



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

Toronto, January 18, 2008 - 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 January, 2008, representing \$1.26 per unit on an annualized basis. The distribution will be payable on February 15, 2008, to unitholders of record as at January 31, 2008. The REIT has [29,009,707] units issued and outstanding.

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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For further information:

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