



400

ST. MARY AVENUE

400 St. Mary Avenue offers class A office space perfectly situated amongst an array of complimentary services and amenities, bordering Winnipeg's Sports Hospitality and Entertainment District (the SHED).

400 ST. MARY AVENUE

Located on the southeast corner of St. Mary Avenue and Kennedy Street, the building features 11 storeys of office space in close proximity to Winnipeg’s skywalk system.

Within a short walking distance you’ll find the Law Courts, the Provincial Legislature, RBC Convention Centre, the Delta Hotel, True North Square, and the 5 star Sutton Place Hotel currently being built in conjunction with True North Real Estate Development, slated to be completed by Q1 of 2026.

One block away at True North square you’ll find Hargrave Street Market, Mottola Grocery, Gusto Restarant, Rose Bar, and the public plaza- currently hosting a variety of events every week throughout the summer, and continuing throughout the fall and winter alongside the NHL season.

The building itself is BOMA BEST Gold certified - standing for Building Environment Standards, which are awarded to buildings leading the way in energy and water conservation, waste reduction, indoor air quality, and operational best practices.



*First class office for lease
in Winnipeg’s central
business district*



Net Rent

\$16.00 - \$18.00 PSF

Additional Rent (2024)

\$18.91 PSF

CURRENT AVAILABILITIES

Nearby Amenities

*RBC Convention Centre,
Hargrave Street Market,
Delta Hotel, Elephant
Castle, True North Square,
Canada Life Centre*

Parking

*3 Rear parking stalls
for loading, 72 heated
underground stalls with
card entry system, main
& second floor elevator
access, electric charging
station*

Tenant Amenities

*On-site carwash, security,
bicycle parking, storage,
and skywalk connected.*

Unit 200

1,461 SF

Built out office space, ready for occupancy.

Unit 210

1,508 SF

Built out office space ready for fixturing.

Unit 800

14,495 SF

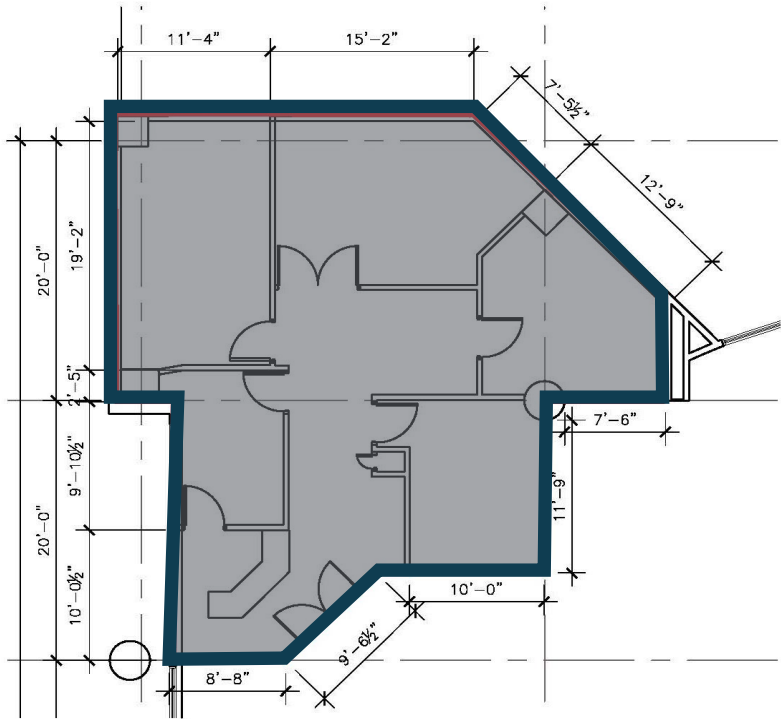
*Full floor first class office space, ready for fixturing.
Overlooking downtown Winnipeg.*

