



**ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST  
ANNOUNCES DECEMBER DISTRIBUTION AND RESUMPTION OF DRIP**

**Toronto, December 20, 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 December, 2007, representing \$1.26 per unit on an annualized basis. The distribution will be payable on January 15, 2008, to unitholders of record as at December 31, 2007. The REIT has 25,109,707 units issued and outstanding.

The REIT also announced today that it will resume the issuance of units under its Distribution Reinvestment Plan starting January 15, 2008. The terms of the Distribution Reinvestment Plan are set out in the REIT's website at [www.alliedpropertiesreit.com](http://www.alliedpropertiesreit.com) under the heading Investor Information.

*Allied Properties REIT is the 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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