



**ALLIED PROPERTIES REIT ANNOUNCES REVISED TIME FOR CONFERENCE CALL
TO DISCUSS FIRST-QUARTER RESULTS**

Toronto, April 22, 2010 -- Allied Properties REIT (TSX:AP.UN) will hold a conference call and live audio webcast at 11:00 a.m. (originally scheduled for 10:00 a.m.) (ET) on Wednesday, May 12, 2010, to discuss financial results for the quarter ended March 31, 2010. The financial results will be released on Tuesday, May 11, 2010.

The conference call can be accessed by dialing 1(800) 814-4860 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 a leading owner, manager and developer of urban office environments that enrich experience and enhance profitability for business tenants operating from Toronto, Montréal, Winnipeg, Québec City and Kitchener-Waterloo. 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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