Unit 900

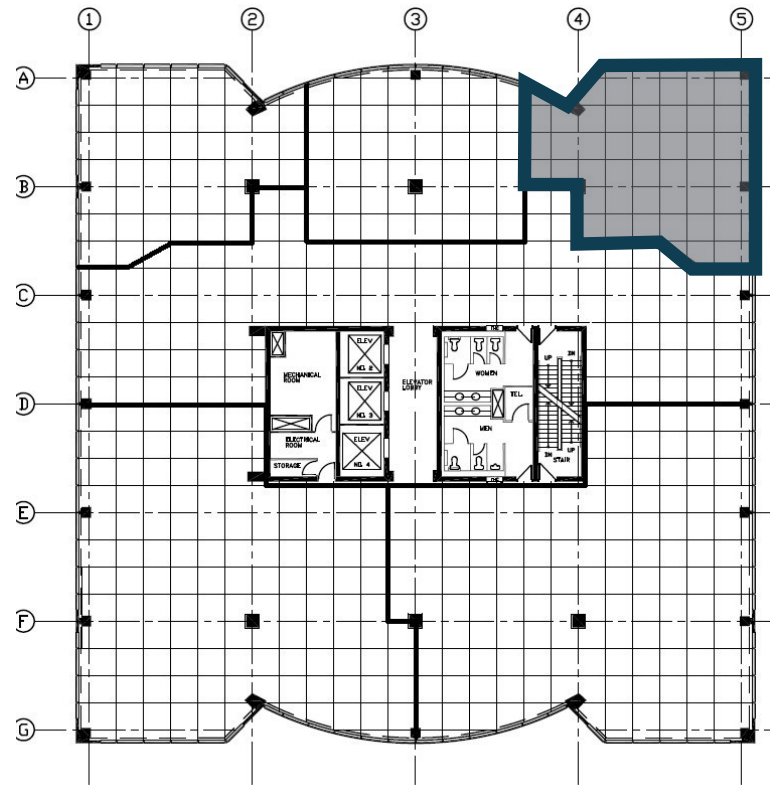
14,495 SF

*Full floor first class office space, ready for fixturing.
Overlooking downtown Winnipeg.*

