



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

Toronto, October 18, 2010 -- Allied Properties REIT (TSX:AP.UN) will hold a conference call and live audio webcast at 2:00 p.m. (ET) on Wednesday, November 10, 2010, to discuss financial results for the quarter ended September 30, 2010. The financial results will be released on Wednesday, November 10, 2010, before the markets open.

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, Kitchener-Waterloo and Calgary. Our 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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