

**VERSATILE FULL BUILDING OPPORTUNITY IN STAMFORD'S
FASTEST GROWING COMMERCIAL CORRIDOR**



120 LONG RIDGE ROAD

BLTLiveWorkPlay

PRIME LOCATION, PREMIER OWNERSHIP

120 Long Ridge Road is a 310,000 SF Class A office campus located at the epicenter of the revitalized Long Ridge Road corridor in Stamford, Connecticut. The building features an activated courtyard, inspiring amenities, and state of the art infrastructure.

120 Long Ridge Road is proudly owned and operated by Building and Land Technology (BLT), the premier real estate developer in Connecticut. For more than three decades, the firm has developed, owned, operated, managed, and invested in more than 25 million SF of real estate—creating vibrant, pedestrian-friendly communities where people live, work, and play.

Building highlights include:

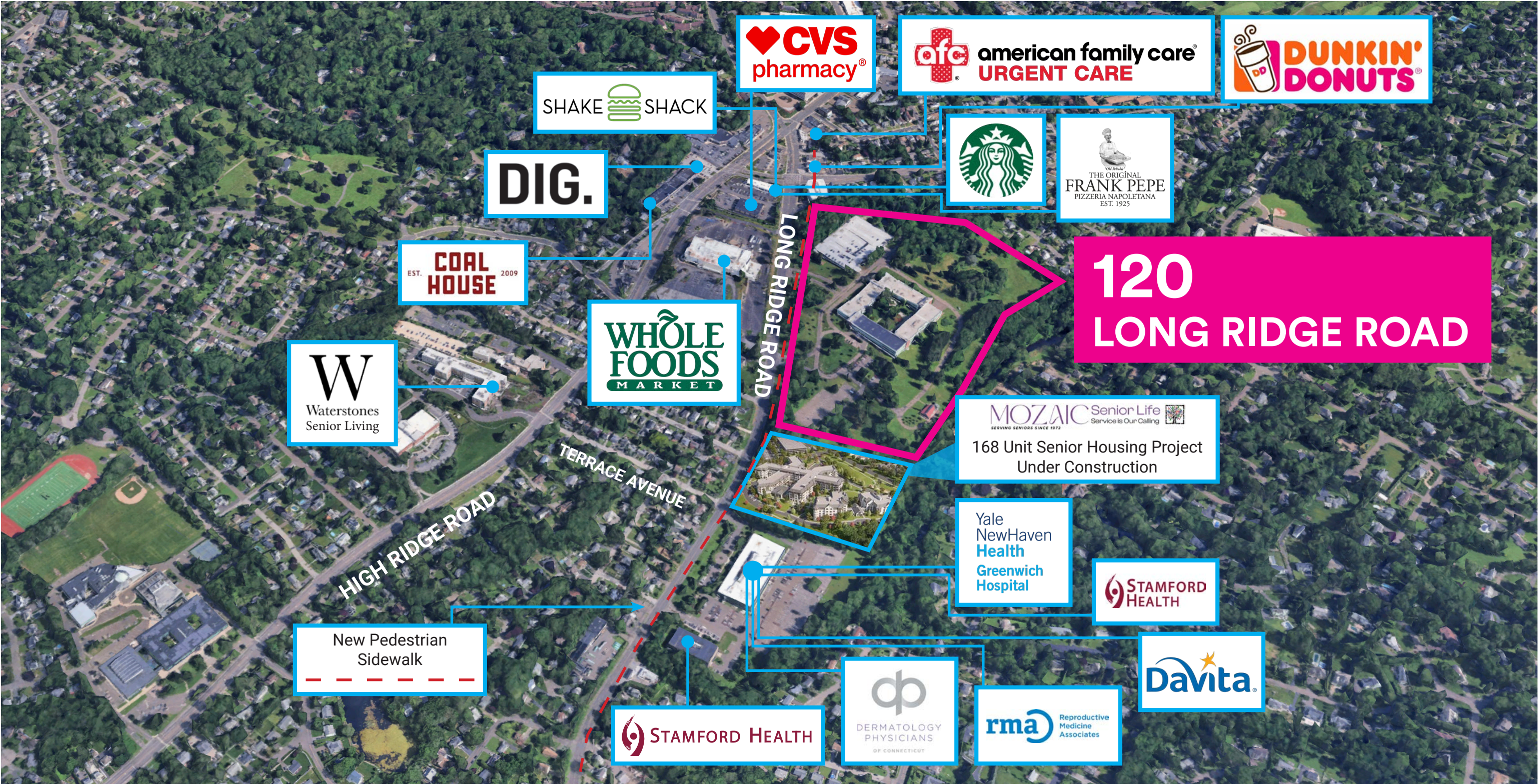
- Unique to market full building opportunity measuring 310,000 RSF.
- Private and expansive campus setting lends itself to multiple uses such as office, medical, education, etc.
- Top of market amenities include:
 - State-of-the-art fitness center with lockers and showers
 - Fully equipped cafeteria with indoor and outdoor seating
 - High tech conference center
 - Activated outdoor spaces
- Unparalleled access includes: covered pick-up and drop off area, abundant parking (surface and structured), and signalized turning
- Equidistant to I-95 and Merritt parkway and 10 minute drive to Stamford Train Station
- Soon to be completed pedestrian path and crosswalk creating additional access to walkable points of interest
- Across from newly repositioned retail development including: Whole Foods, Shake Shack, Frank Pepe, Starbucks, and CVS.

