

Office
Space
FOR LEASE

2249 Carling Avenue,
Ottawa



Integrity. Dedication. Professionalism

District Realty
Corporation Brokerage
districtrealty.com

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2249 Carling Avenue

Ottawa

Price

\$13.50/sf

OPC

\$18.24/sf



Key Features

Zoning AM

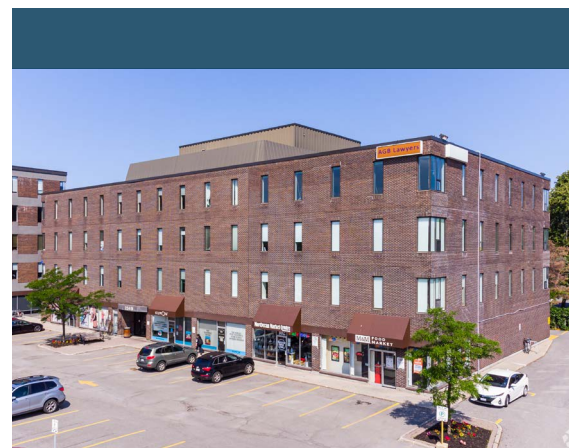
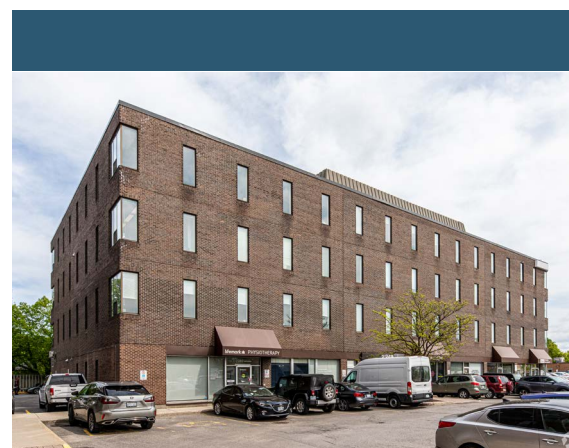
Parking Ratio 1/1,500sf; \$95/month + HST

- Close to HWY 416 & 417
- Valet parking for tenants
- Free fitness centre for tenants
- Bus stop on-site
- Supervised visitor parking
- Accessible building with elevators

Highlights

Professionally managed office suites available for lease in Ottawa's thriving west end. These bright, sun-filled spaces offer elevator access and a professional environment ideal for businesses seeking comfort and convenience. A fully equipped shared boardroom is available upon request for meetings and client presentations.

Tenants benefit from an array of premium on-site amenities, including valet parking and a complimentary fitness centre complete with showers. The property also features a range of everyday conveniences including a hair salon, café, pharmacy, and mini-market.



Availability

SUITE	SIZE	COMBINE UNITS	OCCUPANCY
412	2,305 SF		Immediate
423	2,515 SF		Immediate



