



PREMIER AMENITIES



FULL-SERVICE GOURMET CAFE WITH INDOOR/
OUTDOOR SEATING



DELUXE SHUTTLE SERVICE TO/FROM STAMFORD AMTRAK/
METRO-NORTH STATION



STATE-OF-THE-ART FITNESS CENTER WITH LOCKER ROOMS,
SHOWERS, AND ON-SITE PERSONAL TRAINER



HIGH-TECH CONFERENCE CENTER WITH FULL-SERVICE PANTRY



HEALTH FAIR



CLIENT APPRECIATION BREAKFAST



FULLY LANDSCAPED COURTYARD WITH
ABUNDANT PARK BENCH SEATING

CLIENT SERVICES PROGRAM

Client appreciation events and philanthropy-based activities benefitting local nonprofits, all designed to provide a productive environment and create a sense of community at 3001 Stamford Square.

LOCATION MAP

The map displays the following streets: Long Ridge Rd., High Ridge Rd., Oaklawn Ave., Newfield Ave., Bridge St., Washington Blvd., Bedford St., Summer St., Atlantic St., and Broad St. Highway shields for 15, 137, 1, and 95 are shown. A star marks the project location at the intersection of High Ridge Rd. and Washington Blvd. Eight numbered callouts (1-8) are placed on the map, corresponding to the images on the right and bottom. Three callouts (1, 2, 3) are on the north side of the map, 4 and 5 are on the east side, 6 is on the south side, and 7 and 8 are on the south side near the train station.

1 FRANK PEPE, STARBUCKS & SHAKE SHACK

2 WHOLE FOODS, SAKS OFF 5TH & CVS

3 BULL'S HEAD SHOPPING & DINING

4 THE ARMON HOTEL & CONFERENCE

5 RIDGEWAY SHOPPING PLAZA

6 SCALZI PARK

7 STAMFORD TOWN CENTER

8 STAMFORD TRAIN STATION

MERRITT PARKWAY
10 MINUTE DRIVE

SCALZI PARK
10 MINUTE WALK

METRO-NORTH TRAIN STATION AND I-95
10 MINUTE DRIVE

WALKING MAP

WALK SCORE® = 80 "VERY WALKABLE" (per WalkScore.com)



1

FRANK PEPE PIZZERIA & SAKS OFF 5TH RETAIL

Featuring:

- Frank Pepe Pizzeria
- Starbucks
- Shake Shack
- CVS
- Saks Off 5th
- Whole Foods Market (Coming Soon)

4

BULL'S HEAD SHOPPING & DINING

Featuring:

- DIG.
- Coalhouse Pizza
- Turning Point Coffee & Wine Bar
- Home Goods
- Post Office
- My Salon
- Moon Spa

3001 ON-SITE AMENITIES

- Summerford's Café
- Fitness Center
- Conference Center
- Dry Cleaning
- Shuttle Service to Train Station

2

THE ARMON HOTEL & CONFERENCE

3

SCALZI PARK

5

RIDGWAY SHOPPING PLAZA

Featuring:

- Stop & Shop
- Marshalls
- Staples
- LA Fitness
- BevMax
- Michael's
- Party City
- Old Navy
- Starbucks
- ULTA

LEGEND

Bank	Healthcare
Cellular	Hotel
Coffee	Restaurant/Café
Day Care	Salon
Dry Cleaner	Shopping
Gas Station	
Gym	

LESS THAN .25 MILE / 5 MINUTE WALK

- 10 Restaurants/Cafés & 3 Coffee Shops
- 3 Banks & Post Office
- 2 Hotels
- 2 Salons
- Walk-in Health Clinic
- Day Care Facility
- Numerous Shopping Options

.35 MILE / 5-10 MINUTE WALK

- Scalzi Park
- 18 Restaurants/Cafés & 1 Coffee Shop
- Grocery Store
- 4 Salons
- 4 Banks
- Numerous Shopping Options including Marshalls and Old Navy



Neighborhood Amenities



FOR LEASING INFORMATION:
Ed Tonnessen, Managing Director
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LOCAL AMENITIES

