



ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST ANNOUNCES DECEMBER DISTRIBUTION

Toronto, December 19, 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 December, 2006, representing \$1.22 per unit on an annualized basis. The distribution will be payable on January 15, 2007, to unitholders of record as at December 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.

-- 30 --

For further information:

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