



**ALLIED PROPERTIES REIT ANNOUNCES CONFERENCE CALL
TO DISCUSS 2008 FIRST-QUARTER RESULTS**

Toronto, April 16, 2008 -- Allied Properties REIT (TSX:AP.UN) will hold a conference call and live audio webcast at 11:00 a.m. (ET) on Thursday, May 15, 2008, to discuss financial results for the quarter ended March 31, 2008. The financial results will be released on Wednesday, May 14, 2008.

The conference call can be accessed by dialing 1(800)731-5319 or (416)644-3416. The webcast will be accessible at www.marketwire.com and www.alliedpropertiesreit.com and will be archived for 90 days.

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, Quebec City and Kitchener. 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, PLEASE CONTACT:

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