



**ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST  
ANNOUNCES FEBRUARY DISTRIBUTION**

**Toronto, February 19, 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 February, 2008, representing \$1.26 per unit on an annualized basis. The distribution will be payable on March 17, 2008, to unitholders of record as at February 29, 2008. The REIT has 28,082,191 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.*

-30-

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