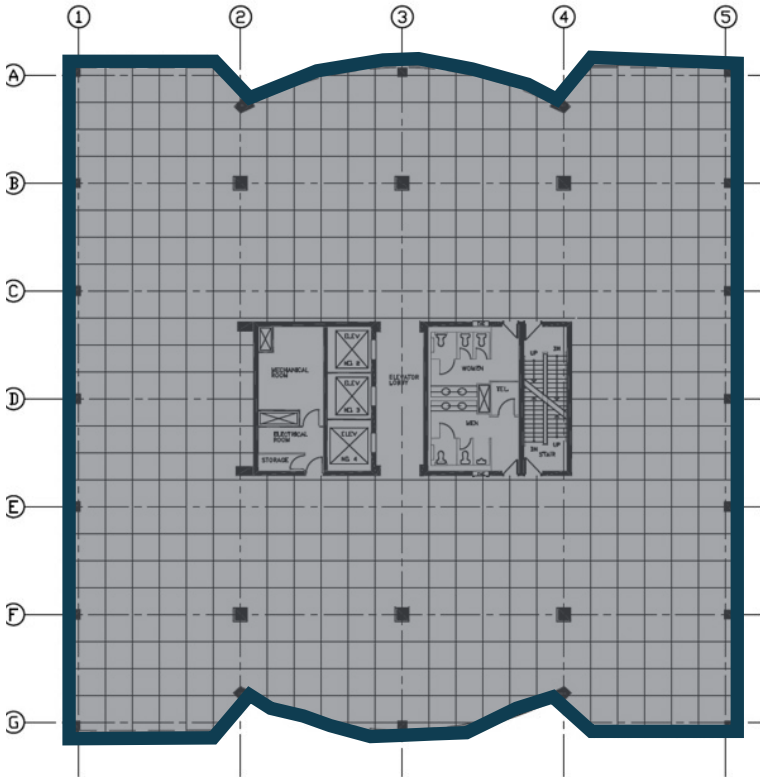
FLOOR PLANS



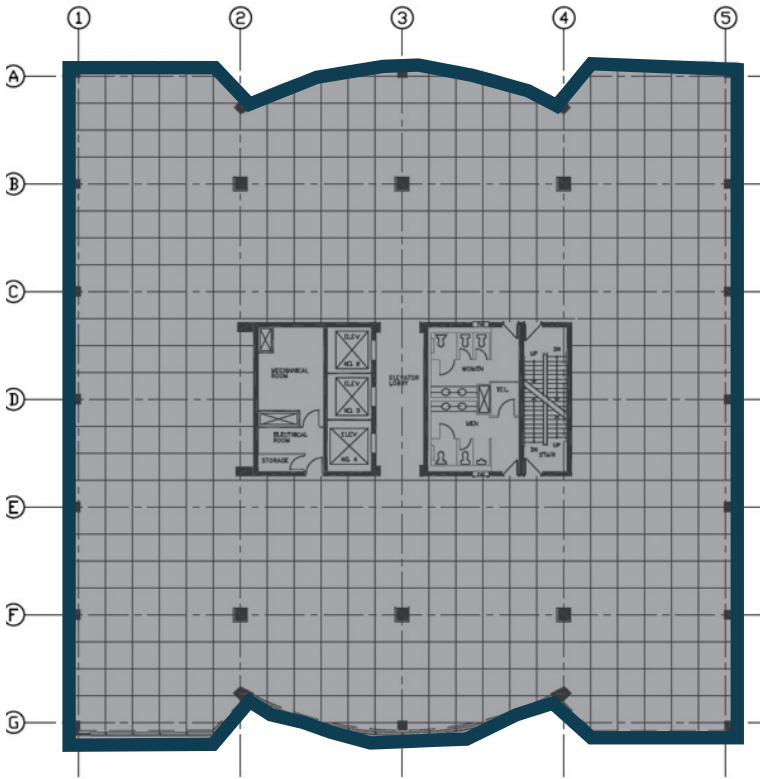
Unit 200 | 1,461 SF



Unit 210 | 1,508 SF



Unit 800 | 14,495 SF



Unit 900 | 14,495 SF

BUILDING FACTS

Building Standards

- 11 Stories
- Total Building Area 140,310 square feet
- Floor Plate 14,495 square feet
- Year Built 1989
- Close to public transit and adjacent to Downtown Winnipeg’s Sports, Hospitality and Entertainment District (SHED) providing numerous amenities

Building Management

Morguard is one of North America’s leading, fully integrated real estate organizations with an extensive owned and managed portfolio of assets valued at approximately \$19.0 billion. With 40 years of experience and a dynamic team of 1500 professionals, we have created a broad and efficient real estate platform to provide operational excellence through leading edge systems, comprehensive tenant services and responsible sustainability principles in our properties.

Building Exterior

The superstructure consists of reinforced flat slabs of reinforced concrete columns and core walls. The foundation consists of cast-in-place concrete belled caissons. The roof system is on inverted fully protected EPDM membrane. The exterior wall is a curtain wall incorporating vision glass, glazed and metal spandrel panels.

HVAC System

- Compartmental variable air volume system (22 zones per floor) coupled with perimeter heating .35 CFM per person with 6 air changes per hour.
- Building is heated using 5 Aerco high efficient boilers.
- Typical floor cooling is conditioned using variable-air-volume systems with a minimum of 20 VAV boxes per floor.
- Cooling is supplied by 2 Daikin High efficiency centrifugal chillers.
- Chilled water Pumps upgraded to VFD drives in 2021
- Free cooling is maximized to offset chiller operation
- Building Automation system was upgraded in 2019

Plumbing

Domestic hot water within the building is provided by 6 electrically powered domestic hot water heaters (1 every three floors, 2 on the 3rd floor and 1 in the P1 level of the underground parking garage). Each unit has a 60 gallon capacity. Domestic water is provided to the upper floors of the office tower via a VFD booster pump system.

Loading Dock

The loading dock is accessed from the rear of the building; all materials, furnishings and equipment deliveries are restricted to the loading area and are arranged only through the Management team.

