

STAMFORD DOWNTOWN

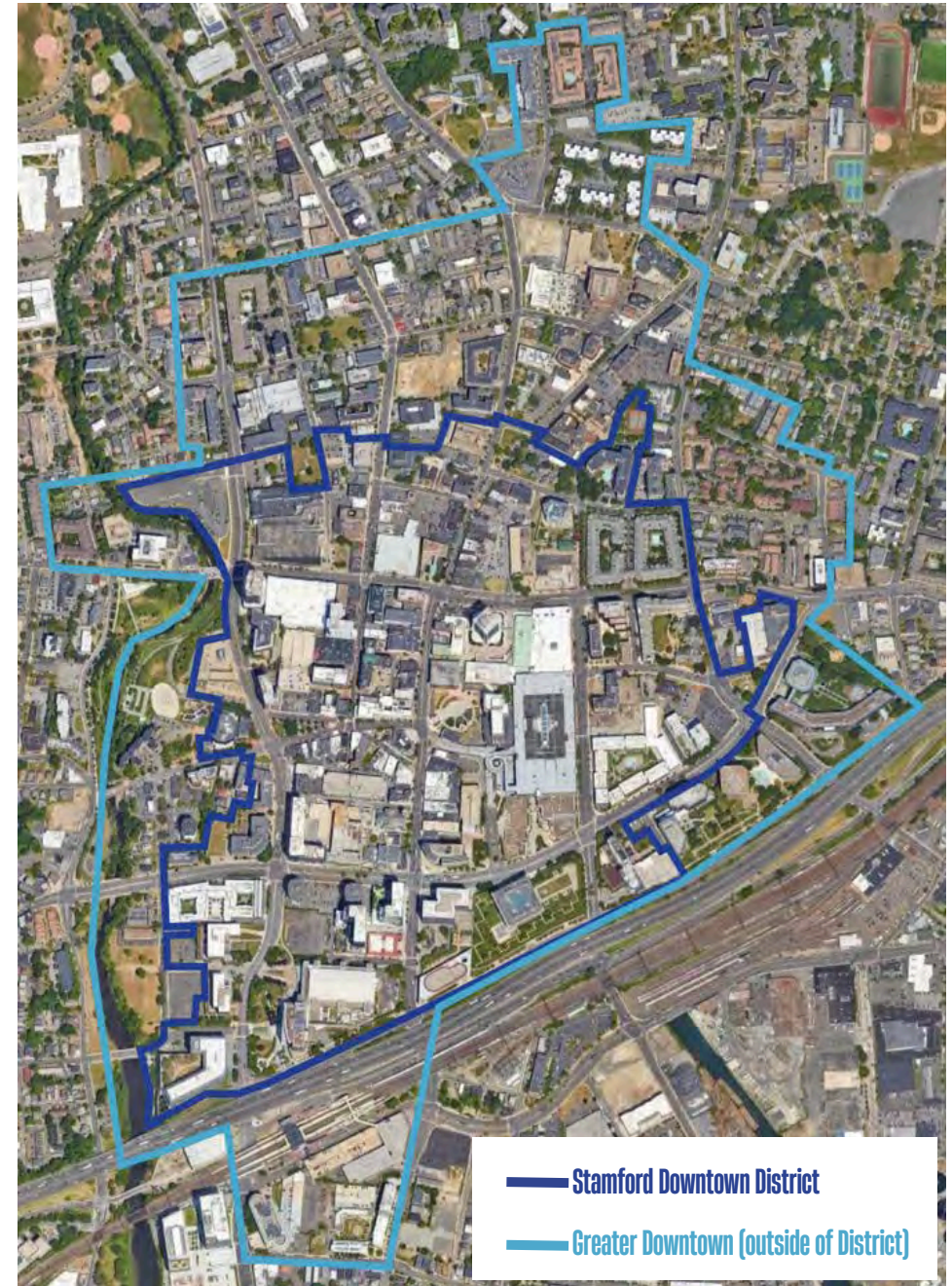
STATE OF DOWNTOWN

2025



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ABOUT US

The Stamford Downtown Special Services District (Stamford Downtown) attracts over a million visitors to the Downtown annually through its signature events which include the Parade Spectacular, Restaurant Weeks, and its renowned Art in Public Places outdoor sculpture exhibit.

