



ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST ANNOUNCES JANUARY DISTRIBUTION

Toronto, January 17, 2005 – Allied Properties REIT (TSX:AP.UN) today announced the trustees of the REIT have declared a distribution of \$0.095 per unit for the month of January 2005, representing \$1.14 per unit on an annualized basis. The distribution will be payable on February 15, 2005, to unitholders of record as at January 31, 2005.

Allied Properties REIT owns a portfolio of predominately Class I office properties in downtown Toronto and downtown Montreal. 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:

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