



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

Toronto, July 16, 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 July, 2010, representing \$1.32 per unit on an annualized basis. The distribution will be payable on August 16, 2010, to unitholders of record as at July 30, 2010. The REIT has 39,189,656 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 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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