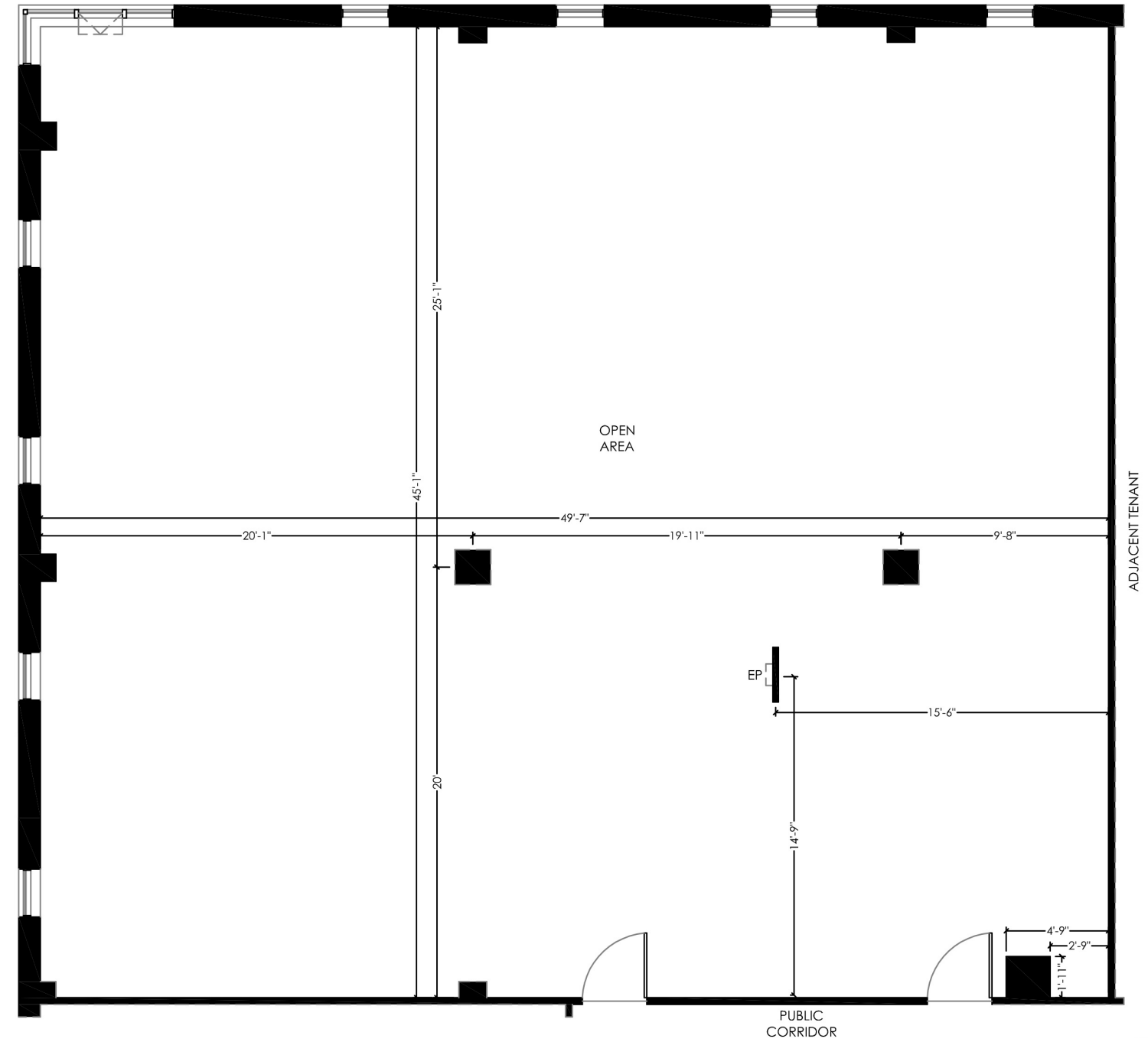
