

OFFICE BUILDING
FOR SALE



LONG POND MEDICAL CONDO FOR SALE

110 LONG POND RD,
PLYMOUTH, MA 02360

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EXECUTIVE SUMMARY

LONG POND MEDICAL CONDO FOR SALE



OFFERING SUMMARY

Sale Price:	\$499,000
Available SF:	2,272
Price / SF:	\$219.63
Year Built:	1990
Renovated:	2026
Zoning:	LI

PROPERTY OVERVIEW

The Long Pond Medical Building is a well-established healthcare facility housing several medical practices, offering this 2,272 SF condo an instant, credible home base. With direct access to Route 3 — under a mile to Exit 13 — and minutes from Beth Israel Deaconess Plymouth, The Grove, and Colony Place, the location is positioned to draw patients from Boston to Cape Cod.

The unit itself features several exam rooms, private offices, a reception desk, waiting area, and lab space, plus two in-suite restrooms. Recent building-wide updates — repainted common areas with new baseboards, refinished floors, updated HVAC and lighting, and repaired parking lot and sidewalks.

With elevator access, ample on-site parking, and an established medical tenant mix already in place, this is an ideal opportunity for an owner-user looking to step into a proven, heavily trafficked healthcare corridor.

PROPERTY HIGHLIGHTS

- 2,272 SF Medical Condo
- Several exam rooms, private offices, reception desk, waiting area, and lab space
- Two in-suite restrooms
- New rooftop HVAC unit
- Elevator access | Ample parking
- Recent improvements: Common area walls repainted, baseboards replaced, floors refinished, common area and exterior lighting updated, parking lot resurfacing and sidewalk repairs, common area glass replaced
- Ideal for owner-user
- Established Medical tenant mix throughout the building
- Condo Fee: \$1,367.55/month | 2025 Taxes: \$3,954.27



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ADVISORS**

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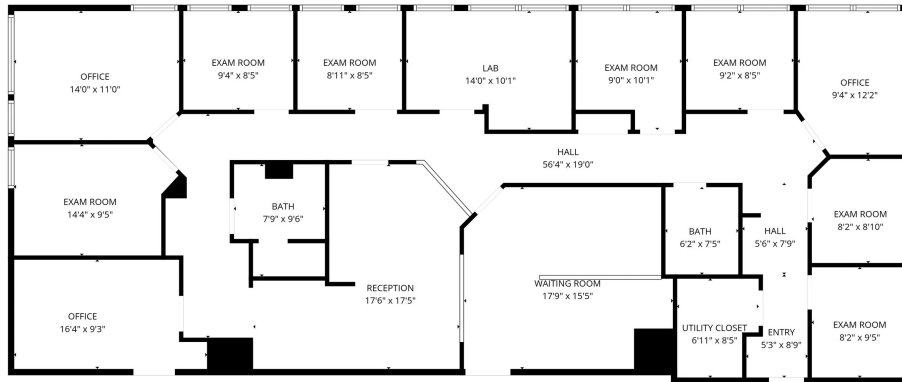
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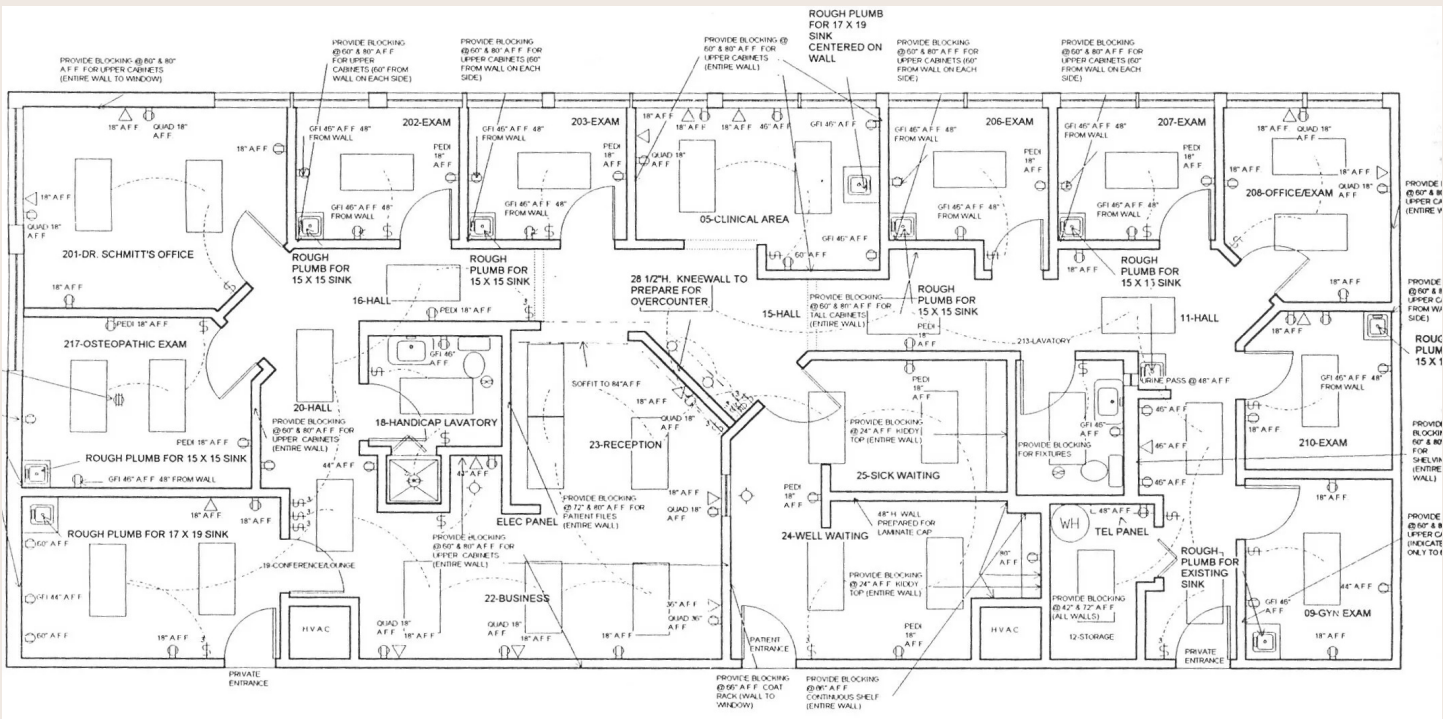
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FLOOR PLANS

