



Press Release

For Immediate Release

Cominar Real Estate Investment Trust Announces July 2010 Monthly Distribution

TSX - CUF.UN

Quebec City, July 8, 2010 — Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today a distribution of 12.0 cents per unit to unitholders of record as at July 30, 2010, payable on August 16, 2010.

PROFILE as at July 8, 2010

Cominar is the largest commercial property owner in the Province of Quebec. The REIT owns a real estate portfolio of **242 high-quality properties, consisting of 45 office, 51 retail and 146 industrial and mixed-use buildings that cover a total area of over 19.4 million square feet in the Greater Quebec City, Montreal and Ottawa areas and 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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