

OFFICE BUILDING FOR SALE

15 GARDEN RD

PLAISTOW, NH 03865-2932

Henry McIntyre
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GIBSON
Commercial

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Property Summary

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Property Description

6,876 SqFt Office building in Plaistow, NH. Located just off Route 125 and less than a mile from the Massachusetts border. The building sits on a 1.2 Acre lot within the C-1 zoning district. The building features three floors of office space, including a finished basement, as well as an attic storage space. Perfect for an owner user or company headquarters.

Property Highlights

- 6,876 SqFt Building across 3 floors
- Perfect for an owner user or company headquarters
- Located just across the Massachusetts Border and off of Rt 125
- 16 Parking Spaces
- C-1 Zoning
- 1.2 Acre Lot Size

Offering Summary

List Price:	\$1,025,000
Lot Size:	1.2 Acres
Building Size:	6,876 SF
Zoning:	C-1

Demographics	0.25 Miles	0.5 Miles	1 Mile
Total Households	112	436	1,347
Total Population	283	1,103	3,330

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Property Details

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Sale Price	\$1,025,000
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Location Information

Street Address	15 Garden Rd
City, State, Zip	Plaistow, NH 03865-2932
County	Rockingham

Building Information

Building Size	6,876 SF
Building Class	C
Year Built	2004

Property Information

Property Type	Office
Property Subtype	Office Building
Zoning	C-1
Lot Size	1.2 Acres