Building Access and Security

- Building Hours are 6:00 am to 6:00 pm, Monday through Friday
- The building has 24- Hour on site security with Paladin Security
- After Hour access is provided to tenants through key scan management system

Life Safety System

- The building is 100% sprinklered
- Two Fire Hose cabinets are located on each floor
- Fire extinguishers are located on each floor
- Fire Life Safety System Panel - Simplex 4100U System

Electrical Power

The main electrical service for the building consists of a 2,000 Ampere, 347/600 Volt, 3 phase service, complete with a Siemens main disconnect switch.

Emergency Generator

In the event of a power failure, emergency power is provided to all essential building equipment by an Onan 250kW 300 AMP diesel driven generator. This unit provides power to lower all elevators to the ground floor and to operate one elevator cab at full power for the exclusive use of the fire department. This unit also provides lighting for all building exit stairways, elevator lobbies, exit signs and emergency lighting on typical floors, the fire pump, voice communications system, fire alarm system, smoke control systems, and the emergency fire telephone system. Currently no Tenant services are connected to the building emergency power system other than their emergency and exit lighting (as required by the building code).

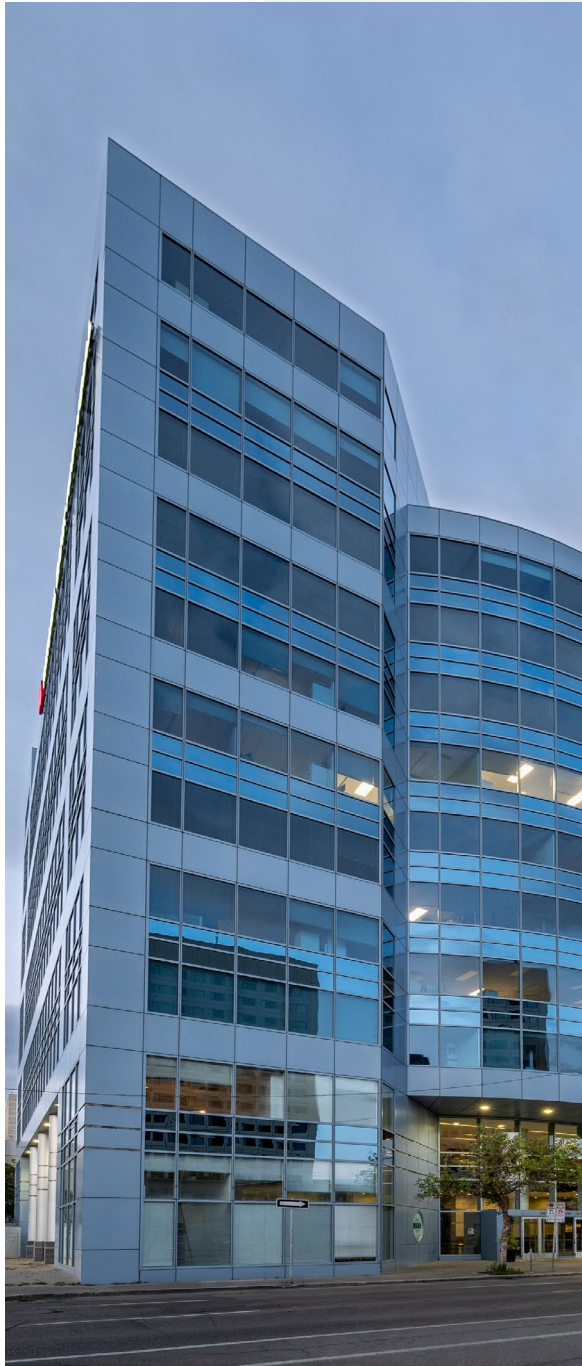
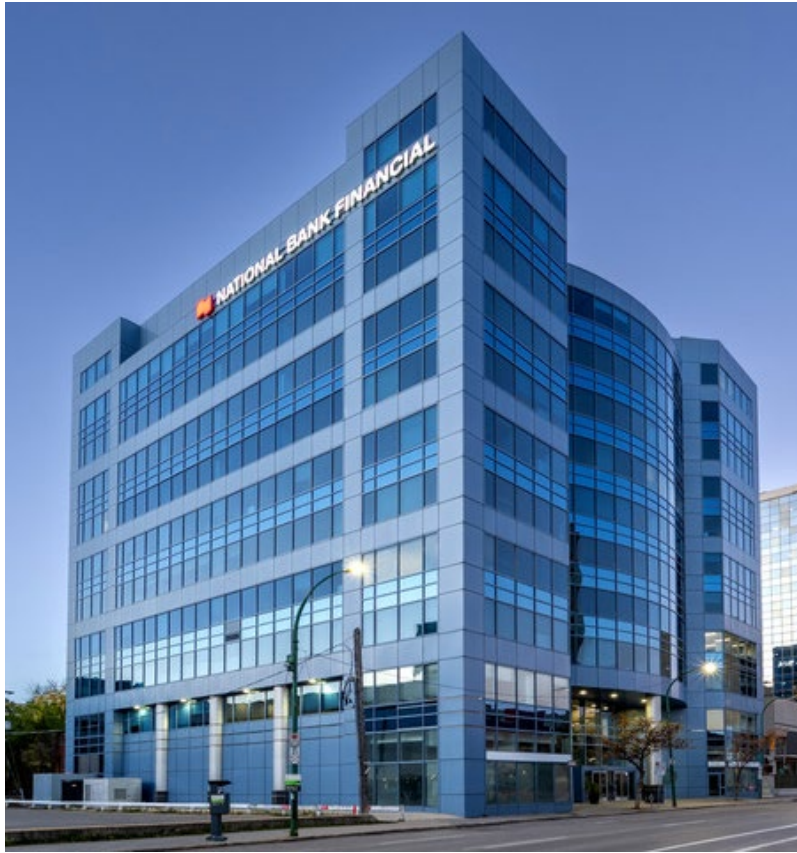
and automatic transfer switch

