

ALLIED

ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST ANNOUNCES AUGUST DISTRIBUTION

Toronto, August 15, 2016 - Allied Properties REIT (TSX:"AP.UN") announced today that the Trustees of the REIT have declared a distribution of \$0.125 per unit for the month of August 2016, representing \$1.50 per unit on an annualized basis. The distribution will be payable on September 15, 2016, to unitholders of record as at August 31, 2016.

Allied Properties REIT is a leading owner, manager and developer of urban office environments that enrich experience and enhance profitability for business tenants operating in Canada's major cities. Its objectives are to provide stable and growing cash distributions to unitholders and to maximize unitholder value through effective management and accretive portfolio growth.

FOR FURTHER INFORMATION, PLEASE CONTACT:

Michael R. Emory
President and Chief Executive Officer
(416) 977-9002
memory@alliedreit.com

Cecilia C. Williams
Vice President and Chief Financial Officer
(416) 977-9002
cwilliams@alliedreit.com