FOR SALE | CORNER UNIT

THE BLOK

COMMERCIAL AT INNOVA

156 - 422 EAST 3RD STREET
NORTH VANCOUVER, BC

SITINGS

SHELDON SCOTT
Personal Real Estate Corporation
604.788.1225
sheldon@sitings.ca

ARJEN HEED
Senior Associate
604.499.5133
arjen@sitings.ca

ROYAL LEPAGE® COMMERCIAL

RAMAN BAYANZADEH
Personal Real Estate Corporation
778.896.7592
raman@royallepagecommercial.com

POURIA NIKRAVAN
Personal Real Estate Corporation
604.783.0380
pourian@royallepagecommercial.com

THE OPPORTUNITY

Sitings Realty Ltd. and Royal LePage Commercial are pleased to present this amazing opportunity for owner-users and investors seeking high-quality real estate in an emerging commercial node. Innova, developed by Cascadia Green, is a new mixed-use residential and commercial project designed as a vibrant, walkable neighbourhood hub. The Blok, its commercial component, is designed to accommodate a mix of retail, cafés, eateries, services, offices, fitness, and childcare uses featuring a pedestrian-oriented activated laneway.

Highlights include:

- Centrally located in the MoodyVille neighbourhood of North Vancouver
- Immediate area experiencing significant residential and population growth
- 360-degree surrounding population base supporting strong and sustained retail demand
- Prime Frontage along West 3rd Street corridor, a key east-west arterial with high traffic volumes
- Limited supply of strata retail opportunities in North Vancouver supports long-term value
- High-exposure unit featuring contemporary, modern storefront design
- Secure subsurface parking stalls designated exclusively for commercial use. Street parking also available in the area
- Generous ceiling heights and an abundance of windows enhance visibility, flexibility, and customer experience
- Well suited for a wide range of active and service-oriented uses, including fitness, wellness, medical, beauty, professional services, restaurants, and food focused operator
- The unit is equipped with the necessary building services to support restaurant operations, including a dedicated vent shaft for commercial kitchen exhaust systems.

PROJECT & UNIT OVERVIEW

Innova is a vibrant, master-planned mixed-use community designed for modern urban living. The development features 172 contemporary residences, including studios, one and multi-bedroom condominiums, townhomes, and versatile live-work units, all thoughtfully arranged across three striking mid-rise buildings.

At the heart of Innova is The Blok, its dynamic commercial destination and the emerging village centre for the Moodyville neighbourhood of North Vancouver. Envisioned as a vibrant, pedestrian-friendly hub, The Blok will offer approximately 29,000 square feet of highly visible, high-exposure retail space across 22 units. The project also includes 11 two-level live/work units, with approximately 6,997 square feet dedicated to the street-level "work" component, typically designed for commercial or professional use. Designed to attract a curated mix of shops, services, and local businesses, The Blok will activate the streetscape and serve as a daily destination for residents and the broader community.

THE COMMERCIAL COMPONENT OF THE PROJECT

Year Completed	2025	
Commercial Building Area (SF) **approximate*	North	2,174
	South	26,890
	Commercial of live/work units	6,997
	Total	36,061
No. of Commercial Units	33, including the commercial live/work units	
Access to Parking	Entry point on St. Patrick's Avenue	
Access to Commercial Units	Via elevator from parking. Pedestrian access points along 3rd Street, St. David's Avenue, and the Lane	
Zoning	CD-730 permitting a wide range of uses	
Commercial Visitor Parking	10 shared parking stalls for commercial visitors	
Commercial Loading	Loading bays are located at St. Patrick's, St. David's, and in the lane breezeway. Loading may also be possible along East 3rd St.	

UNIT 156

Area	1,103 SF *(can be combined with adjacent Unit 157 for a total area of 4,070 SF)*
Level	Ground
Use	Perfect for a variety of commercial and retail uses
Cooling & Heating System	Yes
Strata Fees ($/mo)	$918
Ceiling Height	14'5"
Assigned Parking Stalls	1 *(Note: Not including drops)*
Property Tax (est. 2026)	$19,698.72
Price	Please Contact Listing Agent

PROJECT BUSINESSES

DELANY'S COFFEE

CHILD CONNECT early learning

North Shore Neighbourhood House

Boomerang Counselling Centre Your place to heal and grow.