In addition to activating the public realm, a central component of Stamford Downtown's mission is to maintain and enhance the Downtown physical environment through open space beautification and environmental maintenance. Stamford Downtown is proud to provide an inviting atmosphere with our Ambassador services.





STAMFORD DOWNTOWN BY NUMBERS

10,000+
Email Subscribers

334,700
Instagram Followers

1,857,865
Visitors

2,023
Residential Units Built 2019-2025

24,000
Facebook Followers

7,331
X Followers

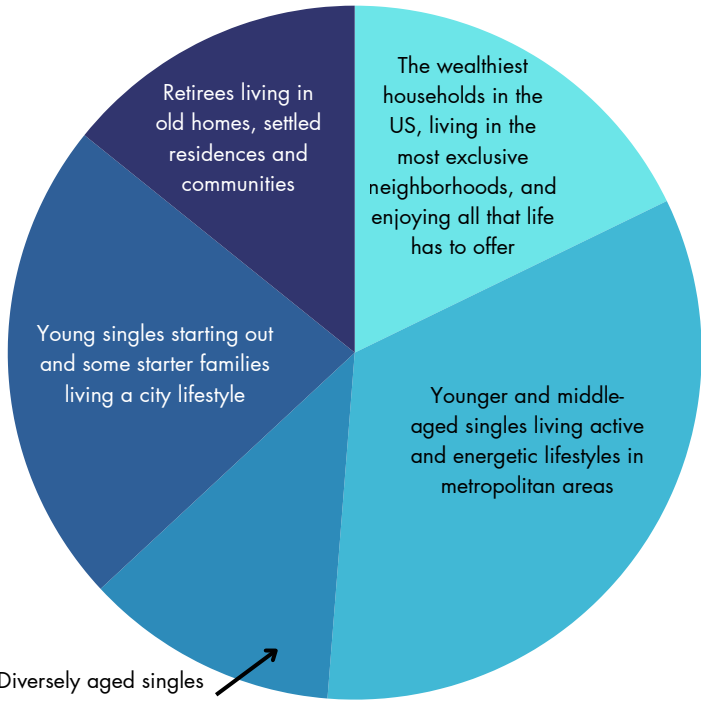
11,634,752
Visits

5,705
Total Residential Units

DISTRICT DEMOGRAPHICS

District's Top 5 Experian Mosaic Groups

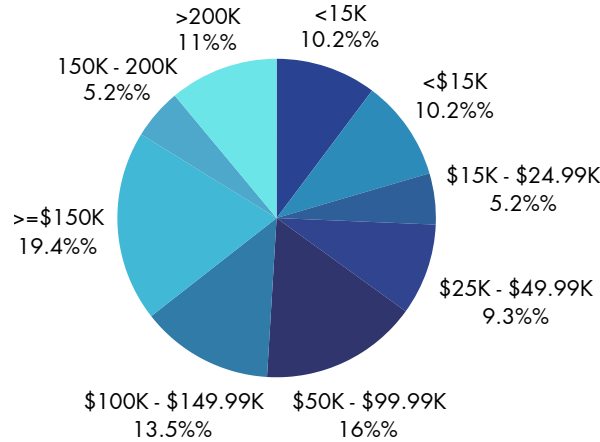
- A - Power Elite
- G - Young City Solos
- K - Significant Singles
- O - Singles and Starters
- Q - Golden Year Guardians



