



ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST ANNOUNCES APRIL DISTRIBUTION

Toronto, April 17, 2007 – Allied Properties REIT (TSX:AP.UN) announced today that the Trustees of the REIT have declared a distribution of \$0.105 per unit for the month of April, 2007, representing \$1.26 per unit on an annualized basis. The distribution will be payable on May 15, 2007, to unitholders of record as at April 30, 2007. The REIT has 25,039,838 units issued and outstanding.

Allied Properties REIT is a leading provider of Class I office space in Canada, with portfolio assets in the urban areas of Toronto, Montreal, Winnipeg and Quebec City. 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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