



**ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST
ANNOUNCES JULY DISTRIBUTION**

Toronto, July 20, 2004 –Allied Properties REIT (TSX:AP.UN) today announced that the trustees of the REIT have declared a distribution of \$0.095 per unit for the month of July 2004, representing \$1.14 per unit on an annualized basis. The distribution will be payable on August 16, 2004, to unitholders of record on July 30, 2004.

Allied Properties REIT is a leading office property owner in the areas immediately to the east and west of Toronto's downtown core. With over 1.4 million square feet of space, the REIT's portfolio of 21 predominantly Class I buildings accommodates a diversified base of business tenants. The objectives of the REIT are to provide stable and growing cash distributions to its unitholders and to maximize unitholder value through the effective management and accretive growth of its portfolio.

-30-

FOR FURTHER INFORMATION, PLEASE CONTACT:

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