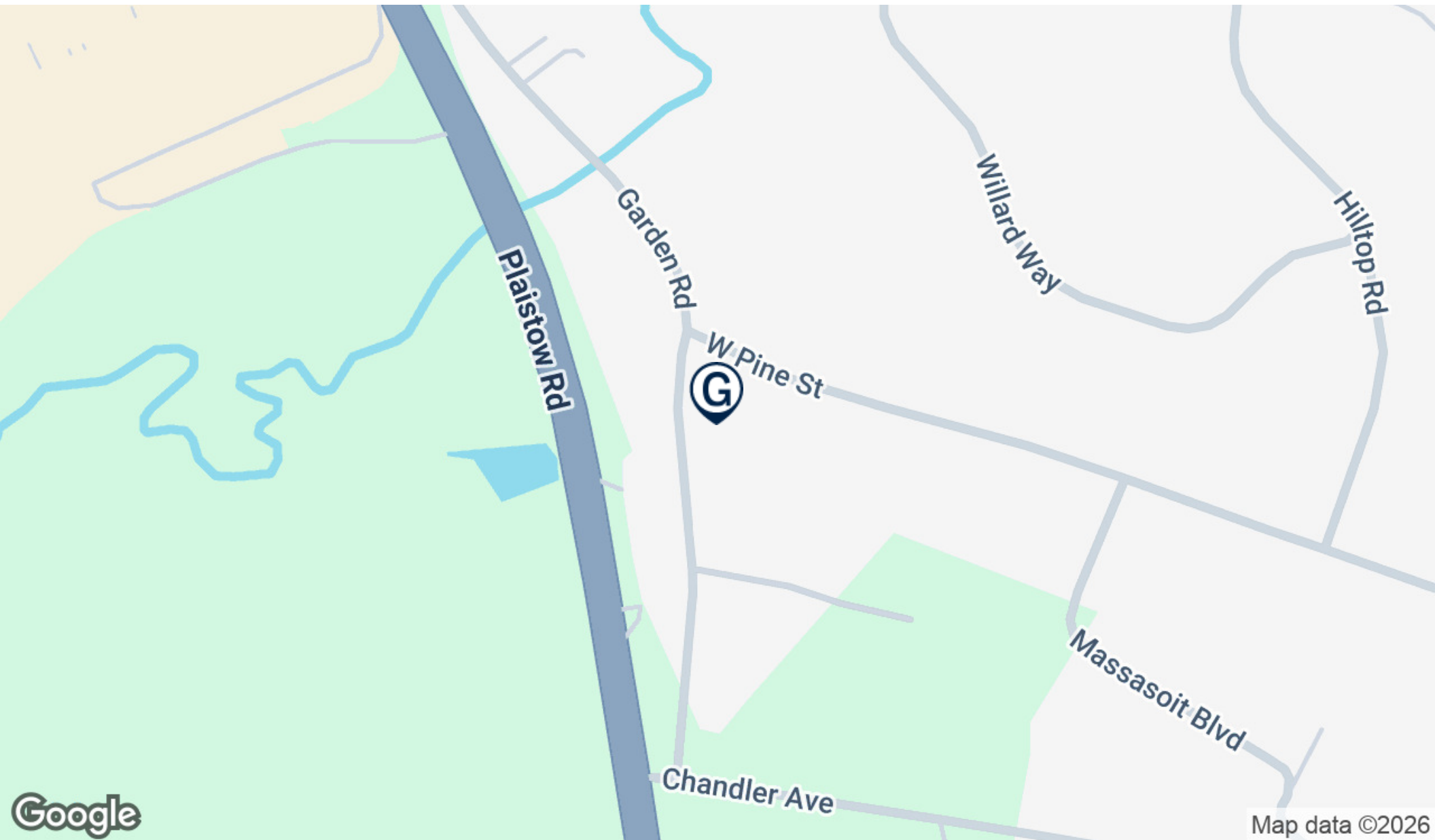
Parking & Transportation

Parking Type	Surface
Number of Parking Spaces	16

Location Map

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Aerial Map

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Map data ©2026 Google Imagery ©2026 Airbus, CNES / Airbus, Maxar Technologies

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Proforma Income Approach

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15 Garden Road Proforma	
Bldg SF	6876
Avg Lease \$/SF	\$16.81
Est Gross Income	\$115,586
Est Expenses	\$34,675.67
Est NOI	\$80,909.89

Cap Rate	Value
8%	\$1,011,373.65
8.5%	\$951,881.08
9%	\$898,998.80
9.8%*	\$825,611.14
10%	\$809,098.92

**Rockingham Market Average*

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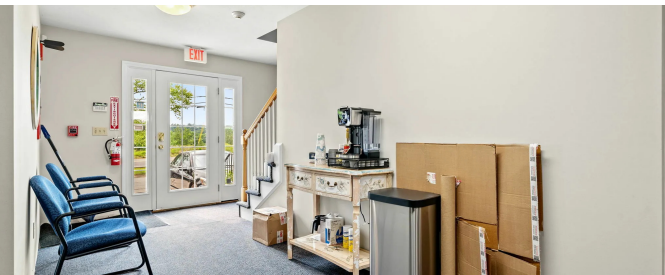
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Additional Photos

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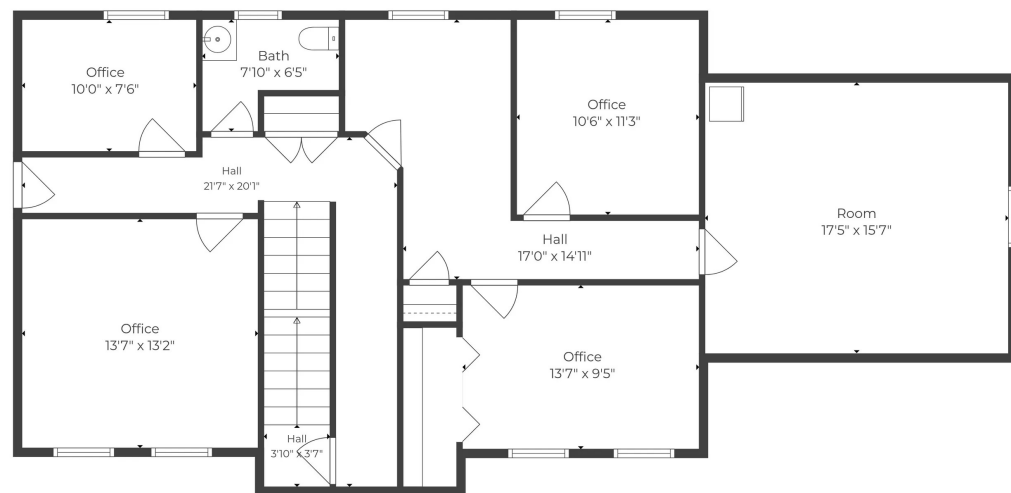
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Floor Plans

