ALLIED

Allied Announces October 2025 Distribution

TORONTO, OCTOBER 15, 2025

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 October 2025, representing \$1.80 per unit on an annualized basis. The distribution will be payable on November 17, 2025, to unitholders of record as at October 31, 2025.

ABOUT ALLIED

Allied is a leading owner-operator of distinctive urban workspace in Canada's major cities. Allied's mission is to provide knowledge-based organizations with workspace 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:

CECILIA C. WILLIAMS

President & Chief Executive Officer (416) 977-9002 cwilliams@alliedreit.com

NANTHINI MAHALINGAM

Senior Vice President & Chief Financial Officer (416) 977-9002 nmahalingam@alliedreit.com