LONG POND MEDICAL CONDO FOR SALE



FLOOR PLAN CREATED BY CUBICASA APP. MEASUREMENTS DEEMED HIGHLY RELIABLE BUT NOT GUARANTEED.



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ADDITIONAL PHOTOS

LONG POND MEDICAL CONDO FOR SALE



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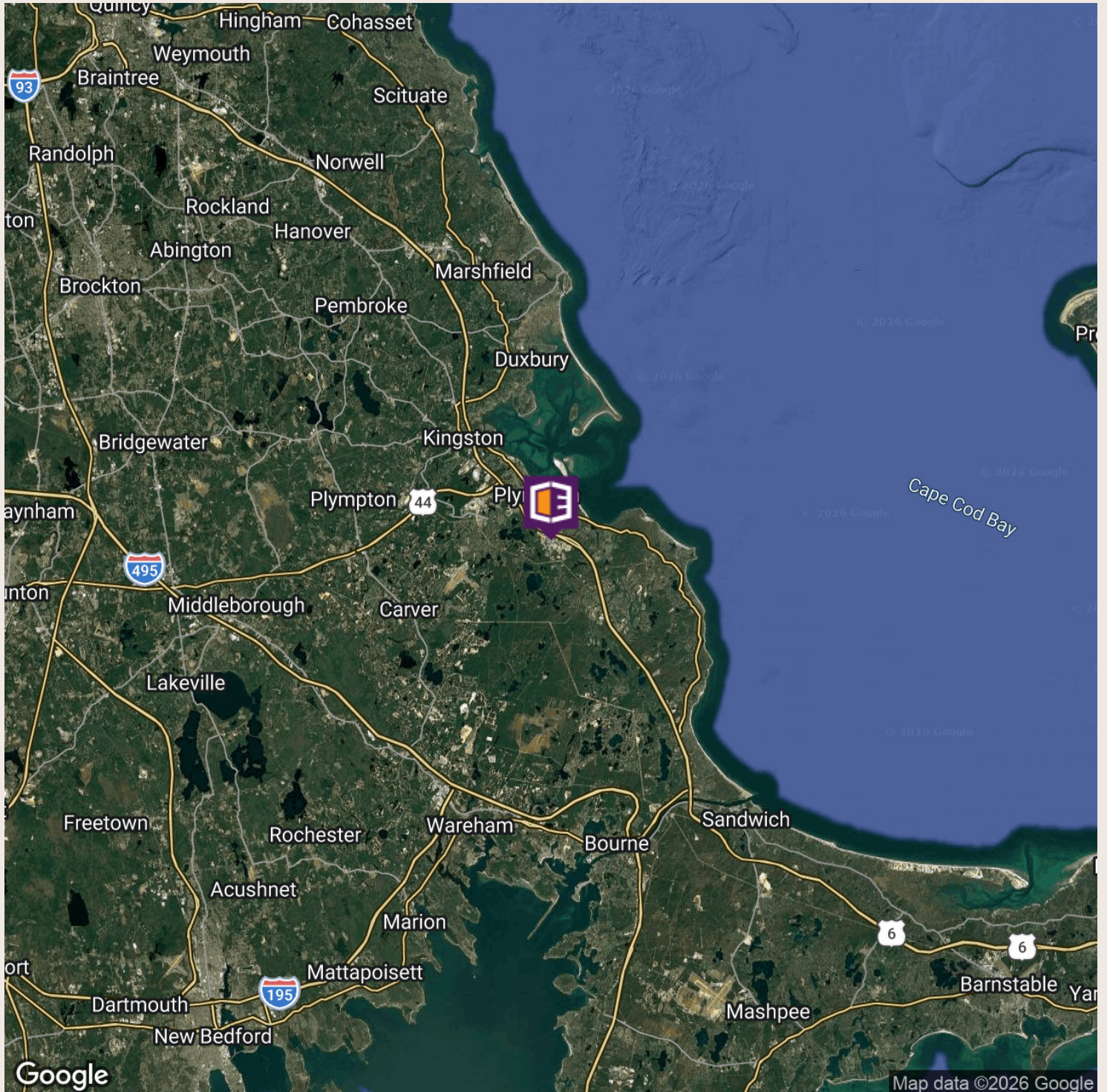
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LOCATION MAP

