



ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST ANNOUNCES AUGUST DISTRIBUTION

Toronto, August 10, 2006 – Allied Properties REIT (TSX:AP.UN) announced today that the Trustees of the REIT have declared a distribution of \$0.10167 per unit for the month of August, 2006, representing \$1.22 per unit on an annualized basis. The distribution will be payable on September 15, 2006, to unitholders of record as at August 31, 2006.

Allied Properties REIT is a leading owner and manager of Class I office properties in Canada, with portfolio assets in the urban areas of Montreal, Toronto and Winnipeg. The objectives of the REIT are to provide stable and growing cash distributions to unitholders and to maximize unitholder value through effective management and accretive portfolio growth.

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