



Press Release
For Immediate Release

**Cominar Real Estate Investment Trust
to Announce 2009 Second Quarter
and First Six Months Results on August 6, 2009**

TSX - CUF.UN

Quebec City, July 21, 2009—Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today that it will release its 2009 second quarter and first six months results on Thursday, August 6, 2009.

Management will also hold **a conference call** on the same day at 11:30 a.m. (ET) to discuss the REIT’s financial results and performance for the second quarter and first six months ended June 30, 2009. 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 **1-800-251-6546**. To ensure your participation, please dial in five minutes prior to the start of the call.

For those unable to participate, a taped re-broadcast will be available from Thursday, August 6, 2009 at 1:30 p.m. to Thursday August 13, 2009 at 11:59 p.m. by dialing **1-877-289-8525**, followed by the code **21311572 #**.

PROFILE as at July 21, 2009

Cominar is the largest commercial real estate property owner and manager in the province of Quebec. It owns a high quality portfolio of **215 properties in the Greater Montreal, Quebec City and Ottawa areas, consisting of 38 office, 38 retail and 139 industrial and mixed-use buildings, totalling over 18.5 million square feet.** The REIT’s objectives are to deliver to its unitholders growing cash distributions and to maximize unitholder value through proactive management and the growth of its portfolio.

Cominar has a distribution reinvestment plan for its unitholders that allows participants to reinvest their monthly cash 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 enrollment forms are available at www.cominar.com.

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