



ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST ANNOUNCES NOVEMBER DISTRIBUTION

Toronto, November 18 2005 – Allied Properties REIT (TSX:AP.UN) announced today that the Trustees of the REIT have declared a distribution of \$0.09833 per unit for the month of November 2005, representing \$1.18 per unit on an annualized basis. The distribution will be payable on December 15, 2005, to unitholders of record as at November 30, 2005.

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