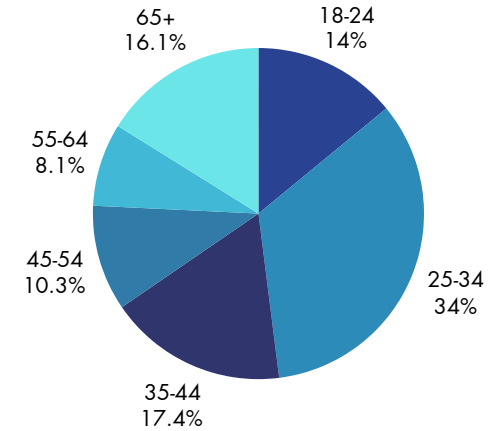
G - Young City Solos group is predominately made up with the type G25 - Urban Edge. They are lively, up-and-coming singles living big city lifestyles located within top MSA markets.

Key features: progressive views; urban dwellers; highly educated; ambitious; omni-channel engagers; health enthusiasts

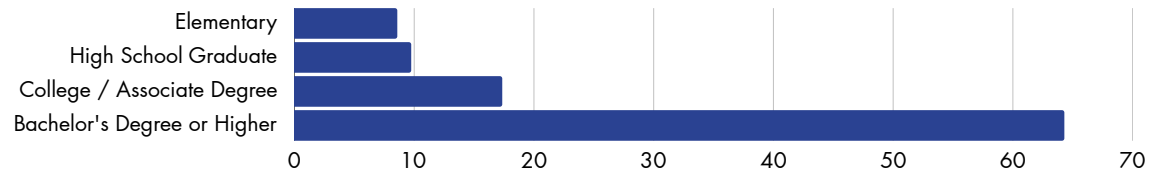
Median Household Income



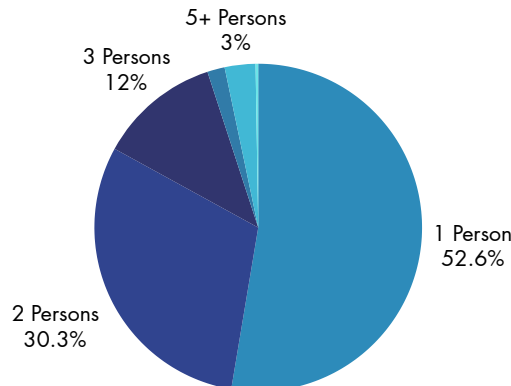
Age



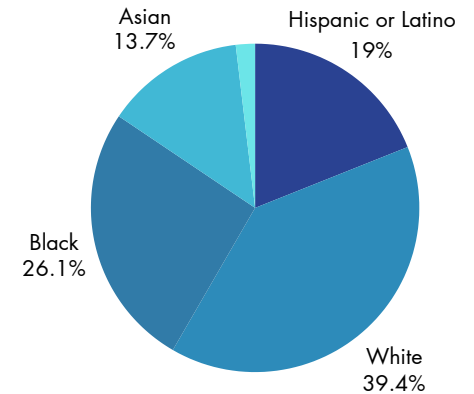
Education Level



Persons per Household



Ethnicity



RESIDENTIAL PROFILE



WALK SCORE: 88

Stamford Downtown (06901) is the most walkable zip code in Stamford

Most errands can be accomplished on foot in Stamford Downtown (06901)

-WalkScore.com

Stamford is the most desirable city in the Northeast for renters according to a recent study from RentCafe

