



**ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST
ANNOUNCES OCTOBER DISTRIBUTION**

Toronto, October 18, 2010 - Allied Properties REIT (TSX:AP.UN) announced today that the Trustees of the REIT have declared a distribution of \$0.11 per unit for the month of October, 2010, representing \$1.32 per unit on an annualized basis. The distribution will be payable on November 15, 2010, to unitholders of record as at October 29, 2010. The REIT has 42,030,228 units issued and outstanding.

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, Kitchener-Waterloo and Calgary. Its objectives are to provide stable and growing cash distributions to unitholders and to maximize unitholder value through effective management and accretive portfolio growth.

-30-

FOR FURTHER INFORMATION, PLEASE CONTACT:

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