TYPE OF BUSINESS	BUSINESS NAME	ADDRESS	PHONE NUMBER
ARTS CENTERS	Levitt Pavilion for the Performing Arts	260 Compo Rd S, Westport	203 221-4422
	Palace Theater	61 Atlantic Street	203 325-4466
	Silvermine Guild Arts Center	1037 Silvermine Rd, New Canaan	203 966-9700
BAKERIES	DiMare Pastry Shop	30 Spring Street	203 890-9977
	Liz Sue Bagels	63 High Ridge Road	203 323-4611
	Sal's Pastries	91 High Ridge Road	203 323-0789
BANKS	Bank of America	14 High Ridge Road	203 964-4840
	First County Bank	2950 Summer Street	203 462-4405
	TD Bank	1625 Summer Street	203 323-1064
	Webster Bank	1959 Summer Street	203 969-1853
BARBERS	Dandy Men's Studio Barbershop	53 High Ridge Road	203 890-9888
	Royal Cuts Studio	29 High Ridge Road	203 940-2469
	Hoyt-Bedford Barber Shop	173 Morgan Street	203 324-1994
	Tony's Hair	2530 Summer Street	203 323-1014
BOOK STORES	Barnes & Noble	100 Greyrock Place	203 323-1248
COFFEE	Donut Delight	2820 Summer Street	203 504-8386
	Dunkin' Donuts	22 Long Ridge Road	203 274-7337
	Starbucks	64 High Ridge Road	475 685-6930
	Starbucks	2139 Summer Street	203 325-4607
	Baby Cottage	1109 Newfield Avenue	203 329-7666
DAYCARE/PRESCHOOL	Bright Beginnings Early Childhood Program	430 High Ridge Road	203 595-5500
	Growing Minds Daycare & Learning Ctr.	1435 Bedford Street	203 322-8880
	Shiny Little Stars	2510 Bedford Street	203 569-9039
	Summerford's	3001 Summer Street	203 708-9145
DELIS/CAFES	Enzo's Old Greenwich Deli	2802 Summer Street	203 406-9645
	The Little Gourmet Shop	2777 Summer Street	203 247-5803
	Robek's	2397 Summer Street	203 359-2100
	Sandwich Maestro	90 Atlantic Street	203 325-0802
	Mario's Professional Dry Cleaning	3001 Summer Street	203 388-8532
DRY CLEANERS	Bull's Head Dry Cleaners	47 High Ridge Road	203 325-1825
	Executive Cleaners	21 High Ridge Road	203 977-7882
	Ridgeway Cleaners	2802 Summer Street	203 323-8441
FLORIST	Racanello Florist	18 Belltown Road	203 973-7562
GYMS	Stamford Square Fitness Center	3001 Summer Street	203 356-9985
	Core Principles @ 3001 Stamford Square	3001 Summer Street	203 914-6396
	LA Fitness	52 6th Street	203 353-8810
	Precisely Pilates	9 High Ridge Road	203 890-9600
HOTELS	The Armon Hotel	2701 Summer Street	203 359-1300
	Courtyard by Marriott	275 Summer Street	203 358-8822
	The Lloyd Stamford	909 Washington Blvd.	203 363-7900
	Stamford Suites	720 Bedford Street	203 359-7300
LIBRARY	Ferguson Library	1 Public Library Place	203 964-1000
LOCKSMITH	A1 Locksmith	2324 Washington Blvd.	203 326-1836
MOVIE THEATERS	AMC Landmark 8	5 Landmark Square	203 324-3100
	AMC Majestic 6	118 Summer Street	203 323-1600
	Avon Theatre	272 Bedford Street	203 967-3660

TYPE OF BUSINESS	BUSINESS NAME	ADDRESS	PHONE NUMBER
MUSEUMS	Bruce Museum	1 Museum Drive, Greenwich	203 869-0376
	Earthplace	10 Woodside Lane, Westport	203 227-7253
	Norwalk Maritime Aquarium	10 North Water St, Norwalk	203 852-0700
	Stamford Museum & Nature Center	39 Scofieldtown Road	203 322-1646
	Stepping Stones Museum for Children	303 West Avenue, Norwalk	203 899-0606
COPYING/PRINTING	Rapid Press	555 Summer Street	203 348-3615
	Staples	2299 Summer Street	203 323-6691
PHARMACIES	CVS	66 High Ridge Road	203 541-3972
POST OFFICE	USPS	19 High Ridge Road	203 321-3910
RESTAURANTS	Bartaco	222 Summer Street	203 323-8226
	Bridge Street Wienery	17 Bridge Street	203 569-4990
	The Capital Grille	Stamford Town Center	203 967-0000
	Coalhouse Pizza	85 High Ridge Road	203 977-7700
	Crab Shell	46 Southfield Avenue	203 967-7229
	Curley's Diner	62 West Park Place	203 348-2020
	Dhabewala Indian Shack	13 High Ridge Road	203 614-8666
	DIG	43 High Ridge Road	203 724-2173
	Frank Pepe Pizzeria	64 High Ridge Road	475 977-7373
	Hudson Social CT	128 Bedford Street	203 817-0700
	IHOP	2410 Summer Street	203 324-9819
	John the Baker	30 Long Ridge Road	203 325-0707
	Kam Pei	49 High Ridge Road	203 602-0580
	Kotobuki	457 Summer Street	203 359-4747
	Lakeside Diner	1050 Long Ridge Road	203 322-2252
	Little Buddha	2270 Summer Street	203 356-9166
	Lucky's Classic Burger & Malt Shop	209 Bedford Street	203 978-0268
	Mecha Noodle Bar	151 Bedford Street	203 801-7577
	Olio Restaurant	934 Hope Street	203 817-0303
	Remo's Brick Oven Pizza Company	35 Bedford Street	203 973-0077
	Ridgeway Pizza	2802 Summer Street	203 323-7777
	Shake Shack	64 High Ridge Road	475 550-6467
	Siena Ristorante	519 Summer Street	203 351-0898
Taj Stamford	211 Summer Street	203 588-0000	
Tigin Irish Pub & Restaurant	175 Bedford Street	203 353-8444	
SALONS	Beau Nails & Spa	889 High Ridge Road	203 322-2070
	Stamford Floris	44 6th Street	203 348-0800
	Noelle Spa	1100 High Ridge Road	203 322-3445
TAXI/CAR SERVICE	All Quest	1177 High Ridge Road	203 570-1111
	All Towns Livery	2299 Summer Street	203 456-7000
TRAIN	Metro-North New Haven Line	30 South State Street	877 690-5114
WALK-IN HEALTH CLINIC	AFC Urgent Care Stamford	3000 Summer Street	203 969-2000

