



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

Toronto, October 23, 2009 -- Allied Properties REIT (TSX:AP.UN) will hold a conference call and live audio webcast at 10:00 a.m. (ET) on Wednesday, November 11, 2009, to discuss financial results for the nine-month period and quarter ended September 30, 2009. The financial results will be released on Tuesday, November 10, 2009, after the markets close.

The conference call can be accessed by dialing 1(877) 974-0447 or (416) 644-3421 and quoting the conference id: 4178349. 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. Its objectives 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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