



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

Toronto, July 21, 2010 -- Allied Properties REIT (TSX:AP.UN) will hold a conference call and live audio webcast at 2:00 p.m. (ET) on Thursday, August 5, 2010, to discuss financial results for the quarter ended June 30, 2010. The financial results will be released on Wednesday, August 4, 2010.

The conference call can be accessed by dialing 1(866) 250-4877 or (416) 644-3419. 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 and Kitchener-Waterloo. Its 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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