



**ALLIED PROPERTIES REIT ANNOUNCES CONFERENCE CALL
TO DISCUSS FOURTH-QUARTER AND YEAR-END FINANCIAL RESULTS**

Toronto, February 12, 2009 -- Allied Properties REIT (TSX:AP.UN) will hold a conference call and live audio webcast at 10:00 a.m. (ET) on Wednesday, March 11, 2009, to discuss financial results for the quarter and year ended December 31, 2008. The financial results will be released on Tuesday, March 10, 2009.

The conference call can be accessed by dialing 1 (800) 733-7571 or (416) 644-3414. The webcast will be accessible at www.marketwire.com and www.alliedpropertiesreit.com and will be archived for 90 days.

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, 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.

-30-

FOR FURTHER INFORMATION, PLEASE CONTACT:

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