State-of-the-Art Fitness Center

- Treadmills, ellipticals, recumbent bikes, upright bikes
- Personal TV's on most cardio equipment
- Strength equipment, including: chest press, shoulder press, lat pull-down machine, dual leg extension and curl machine, dual ab and back machine, dumbbells
- Full-service men's and women's locker rooms with showers and towel service
- On-site personal trainer, Core Principles, offers fitness programs, and semi-private and private personal training sessions focusing on athletic performance, fat loss, stress management, and overall lifestyle improvement



Full-Service Gourmet Café

- Indoor and three-season outdoor seating
- Menu offers fresh and nutritious options – healthy alternative to fast food
- Salad bar, grab-and-go meals, hot daily specials
- Fresh baked goods and specialty coffees & teas
- Breakfast, lunch, and take-home dinner
- Convenient on-and-off-site catering capabilities for meetings and events
- Wi-Fi and charging stations



Conference Center – D-Level

Conference Center Highlights

- Two-to-three rooms – configurable for a variety of room styles including classroom, boardroom and auditorium
- High-tech audio-visual equipment
- Conference tables, chairs, and movable podiums
- Full-service pantry located adjacent to conference rooms and on-site catering services
- Registration and waiting areas
- High-speed Wi-Fi
- Easy, online booking system

Main Conference Room

- 28' x 50' with seating capacities up to 88 people (auditorium-style) and 44 people (classroom-style)
- Two projectors and retractable screens
- Room can be divided into two separate 28' x 25' rooms via folding wall panels

Meeting/Breakout Room

- 30' x 36' with seating capacities up to 36 people (auditorium-style) and 18 people (classroom-style)
- Projector and retractable screen



Main Conference Room



Main Conference Room



Waiting Area



Full-Service Pantry



Meeting/Breakout Room



AM	Depart Train Station	Arrive 707	Arrive 3001	Arrive 2777
	6:45 am	6:53 am	6:59 am	7:02 am
	7:15 am	7:23 am	7:29 am	7:32 am
	7:45 am	7:53 am	7:59 am	8:02 am
	8:15 am	8:23 am	8:29 am	8:32 am
	8:45 am	8:53 am	8:59 am	9:02 am
	9:15 am	9:23 am	9:29 am	9:32 am
	9:45 am	9:53 am	9:59 am	

PM	Depart 3001	Depart 2777	Depart 707	Arrive Train Station
	3:57 pm	3:59 pm	4:03 pm	4:13 pm
	4:27 pm	4:29 pm	4:33 pm	4:43 pm
	4:57 pm	4:59 pm	5:03 pm	5:13 pm
	5:27 pm	5:29 pm	5:33 pm	5:43 pm
	5:57 pm	5:59 pm	6:03 pm	6:13 pm
	6:27 pm	6:29 pm	6:33 pm	6:43 pm
6:57 pm	6:59 pm	7:03 pm	7:13 pm	

Ashforth Express Shuttle Schedule

To and From the Stamford Transportation Center

- Ashforth provides a premier shuttle to and from the Stamford Transportation Center, with stops at three of our buildings.
- The Ashforth Express is a free amenity to those who work in our building and picks up and drops off outside the first floor lobby.

3001

STAMFORD SQUARE

3001STAMFORDSQUARE.COM



BEST-IN-MARKET COMMON AREAS



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