



ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST ANNOUNCES JANUARY DISTRIBUTION

Toronto, January 17, 2007 – 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 January, 2007, representing \$1.22 per unit on an annualized basis. The distribution will be payable on February 15, 2007, to unitholders of record as at January 31, 2007. The REIT has 20,136,380 units issued and outstanding.

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