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COMMUNITY OVERVIEW



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LONG RIDGE ROAD

A THRIVING ECOSYSTEM WITH EXPLOSIVE GROWTH

LIVE

Stamford is home to a remarkable residential development pipeline with over 4,400 units under construction in addition to the more than 8,500 units delivered over the past 10 years. Included in the pipeline is over 800+ units coming to Stamford's Long Ridge Road corridor. 900 Long Ridge Road was recently approved for 463 units and 800 Long Ridge Road was recently approved for 354 units.

WORK

Stamford has a growing roster of diverse, world-class employers such as Charter Communications, WWE, NBC Sports, Indeed, UBS, and Philip Morris International. Stamford CBD experienced net absorption in Q1 2025 reducing its availability to 22.8%—its lowest level since Q1 2011. Fairfield County absorption was positive 506,000 sq. ft. in Q1 2025, the largest year opening figure seen since 2012. Absorption was positive in every sub-market across Fairfield County. The availability rate fell to 25.4%—the lowest availability the county has seen since 2020. The Stamford Transportation Center provides direct access to NYC in under 50 minutes. The property is ideally located near various institutions and medical centers, including UCONN Stamford, Stamford Health, Yale New Haven Health, Greenwich Hospital, and senior living communities such as Mozaic and Waterstone.

PLAY

Long Ridge Road offers immediate accessibility to the heavily trafficked Bulls Head Shopping Center, one of the premier retail destinations in Fairfield County. Nearby retailers include Frank Pepe Pizzeria, Shake Shack, Starbucks, DIG, CVS, Marshalls, Home Goods, Five Below, Old Navy, Ulta, and many more. Nearby amenities include Pickleball America, Chelsea Piers CT Facility (700,000± SF), Lifetime Fitness (50,000± SF), and 19 miles of shoreline and beaches.

120
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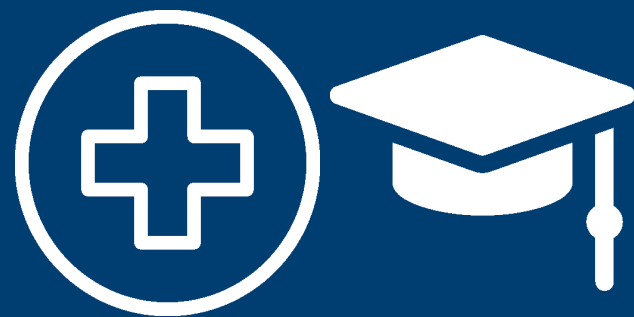
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STAMFORD SNAPSHOT



ECONOMIC DEVELOPMENT

Median household income - \$107,474
Median home value - \$614k
Total retail sales per capita - \$22,494
Home to 8 fortune 500 companies



HEALTHCARE / EDUCATION

52% of Stamford residents hold a bachelors degree or higher
90.8% of the population has health coverage