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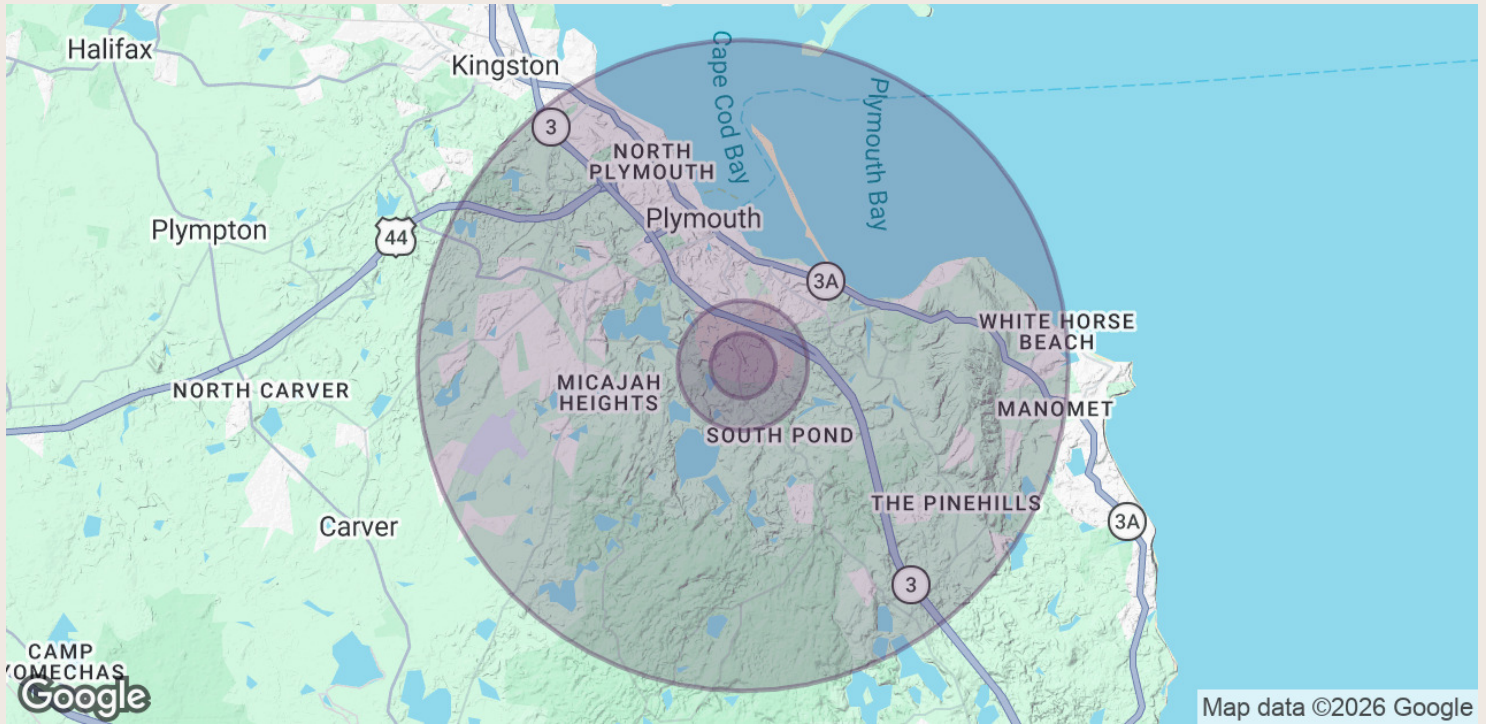
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Map data ©2026 Google

POPULATION	0.5 MILES	1 MILE	5 MILES
Total Population	315	1,629	40,948
Average Age	38.4	43.3	47.7
Average Age (Male)	38.5	44.4	45.9
Average Age (Female)	37.5	42.2	47.9

HOUSEHOLDS & INCOME	0.5 MILES	1 MILE	5 MILES
Total Households	52	405	17,593
# of Persons per HH	6.1	4.0	2.3
Average HH Income	\$155,952	\$140,385	\$131,992
Average House Value	\$511,128	\$506,182	\$516,214

2023 American Community Survey (ACS)



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