Lee's Donuts

Pharmalife Pharmacy

LOCATION

City of North Vancouver

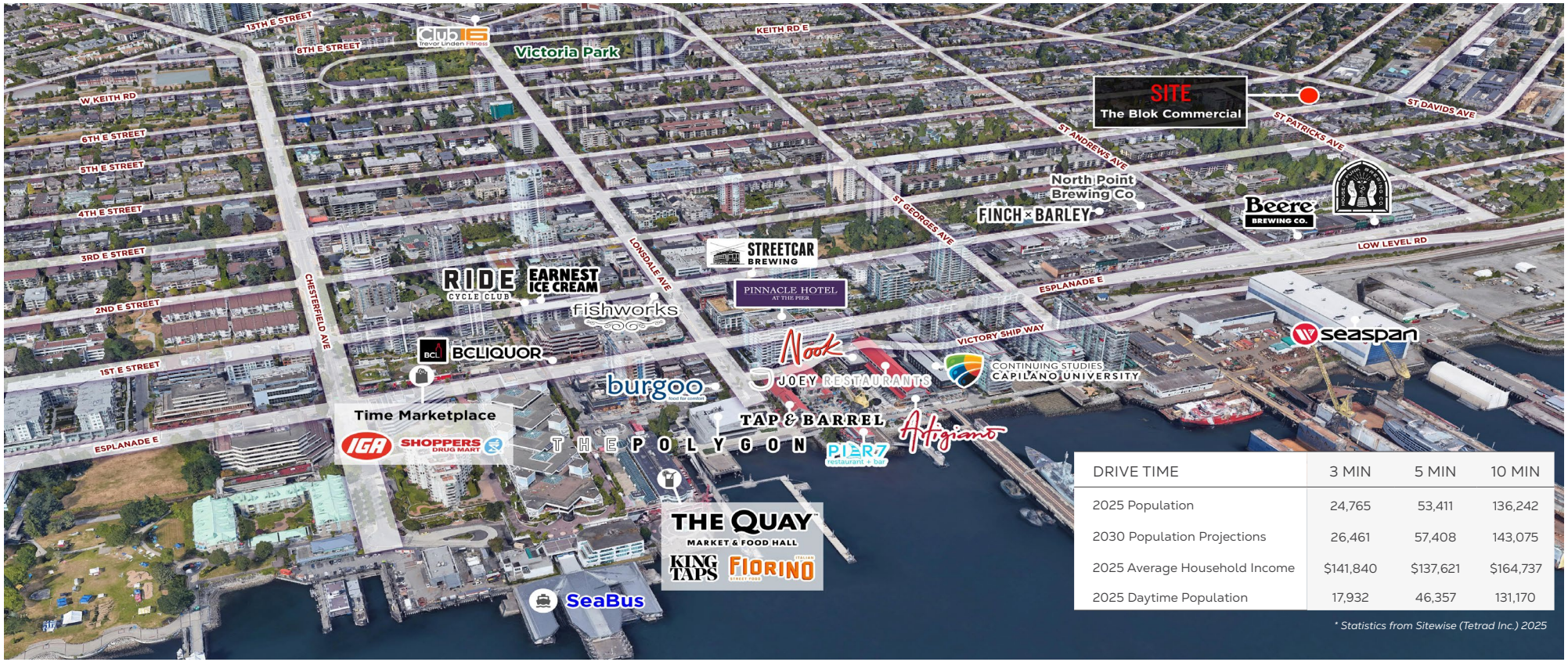
Located across Burrard Inlet from downtown Vancouver, the City of North Vancouver is known for its exceptional livability, natural surroundings, and access to outdoor recreation. The city features a walkable waterfront at Lonsdale Quay and a diverse and growing population of approximately 60,000 residents.

The Moodyville Area

Moodyville is a revitalized residential neighbourhood offering modern housing, parks, and excellent access to amenities. Highlights include Moodyville Park, the North Shore Spirit Trail, and proximity to the Lonsdale corridor, Lonsdale Quay Market, and the SeaBus. Recent rezonings support approximately 1,500 new homes.