POPULATION

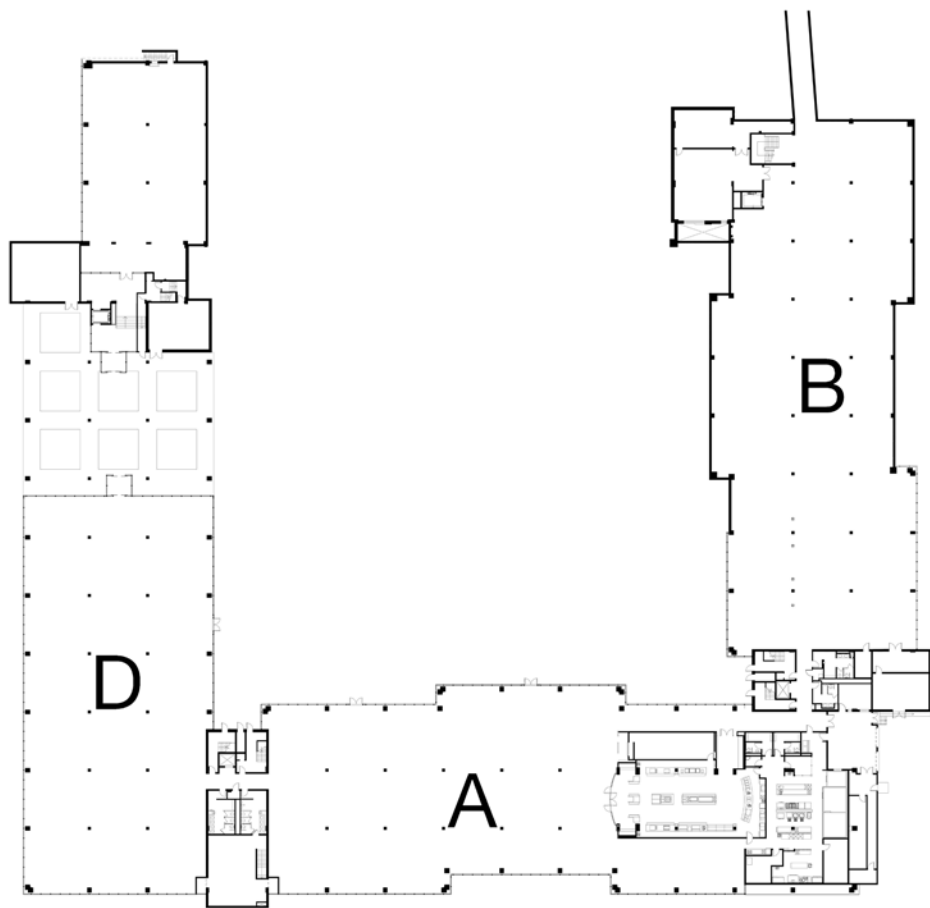
Current population - 135,806
Population within 45 minutes - 3,967,888
Population under 40 years old - 53%
Median age - 38

120
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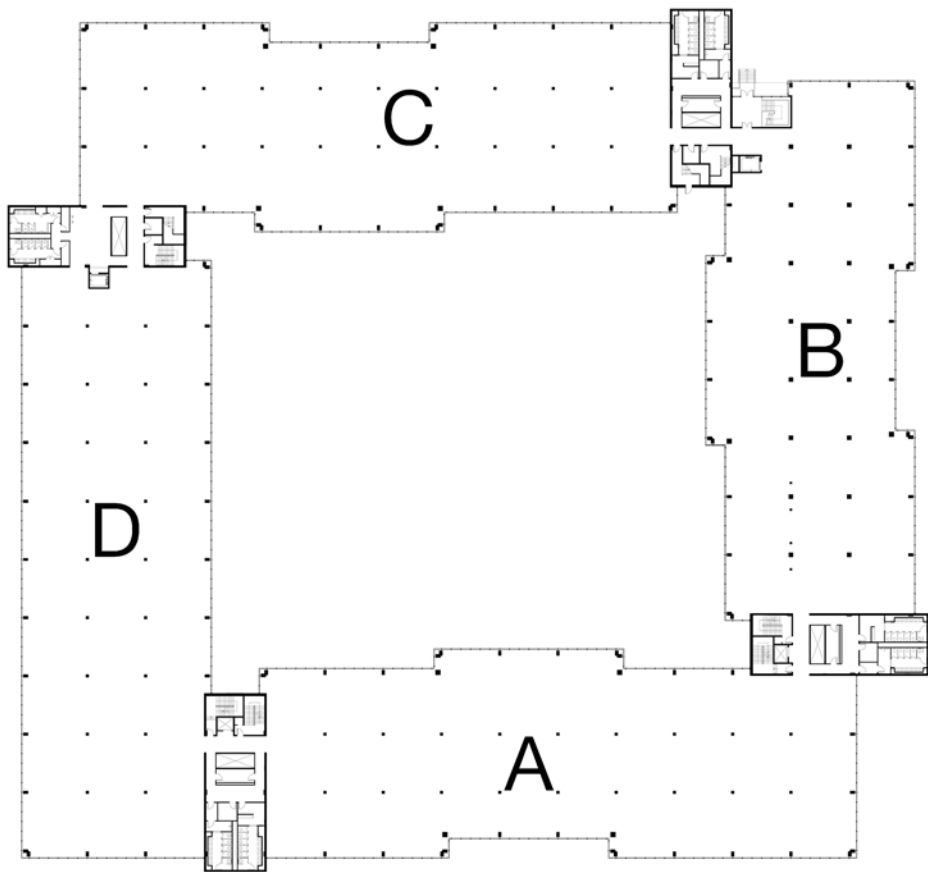
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310,000 SF AVAILABLE - DIVISIBLE TO 100,000 SF