Building Inventory Q4 2025

Average Units per Building: 153

Overall Vacancy Rate: 5.8%

Stabilized Vacancy Rate: 5.8%

Market Asking Rent per Unit: \$3,174

Stamford Downtown Market Asking Rent Per Unit

Studio \$2,414

1 Bed \$2,703

2 Beds \$3,732

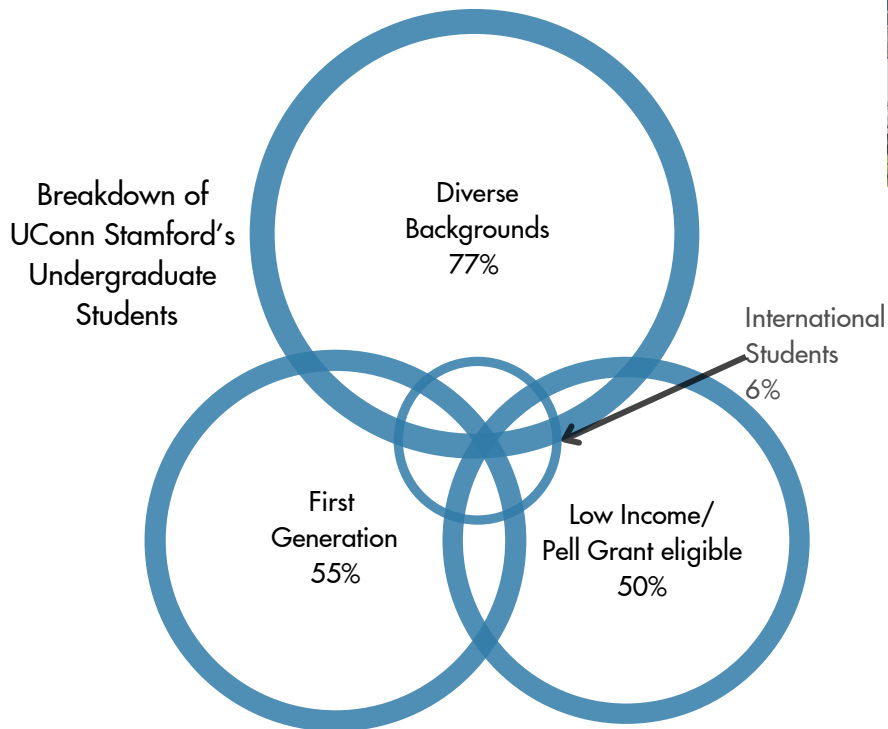
3 Beds \$5,100

DAYTIME POPULATION: STUDENTS

UConn Stamford

Located in the heart
of Stamford Downtown

- 14 Bachelor's Degree Programs
- Total number of students (Fall 2025): 2,974
- Undergraduate Enrollment: 2,657
- Graduate Enrollment: 313
- Students Living in University-Sponsored Housing: 782
- Student-Faculty Ratio: 20:1
- Access to over 5,000 internship opportunities within 30 miles of campus