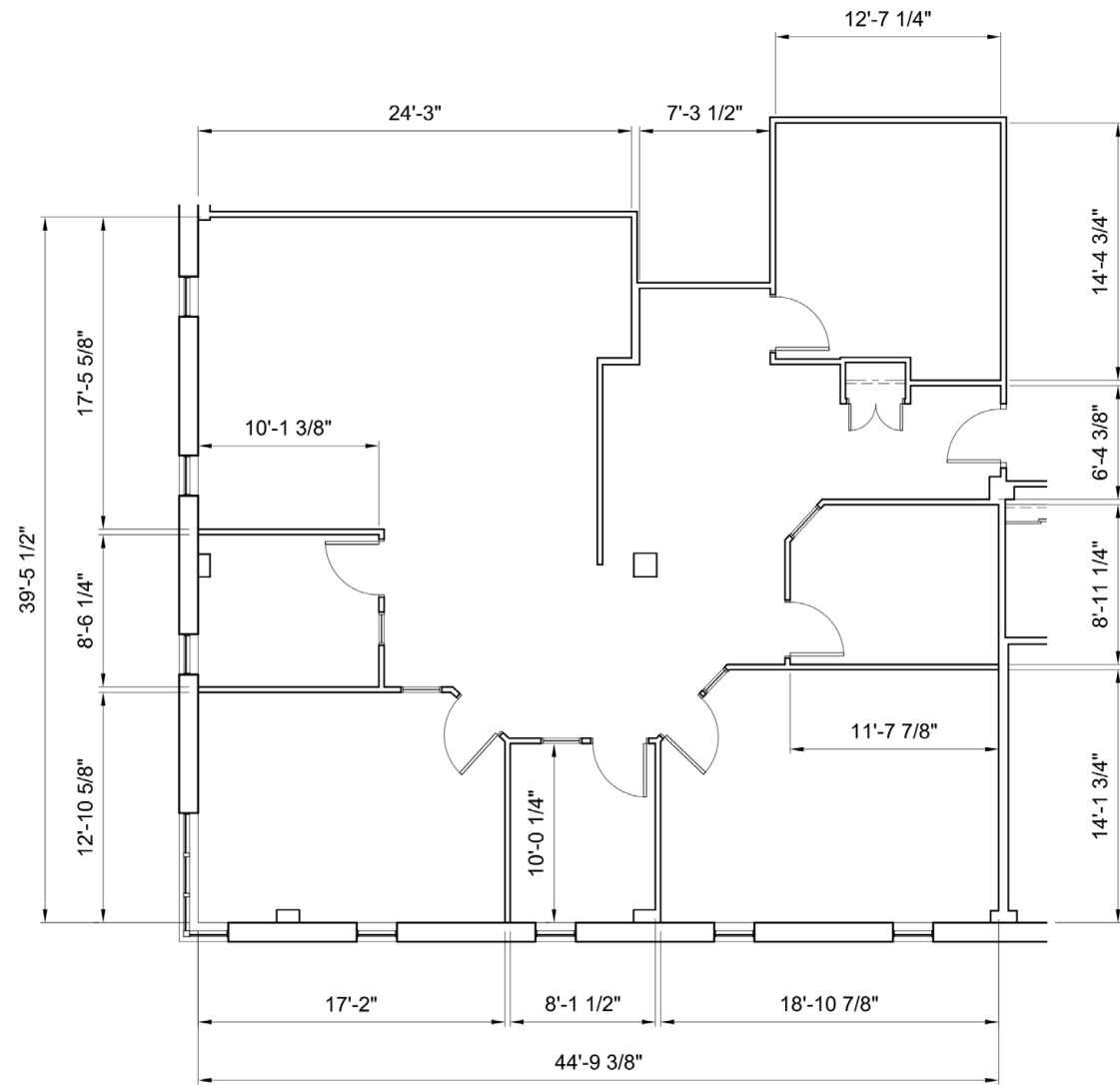
CONTACT

