



Allied Announces January 2023 Distribution

TORONTO, JANUARY 16, 2023

Allied Properties REIT (“Allied”) (TSX:AP.UN) announced today that the Trustees of Allied have declared a distribution of \$0.15 per unit for the month of January 2023, representing \$1.80 per unit on an annualized basis. The distribution will be payable on February 15, 2023, to unitholders of record as at January 31, 2023.

ABOUT ALLIED

Allied is a leading operator of distinctive urban workspace in Canada’s major cities and network-dense UDC space in Toronto. Allied’s mission is to provide knowledge-based organizations with workspace and UDC space that is sustainable and conducive to human wellness, creativity, connectivity and diversity. Allied’s vision is to make a continuous contribution to cities and culture that elevates and inspires the humanity in all people.

FOR FURTHER INFORMATION, PLEASE CONTACT:

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