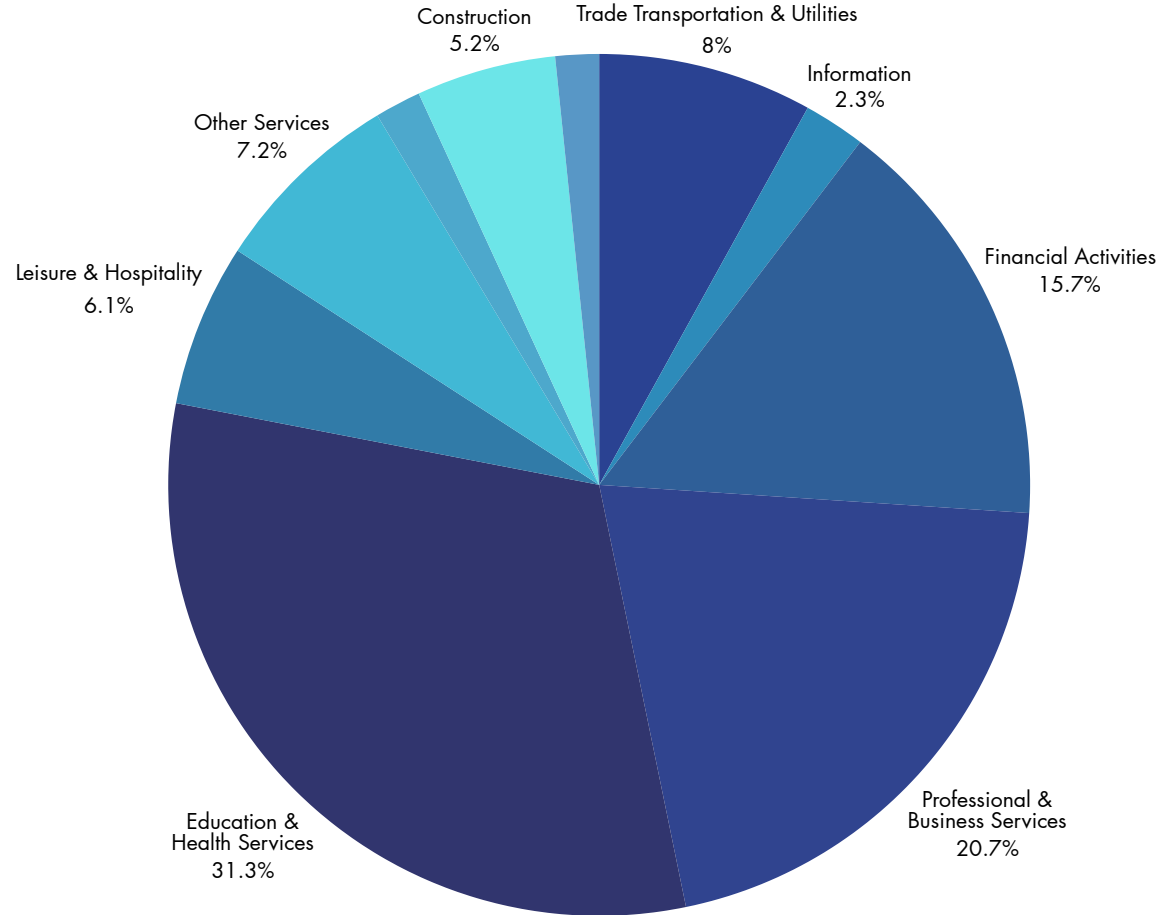


"This enthusiasm for the Stamford campus supports our goal of being a destination campus, where students choose to attend UConn in this beautiful, vibrant city."

-Jennifer Orlikoff, UConn Stamford's campus dean and chief administrative officer

DAYTIME POPULATION: EMPLOYEES

BUSINESS SECTORS IN STAMFORD DOWNTOWN 1 MILE



6,006

Number of Businesses
1 Mile Radius

53,479

Number of Employees
1 Mile Radius

Stamford has added nearly 5,000 jobs over the past 10 years (7.5%), and its unemployment rate has more than recovered from the onset of the pandemic, reaching 3.7% for an annual average in 2023.

Connecticut's workforce is the third most educated according to Wallet Hub, taking into consideration educational level attained, quality of education, and achievement gaps between races and genders.
McCann, Adam. "[Most & Least Educated States in America \(2024\)](#)." WalletHub. February 12, 2024.

Bloomberg rated Connecticut the 4th most innovative state based on patent activity, productivity, and research and development intensity.

CBIA. "[Bloomberg Ranks Connecticut Fourth for Innovation](#)

TRANSPORTATION



Stamford Transportation Center

Stamford Transportation Center (STC) is a multi-modal rail and transit hub that links Stamford, Connecticut's second largest and fastest growing city, to New York and to key points along the eastern seaboard. STC serves over 5 million MetroNorth, Amtrak, and CTtransit bus passengers every year.

A new \$81.7 million, 928-spot garage and pedestrian bridge connection opened Spring 2024.

Metro-North

- 25 minutes to Fairfield
- 26 minutes to New Rochelle
- 39 minutes to Harlem -125th Street
- 47 minutes to Grand Central
- 55 minutes to Yankee Stadium
- 64 minutes to New Haven

Amtrak

- 1 hour 25 minutes to Newark Airport
- 2 hours to Philadelphia
- 2 hours to Providence
- 2 hours 50 minutes to Boston
- 3 hours 50 minutes to Washington, DC