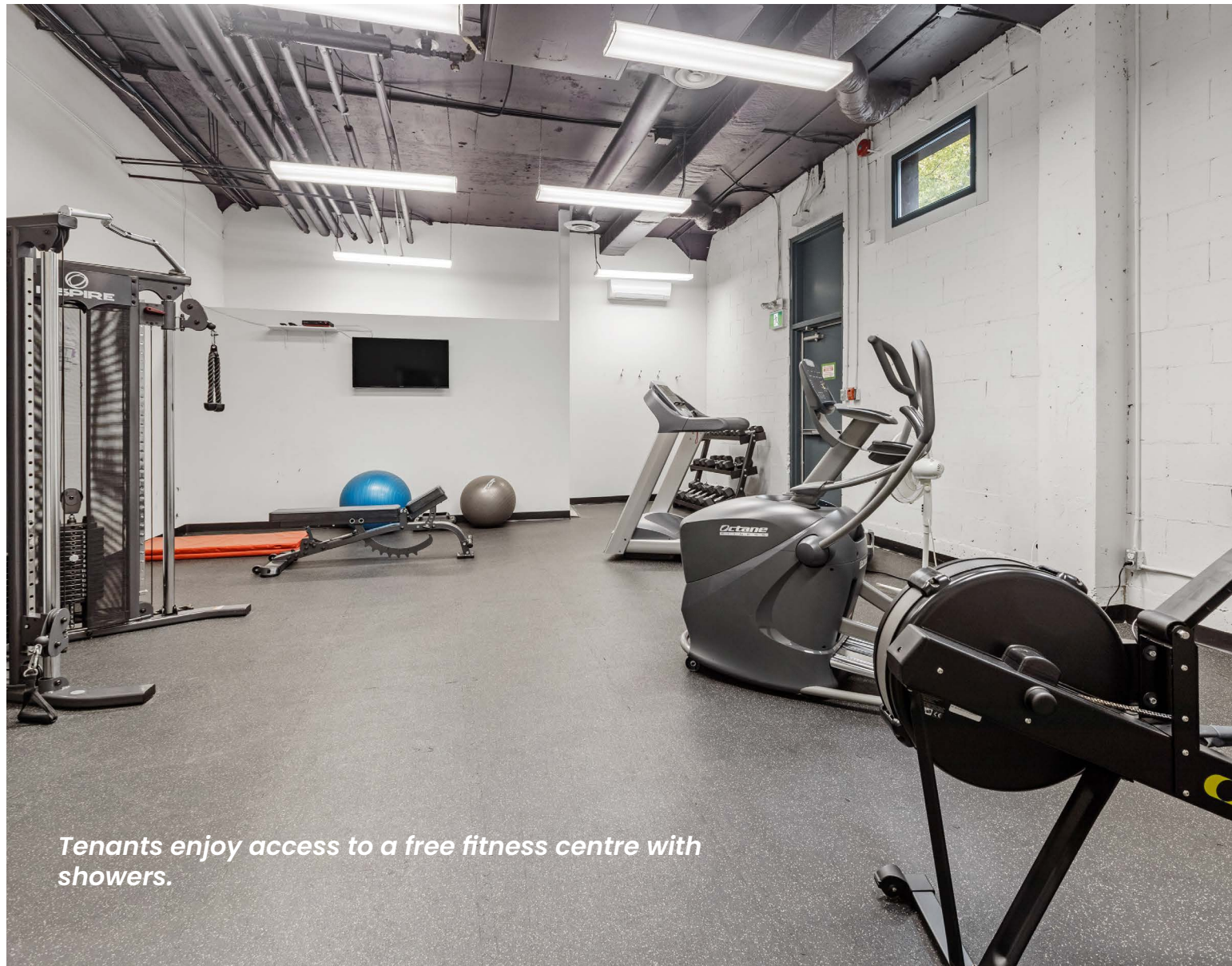
613-759-8383
leasing@districtrealty.com

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Jason Shinder, Broker of Record
CEO

Charles Mirsky, Broker
COO - Brokerage Services





Tenants enjoy access to a free fitness centre with showers.



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AREA MAP

Strategically positioned at the prominent intersection of Carling Avenue and Woodroffe Avenue, the property offers immediate access to Highway 417, providing seamless connectivity for commuters travelling between downtown Ottawa and Kanata. The building is a short walk to Lincoln Fields Station, with the LRT connection scheduled to open in 2026, and benefits from an on-site bus stop for added convenience.

Tenants enjoy close proximity to a full complement of amenities at Carlingwood Shopping Centre, including Canadian Tire, Staples, and a broad mix of retail and service offerings to support day-to-day business needs.