Parking

- 3 Rear parking stalls for loading
- 72 heated underground parking stalls with service elevator to main and second floor
- Car wash

On-site Utilities

- Shaw with fiber connections available
- Bell MTS Services with fiber connections available.





*CLOSE PROXIMITY
TO WINNIPEG'S
INDOOR SKYWALK*

In recent years the population of Winnipeg's urban core has experienced tremendous growth fueled by the completion of several substantial residential developments and revitalization projects in the area. The downtown area has become more vibrant and offers more amenities to those that live, work, and study in Winnipeg's core.

In addition to a host of downtown retail conveniences which comprise a total of one million square feet and includes Winnipeg Square, Cityplace, Wehwehneh Bahgahkinahgoohn (formerly the Hudson's Bay building), and Portage Place, other nearby attractions include Canada Life Centre (home of the Winnipeg Jets), True North Square, Hargrave Street Market, the Millennium Library and the RBC Convention Centre; all forming part of the expanding Sports, Hospitality and Entertainment District (SHED).

Indoor connectivity

DOWNTOWN WINNIPEG

A new downtown has been emerging in Winnipeg with more than \$3 billion of investment made in the diversification and residential revival of our city’s core over the past decade. Whereas the late 1980s to the early 2000s were characterized by slower growth and out-migration patterns, Winnipeg’s Central Business District since 2005 has seen a new course of growth with more than 100 projects added helping to bring people, investments, and vigor to the heart of our city and Central Business District.

Downtown Winnipeg is uniquely comprised of several distinctive neighbourhoods consisting of The Exchange District, Chinatown, The Forks, the Central Business District, the SHED district, and the renowned intersection

of Portage and Main. This historic intersection is the primary focal point for major business, banking, and financial institutions.

Overall, downtown Winnipeg is making impressive progress in broadly based revitalization and urbanization. The presence of CentreVenture has been significant in driving projects, building relationships and boosting morale in the core while confidence to invest downtown is both building and reflected by high levels of investment and the number of new developments. These investments are supporting the downtown in improving its image as a destination in its own right and attracting a growing residential population.





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