Buses

- Greyhound
- Peter Pan
- CT Transit

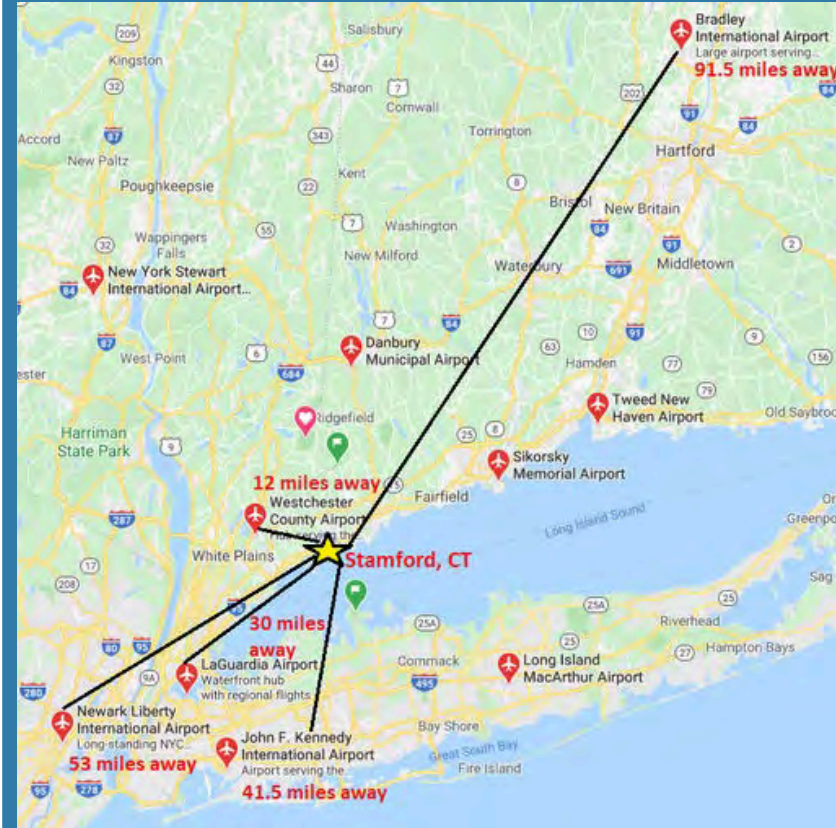
Highways

- Interstate 95
- Merritt Parkway

Driving Times from Stamford Downtown

- 15 minutes - Norwalk, CT
- 22 minutes - Fairfield, CT
- 45 minutes - New Haven, CT
- 50 minutes - New York, NY
- 90 minutes - Hartford, CT