The Blok Commercial Hub

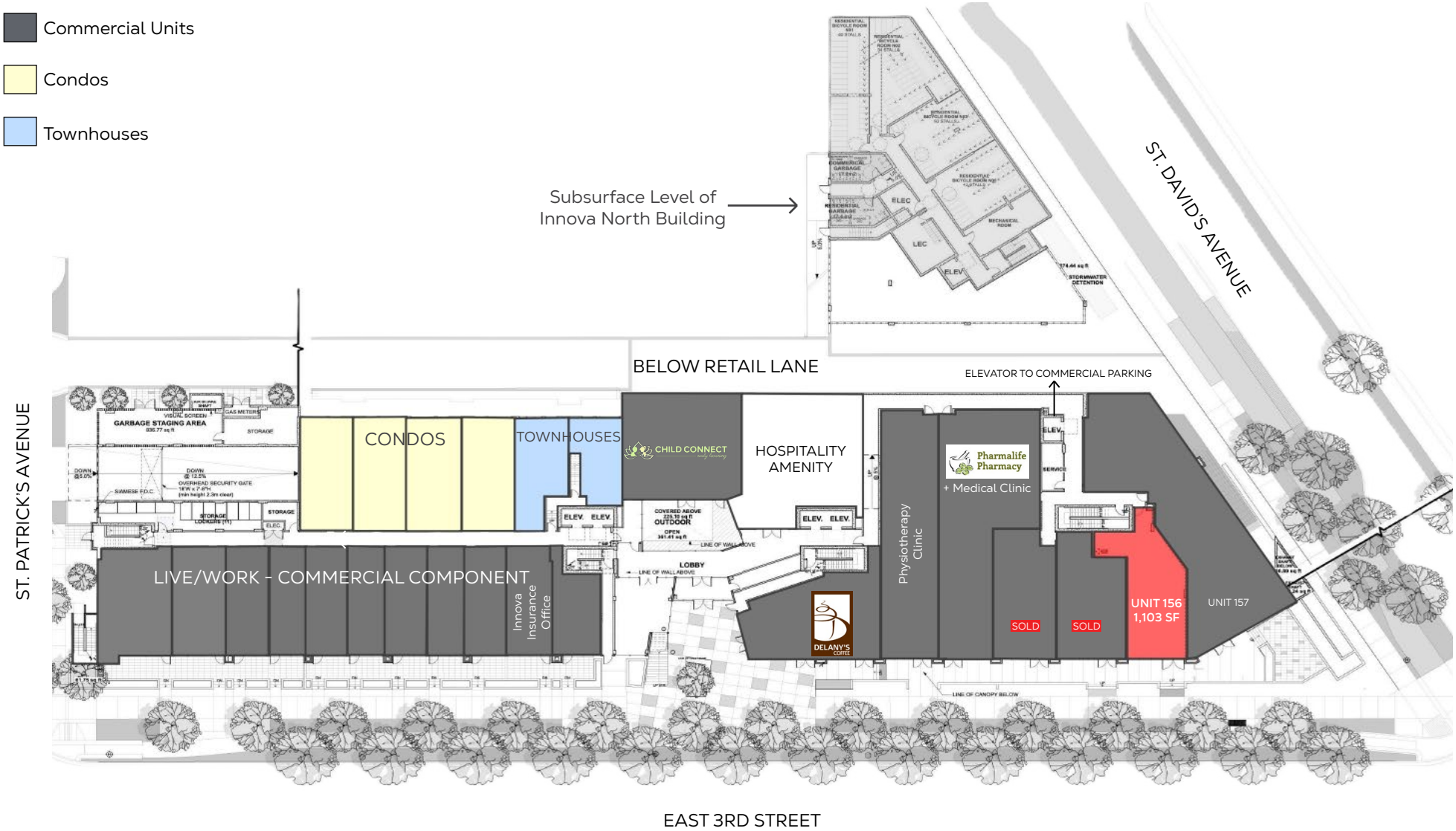
Located at East 3rd Street and St. David's Avenue, The Blok Commercial Hub is an emerging village centre for Moodyville, offering a mix of local retailers, professional offices, and essential services for everyday needs.



DRIVE TIME	3 MIN	5 MIN	10 MIN
2025 Population	24,765	53,411	136,242
2030 Population Projections	26,461	57,408	143,075
2025 Average Household Income	$141,840	$137,621	$164,737
2025 Daytime Population	17,932	46,357	131,170