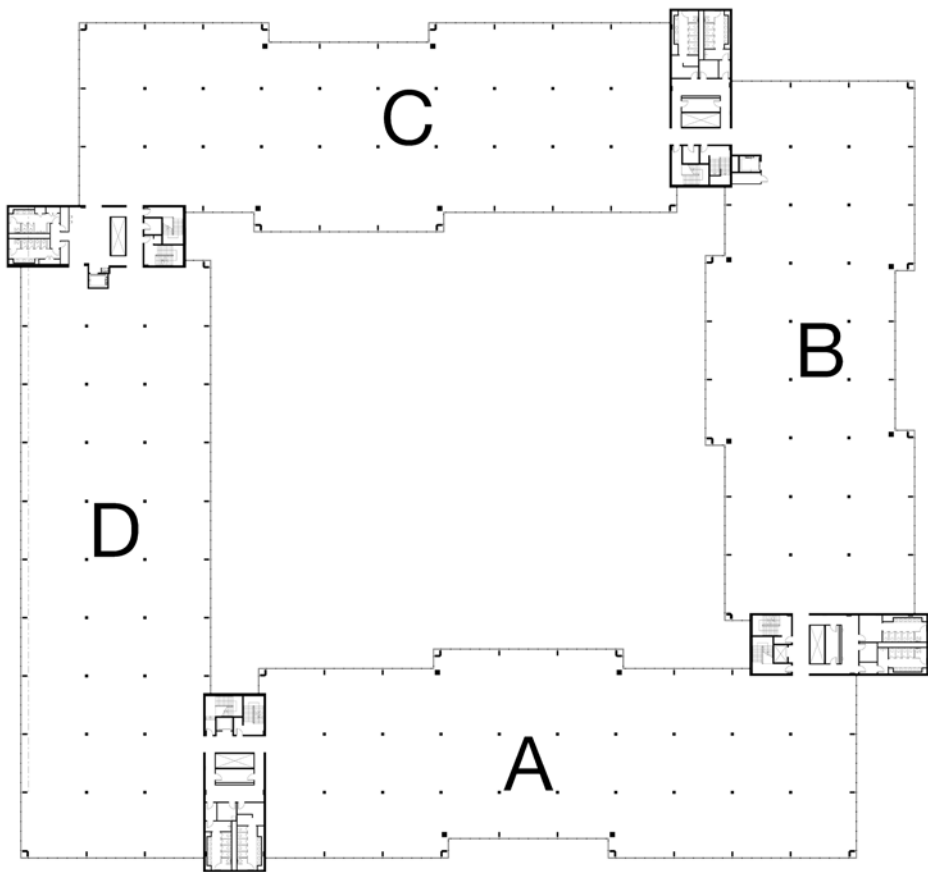
FIRST FLOOR



SECOND FLOOR



THIRD FLOOR



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