Your Brand, Front and Centre

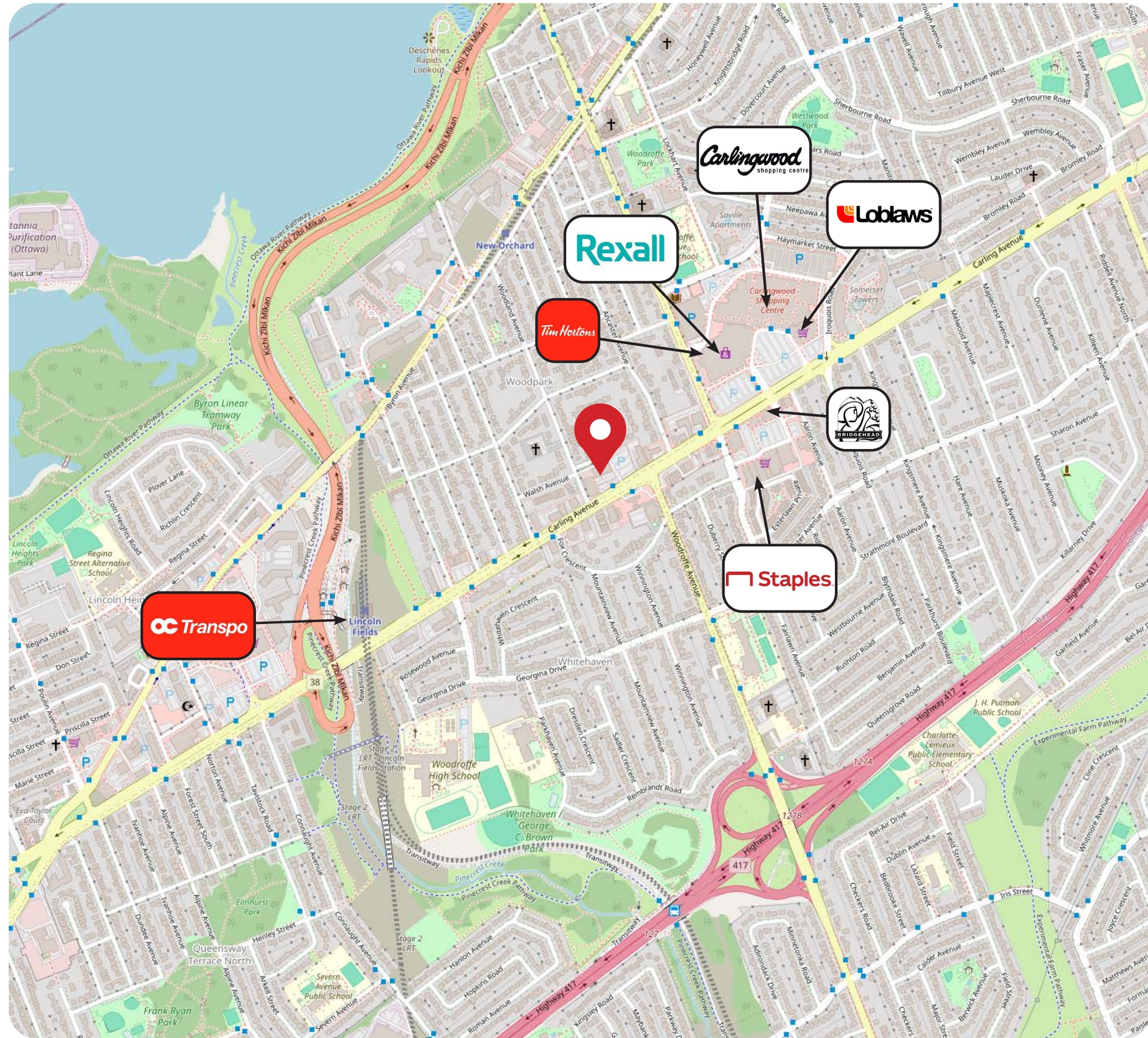
Take advantage of opportunities for prime pylon signage with prominent exposure near the busy intersection of Carling and Woodroffe Avenue, offering exceptional visibility to thousands of vehicles daily – a powerful way to showcase your brand.

