



Allied Announces November 2025 Distribution

TORONTO, NOVEMBER 17, 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 November 2025, representing \$1.80 per unit on an annualized basis. The distribution will be payable on December 15, 2025, to unitholders of record as at November 28, 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