Airports



OFFICE MARKET

Office Complex Sales in Stamford 2025

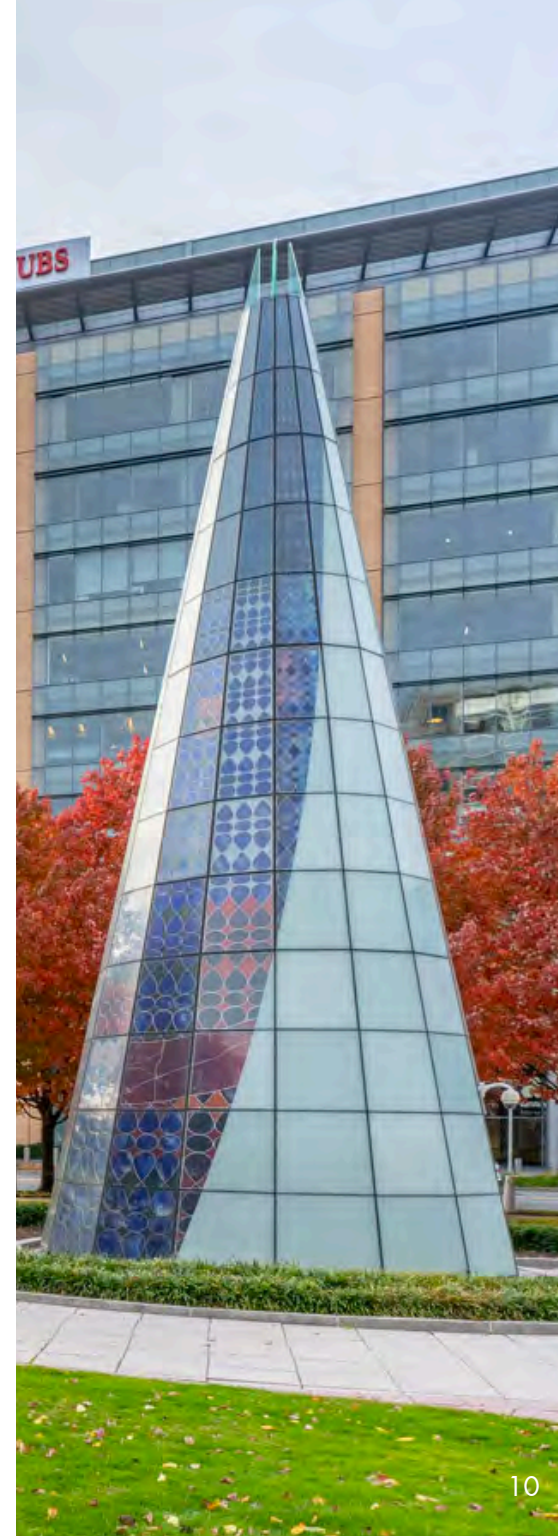
Date	Address	Square Footage	Price
Feb. 25	184 Atlantic Street	22,800	\$2.9M (\$127.9psf)
Sept. 25	680 Washington Blvd	135,419	\$26M (\$193.7psf)
Sept. 25	750 Washington Blvd	192,969	\$37.9M (\$196.4psf)
Sept. 25	500 Summer Street	32,053	\$3.45M (\$107.6psf)
Dec. 25	177 Broad Street	197,150	\$13.2M (\$66.95psf)

CBD Class A & B Office - Quarter 4 2025

Market Rentable Area (MSF): 9.97 Total Available (MSF): 2.13 Availability Rate: 21.3%
 Vacancy Rate: 20.2%. Net Absorption (SF): 5,784 Leasing Activity (SF): 67,066
 Average Asking Rent (\$/SF/Year): \$47.19

Recent Major Downtown Leases

Quarter	Tenant	Location	RSF
Q2 2025	Cummings & Lockwood	6 Landmark Square	55,643
Q2 2025	Morgan Stanley	4 Landmark Square	23,062
Q2 2025	Information Services Group	400 Atlantic St.	17,552
Q4 2025	UBS AG	600 Washington Blvd.	59,729



RETAIL PROFILE



STAMFORD DOWNTOWN ANCHORS

- Macy's - 225,000 sf
- Target - 164,000 sf
- Safavieh - 85,000 sf
- Barnes & Noble Outlet - 40,000 sf