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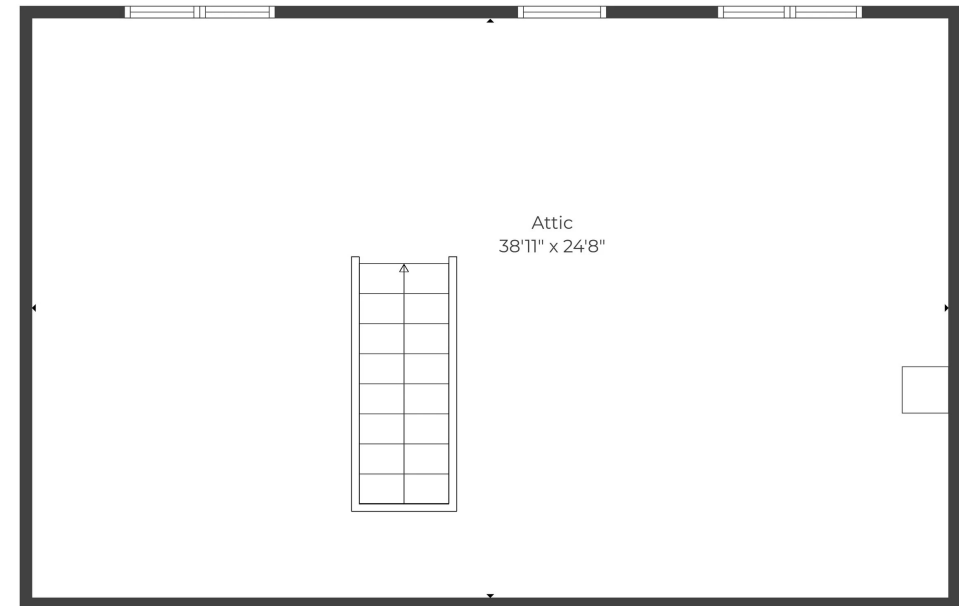
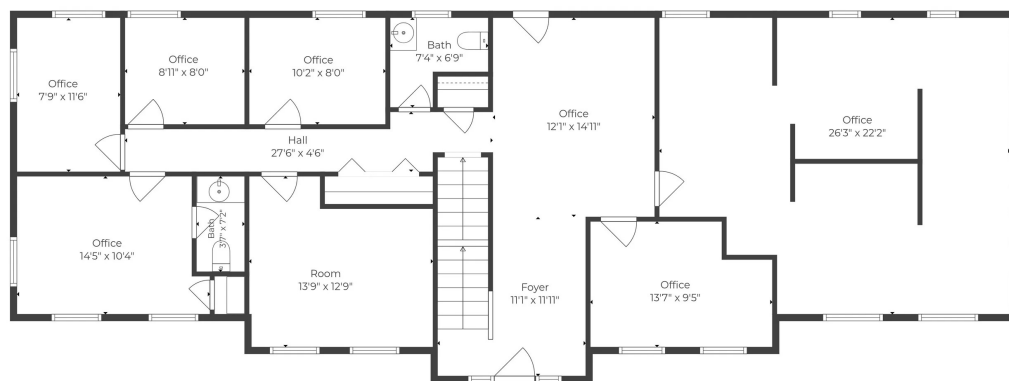
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Floor Plans Cont.

