



PRESS RELEASE

For Immediate Release

Cominar Real Estate Investment Trust Announces October 2012 Monthly Distribution

Quebec City, October 17, 2012 — Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) (TSX: CUF.UN) announced today a distribution of **12.0 cents per unit** to unitholders of record as at October 31, 2012, **payable on November 15, 2012**.

PROFILE AS AT OCTOBER 17, 2012

Cominar is the third largest diversified real estate investment trust in Canada and currently remains the largest commercial property owner in the Province of Québec. Cominar owns a real estate portfolio of 482 high-quality properties, consisting of 123 office, 158 retail and 201 industrial and mixed-use buildings that cover a total area of 35 million square feet in Québec, Ontario, the Atlantic Provinces and Western Canada. Cominar's objectives are to pay growing cash distributions to unitholders and to maximize unitholder value by way of proactive management and the expansion of its portfolio.

Cominar has a dividend reinvestment plan for its unitholders that allows participants to reinvest their monthly distributions in additional Trust units. Participants receive an effective discount of 5% of distributions in the form of additional units. Information and enrolment forms are available at www.cominar.com.

- 30 -

FOR INFORMATION:

Michel Dallaire, Eng., President and Chief Executive Officer
Michel Berthelot, CPA, CA, Executive Vice-President and Chief Financial Officer
Tel: (418) 681-8151
mdallaire@cominar.com
mberthelot@cominar.com