



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

Toronto, July 16, 2009 - Allied Properties REIT (TSX:AP.UN) announced today that the Trustees of the REIT have declared a distribution of \$0.11 per unit for the month of July, 2009, representing \$1.32 per unit on an annualized basis. The distribution will be payable on August 17, 2009, to unitholders of record as at July 31, 2009. The REIT has 31,374,447 units issued and outstanding.

Allied Properties REIT is the leading owner and manager of Class I office properties 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:

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