



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

Toronto, August 19, 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 August 2004, representing \$1.14 per unit on an annualized basis. The distribution will be payable on September 15, 2004, to unitholders of record on August 31, 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.

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FOR FURTHER INFORMATION, PLEASE CONTACT:

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