

Press Release
For Immediate Release

**Cominar Real Estate Investment Trust to Announce
its Third Quarter 2010 Results
on November 11, 2010**

TSX - CUF.UN

Quebec City, October 13, 2010 — Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today that it will release its financial results for the third quarter ended September 30, 2010 on Thursday, November 11, 2010.

Management will also hold a **conference call** on the same day at 11:00 a.m. (ET) to discuss the REIT’s financial results and performance. Presentation materials will be made available on the REIT’s website at www.cominar.com prior to the call.

To take part in the conference call, please dial **1-888-231-8191**. To ensure your participation, please dial in five minutes prior to the start of the call.

For those unable to participate, a recorded version of the conference will be available from Thursday, November 11, 2010 at 2:00 p.m. to Thursday November 18, 2010 at 11:59 p.m. by dialing 1-800-642-1687, followed by the code 16661885.

PROFILE as at October 13, 2010

Cominar is the largest commercial property owner in the Province of Quebec. The REIT owns a real estate portfolio of **243 high-quality properties, consisting of 45 office, 51 retail and 147 industrial and mixed-use buildings that cover a total area of over 19.5 million square feet in the Greater Quebec City, Montreal and Ottawa areas as well as in the Atlantic provinces**. Cominar’s objectives are to deliver growing cash distributions to its unitholders and to maximize unitholder value through proactive management and the growth of its portfolio.

The REIT has a distribution reinvestment plan for its unitholders that allows participants to reinvest their monthly distributions in additional Trust units. Participants will be given the right to receive an effective discount of 5% of distributions to which they are entitled in the form of additional units. Additional information and enrolment forms are available at www.cominar.com.

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