

3016 AMBROSE AVE | NASHVILLE, TN 37207

▷ 1,457 SF Office + 1,760 SF Warehouse ▷ 0.34 Acres | 3 Loading Doors | Fenced Yard

▷ Flex | Light Industrial | Contractor

STRIDE

COMMERCIAL

3016 Ambrose Avenue

OFFICE/FLEX FOR LEASE // EAST NASHVILLE // NASHVILLE, TN 37207

Building Overview

3016 AMBROSE AVE | NASHVILLE, TN 37207

Total SF: 3,217 SF

Office Building: 1,457 SF — second-gen office

Warehouse Building: 1,760 SF — flex/industrial

Site Size: 0.34 Acres

Availability: June 1, 2026

Parking: Fenced/secured rear parking + 3–4 front spaces

Outdoor Space / Yard: 0.34-acre lot — outdoor storage, yard, and drive-in access

Loading Doors: 3 doors — 1 drive-in, 1 UPS-height, 1 dock-high

Zoning: IR (Industrial Restrictive) — UZO overlay

Utilities: Separately metered



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Executive Summary

OPPORTUNITY

3016 Ambrose Avenue is a rare infill office/flex opportunity in East Nashville, offering 3,217 SF across two buildings — 1,457 SF of office and 1,760 SF of warehouse — on a 0.34-acre lot with a fenced and secured rear yard, three loading doors (drive-in, UPS-height, and dock-high), and on-site parking. The property is available June 1, 2026, as the current tenant relocates. The property is well positioned for contractors, trades, fleet operators, and makerspace users — and, with IR zoning and UZO overlay flexibility, ownership is open to retail conversion for the right group. With immediate proximity to E. Trinity Lane (0.2 mi), Gallatin Pike (0.7 mi), and I-24/I-65 (1.9 mi), 3016 Ambrose offers the operational footprint and connectivity that is increasingly difficult to find as Nashville's infill supply contracts.



HIGHLIGHTS

- 3,217 SF across 2 buildings: 1,457 SF office + 1,760 SF warehouse on 0.34 acres
- 3 loading doors: 1 drive-in, 1 UPS-height, 1 dock-high — full operational capability for contractors, trades, and fleet users
- 0.34-acre lot — fenced/secured rear yard plus covered storage pad
- Separately metered utilities — no shared utility costs
- IR zoning with UZO overlay — broad light industrial, flex, and retail-conversion use flexibility
- 0.2 mi to E. Trinity Lane, 0.7 mi to Gallatin Pike, 1.9 mi to I-24/I-65
- Surrounded by significant new and proposed multifamily development — growing service and retail demand
- Available June 1, 2026 — current tenant relocating

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About the Space

1

OFFICE BUILDING 1,457 SF

- Second-gen office
- 7–8 ft ceiling height
- Additional conditioned basement and attic storage

2

WAREHOUSE 1,760 SF

- No HVAC — open warehouse condition
- 3 loading doors — 1 drive-in, 1 UPS-height, 1 dock-high
- Additional covered storage pad

3

SITE & AVAILABILITY

- **Total site:** 0.34 acres
- **Parking:** Fenced rear yard + 3–4 front spaces
- Outdoor storage/yard — full lot access included
- **Availability:** June 1, 2026



Site Plan

3016 AMBROSE AVE | NASHVILLE, TN 37207
3,217 SF ACROSS 2 BUILDINGS | OFFICE/FLEX FOR LEASE

Site plan for illustrative purposes; dimensions subject to field verification.