** Statistics from Sitewise (Tetrad Inc.) 2025*

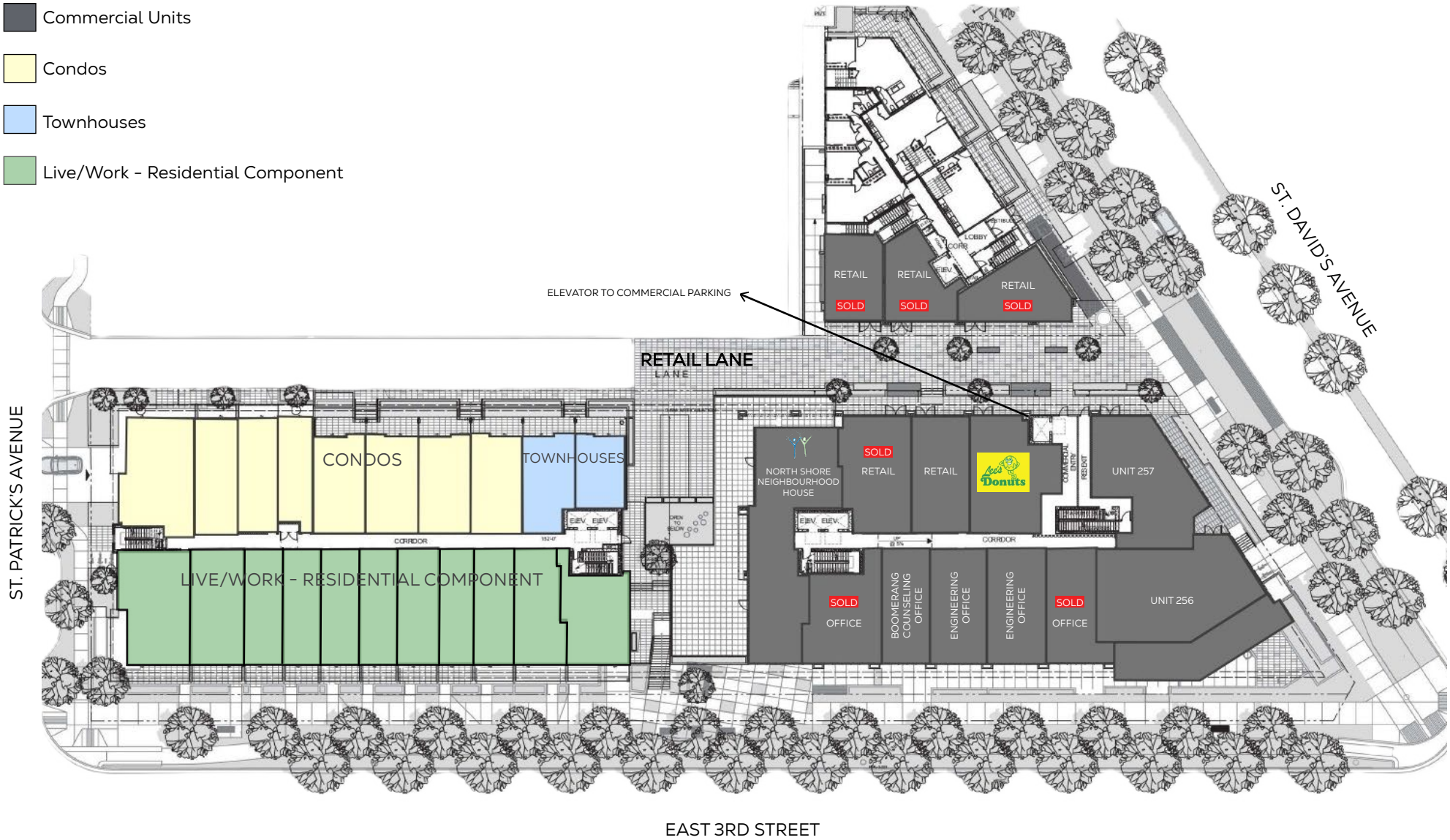
SITE PLAN - GROUND FLOOR (3RD STREET)



NTD: Uses to be confirmed

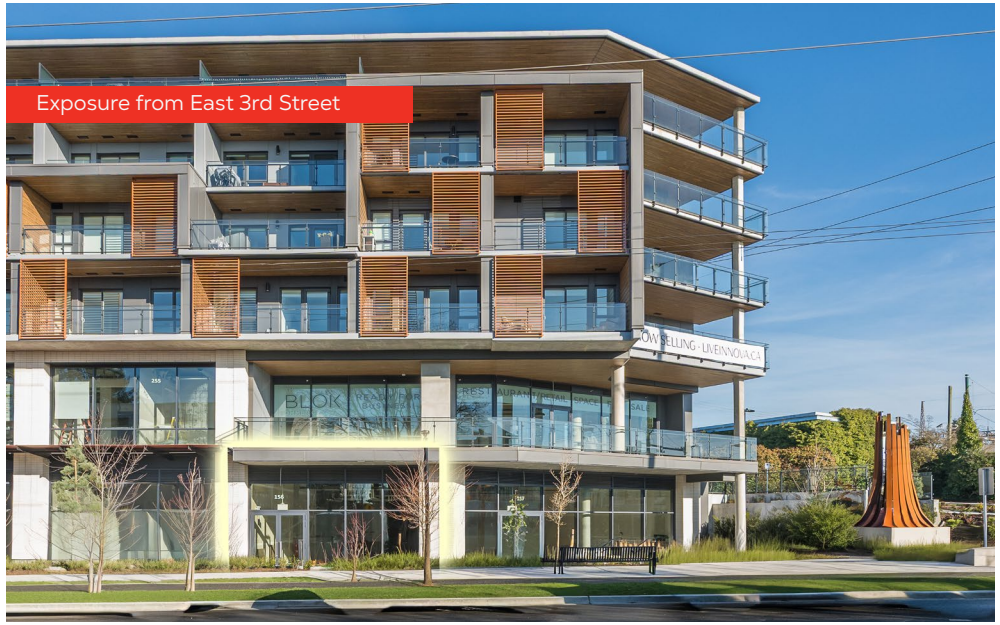
SITE PLAN - SECOND FLOOR (RETAIL LANE)