STAMFORD DOWNTOWN RETAIL INVENTORY

1,040,038 SF

Total District Retail
Inventory Downtown Streets

1,016,540 SF

Retail Square
Footage Occupied

23,498 SF

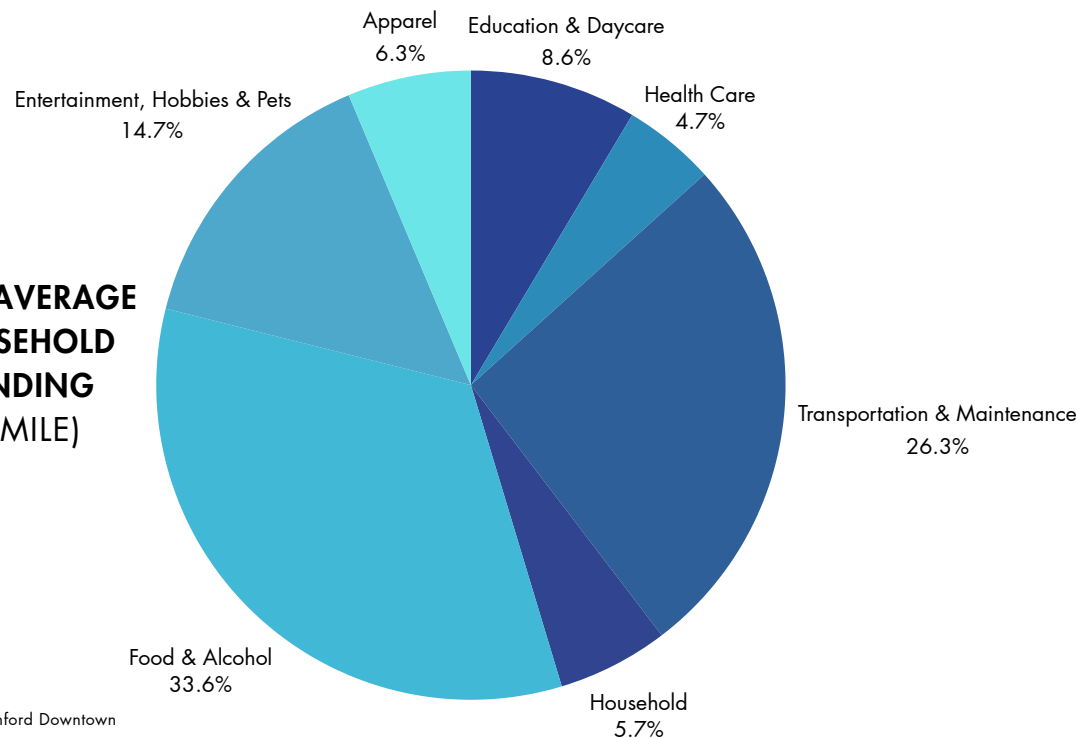
Vacant Retail Space

97%

Occupancy Rate

Numbers above reflects only Downtown streets.
Not including Stamford Town Center

2025 AVERAGE HOUSEHOLD SPENDING (1 MILE)



ECONOMIC GENERATORS: DINING & ENTERTAINMENT

DID YOU KNOW?

Americans for the Arts, a national arts advocacy organization, found that in 2022, the arts and cultural organizations in Coastal Fairfield County Region (CT) spent \$179.7 million and its audience spent \$75.6 million, generating \$255.3 million in economic activity.



117

Restaurants, Bars
and Clubs
in Stamford
Downtown

ANNUAL ATTENDANCE IN THE DOWNTOWN (pre-COVID)

- 960,000** Movie Theater Attendees
(AMC Cinemas & Avon Theater Film Center)
- 80,000** Stamford Media Center Attendees
- 60,000** Palace Theater Attendees



ECONOMIC GENERATORS: HOTELS (2,321 ROOMS)

DOWNTOWN

Courtyard by Marriott Stamford Downtown

275 Summer Street

115 guest rooms

2 meeting Rooms (largest holds 40)

Stamford Marriott Hotel & Spa

243 Tresser Boulevard

500 guest rooms

23 meeting rooms—largest 9,000 sq. ft.

2 restaurants

Residence Inn by Marriott

25 Atlantic Street

156 extended stay suites

The Lloyd

909 Washington Boulevard

94 guest rooms

The Stamford

700 East Main Street

380 guest rooms

2 ballrooms, an atrium, and 16 meeting rooms



NEARBY

Hampton Inn & Suites Stamford

26 Mill River Street

99 guest rooms

4 meeting rooms—largest 2,150 sq. ft.

1 restaurant

Hilton Stamford Hotel & Executive Meeting Center

1 First Stamford Place

484 guest rooms

30 meeting Rooms—largest 10,000 sq. ft.

1 restaurant

The Armon Hotel & Conference

2701 Summer Street

448 guest rooms

33 meeting Rooms—largest 9080 sq. ft.

1 restaurant

Stamford Suites Hotel

720 Bedford Street

45 extended stay suites

STAMFORD



DOWNTOWN