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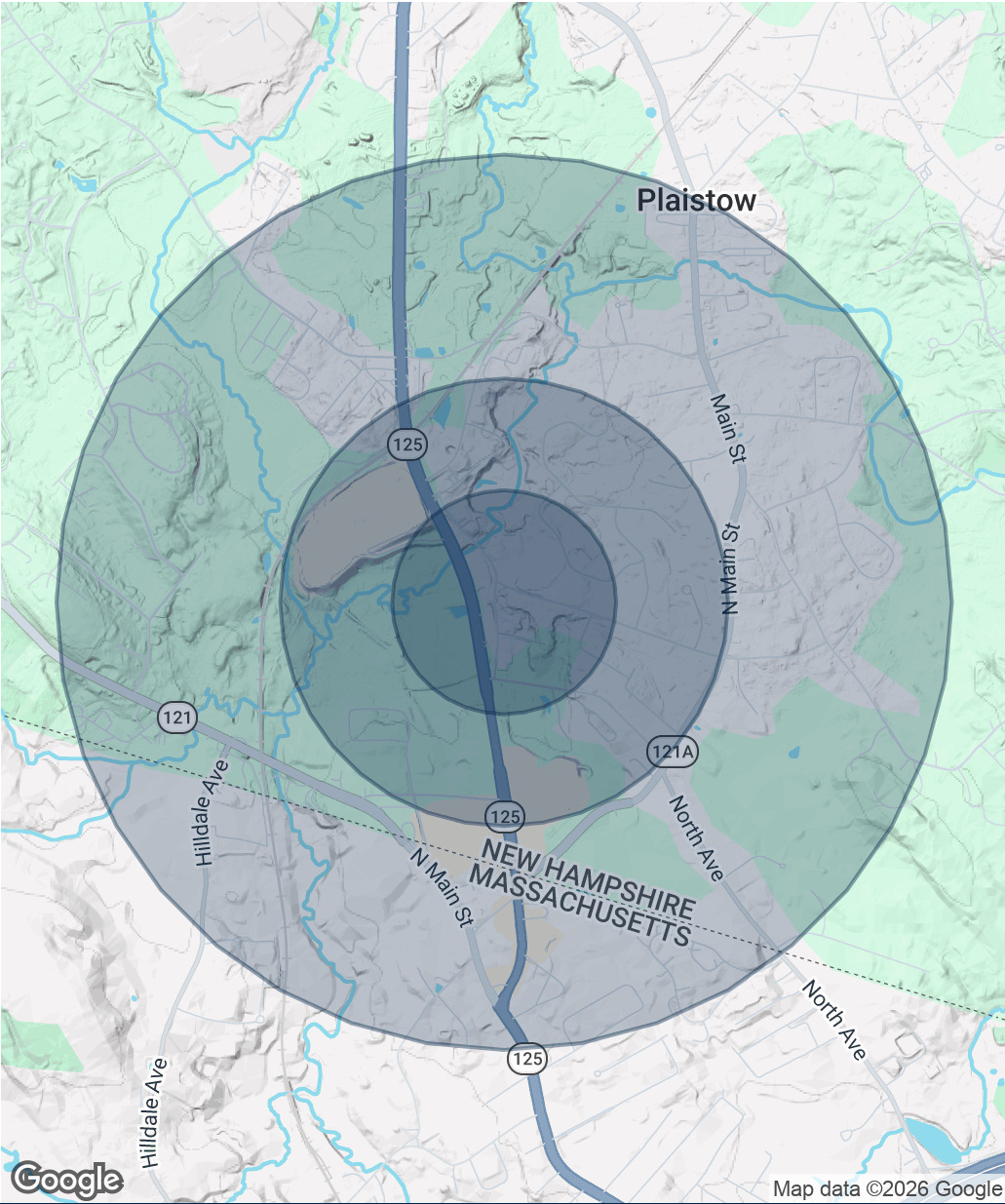
Demographics Map & Report

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Population	0.25 Miles	0.5 Miles	1 Mile
Total Population	283	1,103	3,330
Average Age	39.9	40.0	42.4
Average Age (Male)	46.6	46.3	44.6
Average Age (Female)	33.8	34.1	40.2

Households & Income	0.25 Miles	0.5 Miles	1 Mile
Total Households	112	436	1,347
# of Persons per HH	2.5	2.5	2.5
Average HH Income	\$122,696	\$124,678	\$133,213
Average House Value	\$374,896	\$378,690	\$412,976

2023 American Community Survey (ACS)



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