Connected for Success

Set within a dynamic and well-connected business node with direct access to Highway 417, the property offers effortless connectivity between downtown Ottawa and the city's west end. Steps from transit and walking distance to the future Lincoln Fields LRT station, the location is designed for modern commuting.

Convenience at Your Doorstep

2249 Carling Avenue is embedded in a highly amenitized corridor that supports both daily operations and employee convenience. Carlingwood Shopping Centre is just minutes away, offering national retailers, professional services, and everyday essentials, while a variety of restaurants, banks, and fitness options are located nearby.



AREA MAP

Proximity to Major Healthcare Institutions

Located along Carling Avenue in Ottawa's west end, the property is positioned near several of the city's leading healthcare facilities, including the Ottawa Civic Hospital, the future New Civic Campus at the Experimental Farm, the University of Ottawa Heart Institute, and The Royal Ottawa Mental Health Centre.

Strategic Medical Office Location

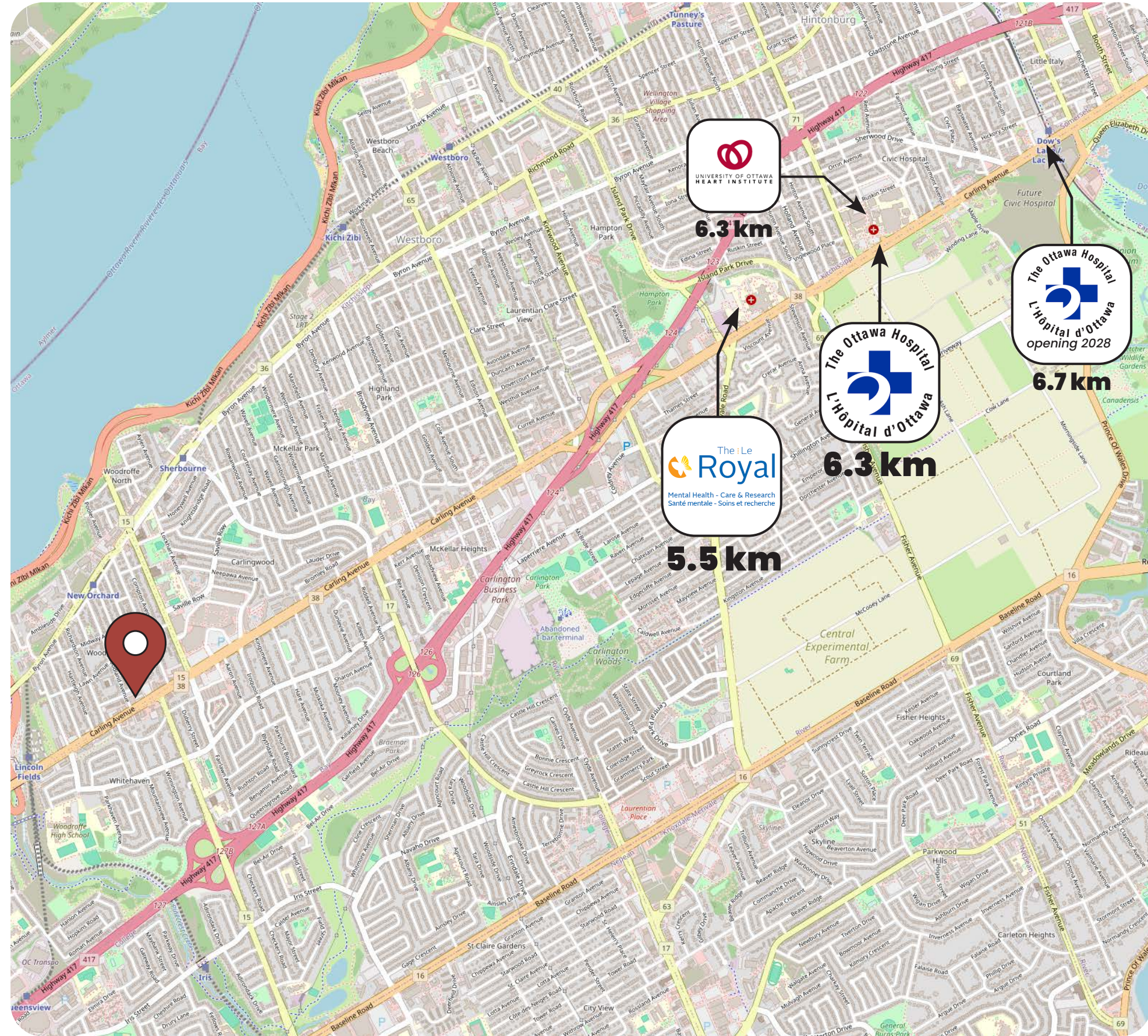
The offices can be readily configured to accommodate medical clinics, specialist practices, diagnostic services, or allied health providers requiring a spacious and functional environment.