- Commercial Units
- Condos
- Townhouses
- Live/Work - Residential Component

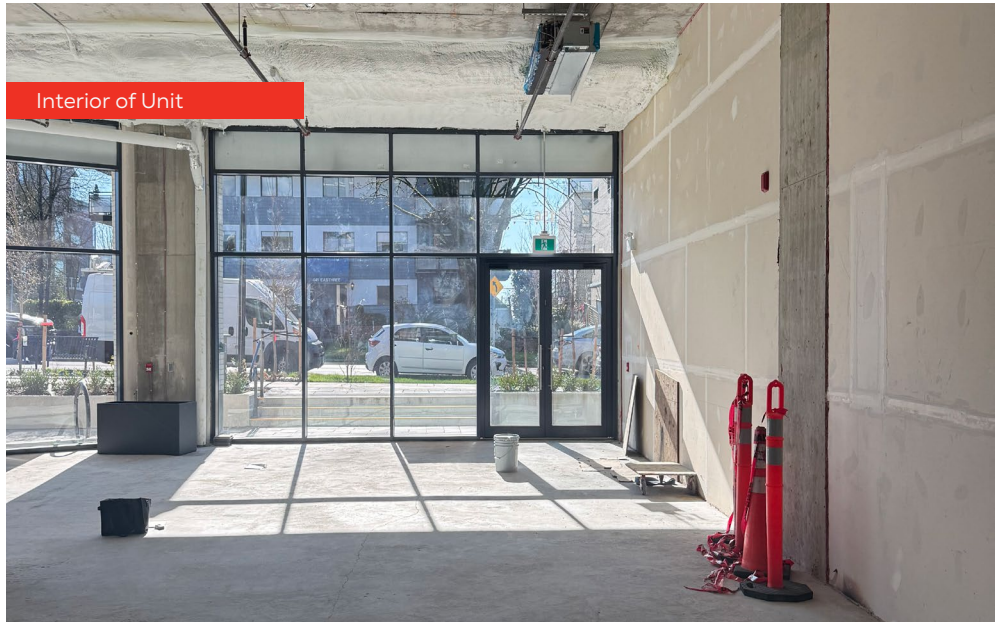


NTD: Uses to be confirmed

PHOTOS



Exposure from East 3rd Street


Interior of Unit

Exterior Entrance

SITINGS REALTY LTD.
SITINGS.CA / 604.684.6767
1595 - 650 West Georgia Street
Vancouver, BC V6B 4N8

CRE INVESTMENT & DEVELOPMENT TEAM
RLPCOMMERCIALVANCOUVER.COM / 604.493.3002
2397 Marine Drive
West Vancouver, BC V7V 1K9

CONTACT

SITINGS

SHELDON SCOTT
Personal Real Estate Corporation
604.788.1225
sheldon@sitings.ca

ARJEN HEED
Senior Associate
604.499.5133
arjen@sitings.ca

ROYAL LEPAGE® COMMERCIAL™

RAMAN BAYANZADEH
Personal Real Estate Corporation
778.896.7592
raman@royallepagecommercial.com

POURIA NIKRAVAN
Personal Real Estate Corporation
604.783.0380
pourian@royallepagecommercial.com

This document/email has been prepared by Sitings Realty Ltd. for advertising and general information only. Although information contained herein is from sources we believe reliable, Sitings Realty Ltd. makes no guarantees, representations or warranties of any kind, expressed or implied, regarding the information including, but not limited to, warranties of content, accuracy and reliability. This document/email is subject to errors and omissions and any interested party should undertake their own inquiries as to the accuracy of the information. Sitings Realty Ltd. excludes unequivocally all inferred or implied terms, conditions and warranties arising out of this document and excludes all liability for loss and damages arising there from. All areas, measurements and dimension herein are approximate, interested parties/tenant are to verify measurements if important to them. This document/email is not an inducement representation.