



ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST ANNOUNCES SEPTEMBER DISTRIBUTION

Toronto, September 15, 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 September, 2006, representing \$1.22 per unit on an annualized basis. The distribution will be payable on October 16, 2006, to unitholders of record as at September 29, 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, Quebec City, 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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