OFFICE/FLEX // FOR LEASE // EAST NASHVILLE

Executive Summary

OPPORTUNITY

709 A Hart Lane is a 1,536 SF fully renovated freestanding office/retail/flex building in the Maplewood Heights neighborhood of East Nashville, available immediately for direct lease. The property sits on 0.41 acres with gravel surface parking, outdoor storage potential, and move-in-ready finishes throughout - including LVP flooring, recessed lighting, and an updated bathroom. Located just off Ellington Parkway and seconds from I-65, the building provides exceptional freeway access for a single-tenant operator who wants the identity and autonomy of a standalone building without the complexity of a multi-tenant environment.



709 Hart Lane, Nashville, TN 37216

Building SF : 1,536 SF – Freestanding standalone building

Lot Size : 0.41 Acres

Availability : Immediate - move-in ready, currently vacant

Parking : Shared parking in rear gravel lot

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About the Space

AVAILABLE SPACE

- **Building:** 709A Hart Lane
- **Size:** 1,536 SF
- **Level:** Ground floor — single story
- **Condition:** Fully renovated—excellent move-in ready condition
- **Availability:** Immediate — currently vacant

SPACE FEATURES

- **Finishes:** LVP flooring, recessed lighting, updated bathroom
- **Site:** 0.41-acre lot — outdoor storage potential
- **Parking:** Gravel surface parking

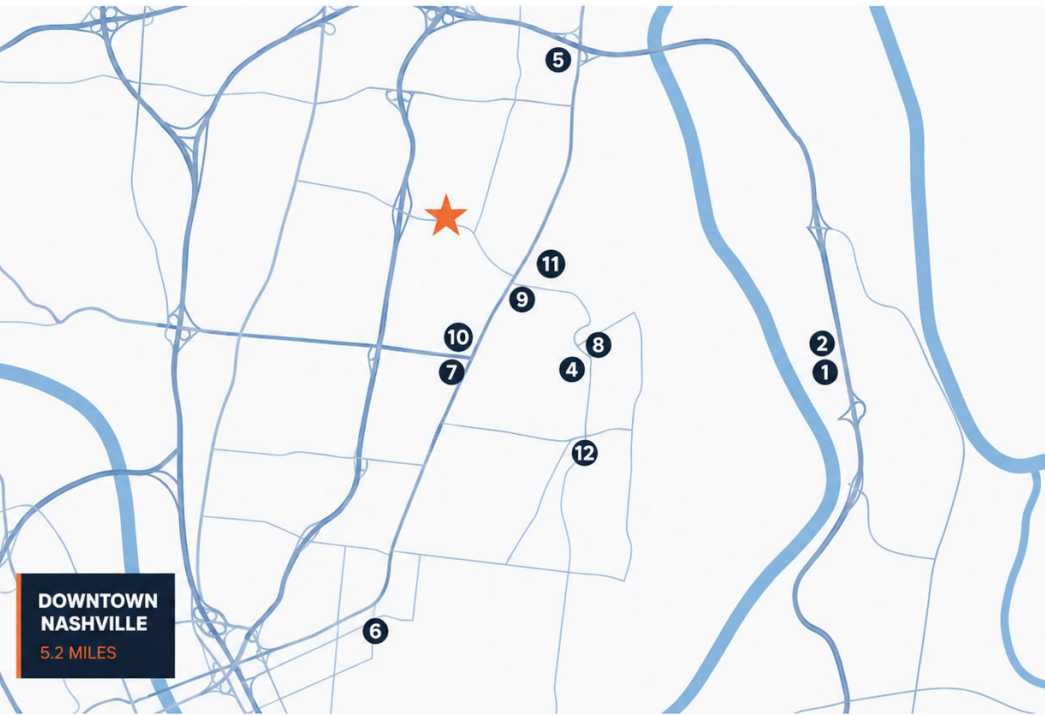


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Location & Access



- ★ 709 Hart Lane**
1. Opry Mills Mall
 2. Grand Ole Opry
 3. Kroger
 4. Ladybird Taco
 5. Home Depot
 6. Five Points Pizza

7. Elegy Coffee
8. Dose
9. Walgreens
10. Wendy's
11. Fedex
12. Cafe roze

DRIVE TIMES & ACCESS

Ellington Pkwy / I-65 Access	: Seconds — immediate on-ramp access
Gallatin Ave Corridor	: ~0.5 miles / ~2 min
Five Points (East Nashville)	: ~2 miles / ~5 min
Downtown Nashville	: ~4 miles / ~8 min via I-65 / Ellington Pkwy
Briley Pkwy (SR-155)	: ~2 miles / ~5 min
Germantown	: ~3 miles / ~8 min
BNA Nashville Int'l Airport	: ~8 miles / ~14 min via I-40 / Briley Pkwy

ACCESS HIGHLIGHTS

- Seconds from Ellington Pkwy on-ramp — direct I-65 access with no traffic-light queuing
- 0.41-acre lot — rare outdoor storage, parking expansion, and lot flexibility for East Nashville
- Freestanding single-tenant building — complete operational autonomy
- Gallatin Ave corridor <0.5 miles — full daily amenity base within minutes
- ~4 miles to Downtown Nashville via Ellington Pkwy / I-65

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Amenities & Neighborhood

ABOUT EAST NASHVILLE — MAPLEWOOD HEIGHTS / HART LANE

709 Hart Lane sits in the Maplewood Heights neighborhood of East Nashville, just off the Ellington Parkway corridor at the northern edge of the East Nashville market. The location provides freeway-level access to Downtown Nashville and the broader metro while maintaining the neighborhood identity and amenity base that makes East Nashville attractive to service, wellness, and creative operators. The Gallatin Avenue retail and dining corridor is less than half a mile away, and the growing residential density of North and East Nashville ensures a strong local customer base for service-oriented businesses.

NEARBY AMENITIES

- Ellington Pkwy / I-65 — seconds away, direct Downtown access
- Gallatin Ave corridor — restaurants, coffee, boutique retail (<0.5 mi)
- Briley Pkwy (SR-155) — ~2 miles, regional connector to Opryland and airport
- Five Points — one of East Nashville's most active commercial hubs
- East Nashville Beer Works / Barista Parlor — popular neighborhood destinations (~1.5 mi on Gallatin Ave)
- Downtown Nashville — ~4 miles via Ellington Pkwy / I-65



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Traffic & Demographics

TRAFFIC COUNTS

Road	AADT (Annual Avg. Daily Traffic)
Ellington Pkwy	~80,000 – 95,000 vehicles/day
Gallatin Ave (SR-174) near 37216 (Inglewood area)	~22,000 – 30,000 vehicles/day

TDOT AADT data

DEMOGRAPHICS — ZIP 37216

18,191
TOTAL POPULATION

35.3 Years
MEDIAN AGE

\$98,079
MEDIAN HH INCOME

Median home value ~\$447,800 (2024). 88% income growth since 2011. Younger-than-state median age (35.3 vs. 39.1 TN average). Strong owner-occupier and professional demographic base.

U.S. Census Bureau, ACS 5-Year Estimates, ZIP 37216, 2020–2024 vintage.

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