

ALLIED

ALLIED ANNOUNCES JULY 2020 DISTRIBUTION

TORONTO, July 15, 2020 - Allied Properties REIT ("Allied") (TSX:AP.UN) announced today that the Trustees of Allied have declared a distribution of \$0.1375 per unit for the month of July 2020, representing \$1.65 per unit on an annualized basis. The distribution will be payable on August 17, 2020, to unitholders of record as at July 31, 2020.

Allied is a leading owner, manager and developer of (i) distinctive urban workspace in Canada's major cities and (ii) network-dense urban data centres in Toronto that form Canada's hub for global connectivity. Allied's business is providing knowledge-based organizations with distinctive urban environments for creativity and connectivity.

FOR FURTHER INFORMATION, PLEASE CONTACT:

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

Cecilia C. Williams
Executive Vice President and Chief Financial Officer
(416) 977-9002
cwilliams@alliedreit.com