Access to a Healthcare Hub

Situated within a growing medical district, the location provides convenient access for both patients and healthcare professionals, supporting collaboration and connectivity within Ottawa's broader healthcare community.

Nearest Healthcare Institutions

- The Ottawa Heart Institute - 6.3 KM
40 Ruskin Street
- The Royal Ottawa Mental Health Centre - 5.5 KM
1145 Carling Avenue
- The Ottawa Civic Hospital - 6.3 KM
1053 Carling Avenue
- The Ottawa Civic Hospital - 6.3 KM
Experimental Farm - Opening 2028



Demographic Data

The surrounding area is supported by a well-educated, workforce-driven population with a strong presence of professionals across business, technology, and administrative fields. A significant portion of residents have post-secondary and university education, contributing to a skilled labour pool well suited to a wide range of office-based industries.

The neighbourhood reflects a stable, employment-active community with a diverse mix of professionals, support staff, and technical specialists. For office users, the area offers convenient access to a deep and reliable workforce, making it an attractive location for organizations seeking long-term operational stability, talent availability, and room for growth.

Labor Force Participation

63%

within a 5 km radius, a highly active working demographic with most employed in sales & services, government, social sciences, education, business, finance, and administration.

Household Characteristics

One or two-person households dominate making up 65%, with household growth expected to reach

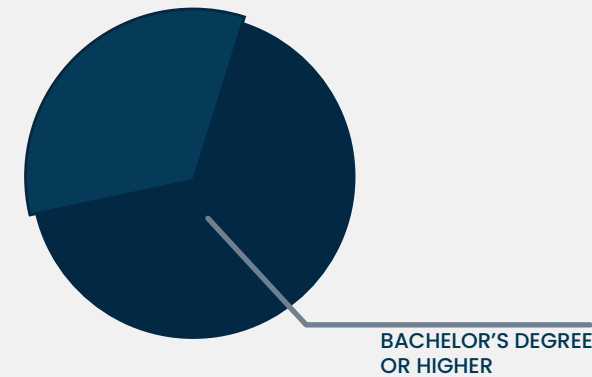
26.7% BY 2033



Over 28,800 new households are expected by 2033 – sustained demand that supports long term leasing stability.

Educational Attainment

Over 66.6% residents hold a Bachelor's Degree or higher within a 5 km radius.



Income Levels

With 23.78% earning under \$40,000, the range of average household incomes is:

\$75K TO \$100,000K

Population Growth

The population within a 5 km radius is projected to reach 228,258 by 2033.

22% GROWTH BY 2033

Age Distribution

Within a 5 km radius, the population is predominantly of working age, with approximately 80% of residents under 65, reflecting a strong base of active adults and working professionals in the surrounding area.


MEDIAN AGE IS

40



20 James Street, Suite 100
Ottawa, ON., K2P 0T6

 613.759.8383

 LEASING@DISTRICTREALTY.COM