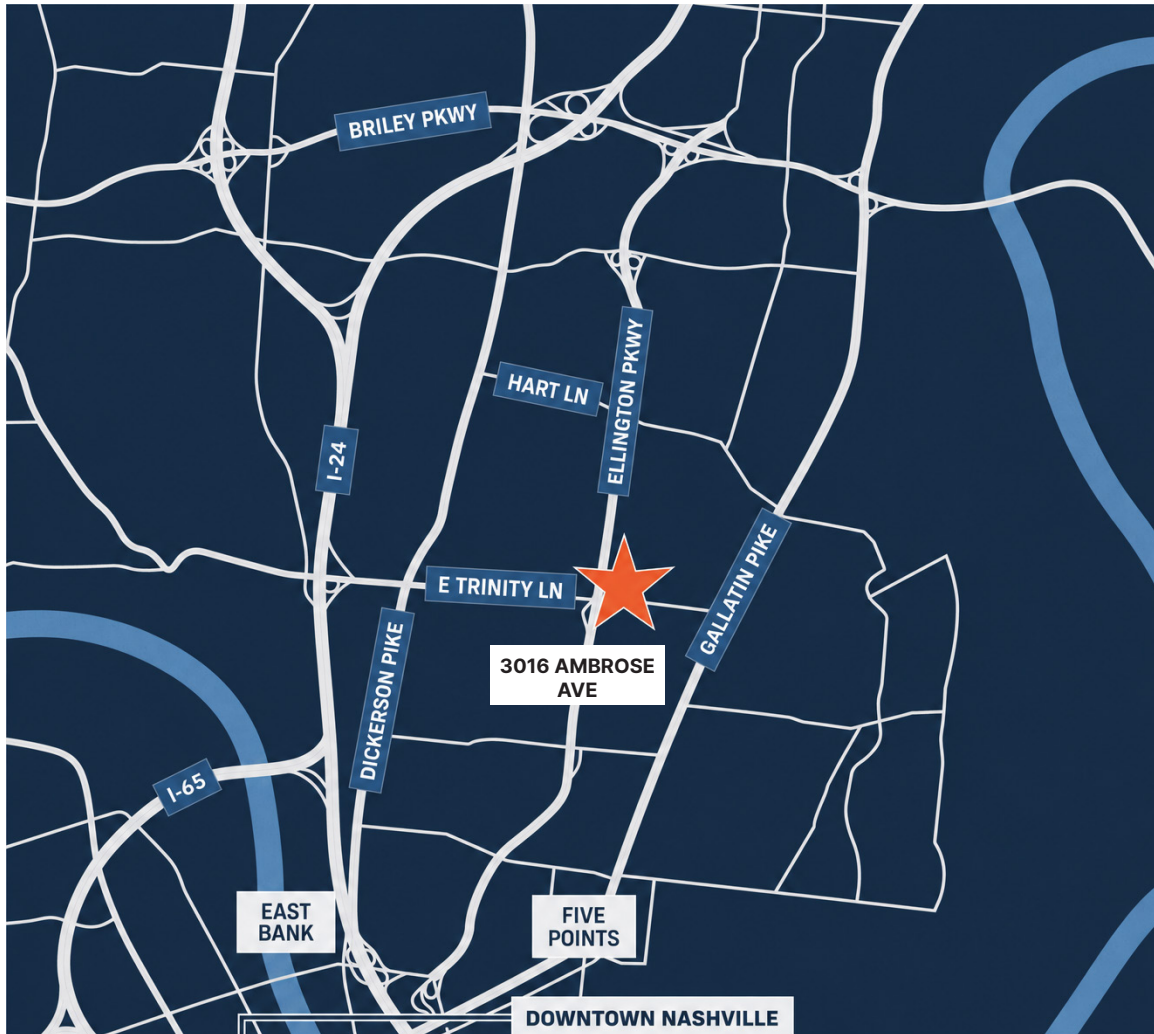


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Location & Access



DRIVE TIMES & ACCESS

Destination	Distance
E. Trinity Lane	0.2 miles
Gallatin Pike Corridor	0.7 miles
Ellington Pkwy (SR-6) Access	~0.5 miles / ~2 min
I-24 / I-65 Access	1.9 miles / ~5 min
Briley Pkwy (SR-155)	~1.5 miles / ~4 min
Germantown	~3 miles / ~8 min
Downtown Nashville	~3.5 miles / ~10 min
BNA Nashville Int'l Airport	~8 miles / ~15 min via Briley Pkwy

Drive times are approximate, calculated via Google Maps off-peak.

OPERATIONAL ACCESS HIGHLIGHTS

- 1.9 miles to I-24 / I-65 — fast access to the entire Nashville metro and freight corridor
- 0.2 miles to E. Trinity Lane and 0.7 miles to Gallatin Pike — immediate commercial corridor connectivity
- Direct access to Ellington Pkwy (SR-6) — north-south arterial connecting to I-65 and Briley Pkwy
- Drive-in access directly from Ambrose Ave — no staging or maneuvering required for loading
- 3 loading doors (drive-in, UPS-height, dock-high) — full operational capability across freight types
- Fenced/secured rear yard — equipment, vehicles, and outdoor storage
- 8 miles to BNA Nashville Int'l Airport via Briley Pkwy — air-freight and same-day logistics access

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Amenities & Neighborhood



ABOUT EAST NASHVILLE / AMBROSE AVE CORRIDOR

3016 Ambrose Avenue sits in East Nashville's emerging commercial corridor, anchored by the Gallatin Pike spine and E. Trinity Lane. The area is undergoing significant transformation driven by a substantial pipeline of new and proposed multifamily and mixed-use development — creating sustained demand for contractor services, trades, last-mile delivery, and the neighborhood-serving retail and food/beverage businesses that growing residential populations require. The property's IR zoning with UZO overlay supports both light industrial/flex operations and, for the right operator, retail conversion. With I-24/I-65 under 2 miles away and immediate access to Gallatin Pike, 3016 Ambrose sits at a critical connectivity node between East Nashville neighborhoods and the broader metro.

WHY THIS SUBMARKET

- Substantial new and proposed multifamily development in immediate submarket — sustained demand for contractor, trade, and last-mile service operators
- Gallatin Pike Complete Streets investment and corridor reinvestment driving long-term commercial growth
- Infill industrial supply contracting across Nashville — sites with operational yard, drive-in, and loading capability are increasingly rare
- IR zoning with UZO overlay — flexibility for light industrial, flex, and retail-conversion tenants

RETAIL CONVERSION OPPORTUNITY

Ownership is open to retail conversion for the right user. With direct frontage on Ambrose Ave, proximity to the Gallatin Pike retail spine (0.7 mi) and the established food/beverage and lifestyle retail along E. Trinity Lane and the Five Points / Main Street corridor — including Five Points Pizza, Smith & Lentz, Yeast Nashville, Jeni's, and the Hunter's Station retail collective — 3016 Ambrose sits inside a corridor where neighborhood-serving retail continues to expand alongside dense residential growth.

CONNECTIVITY & PROXIMITY

- E. Trinity Lane commercial corridor — 0.2 miles
- Gallatin Pike commercial spine — 0.7 miles
- Ellington Pkwy (SR-6) — ~0.5 miles to ramp
- I-24 / I-65 interchange — 1.9 miles / ~5 min
- Briley Pkwy (SR-155) — ~1.5 miles / ~4 min
- Downtown Nashville — ~3.5 miles / ~10 min
- BNA Nashville Int'l Airport — ~8 miles via Briley Pkwy

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