

Press Release
For Immediate Release

**Cominar Real Estate Investment Trust to Announce Third Quarter
and First Nine Months Results on
November 7, 2007**

TSX - CUF.UN

Quebec City, October 23, 2007 — Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today that it will release its 2007 third quarter and first nine months results on Wednesday, November 7, 2007.

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 third quarter and first nine months ended September 30, 2007. 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 1-800-590-1508. 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 Wednesday, November 7, 2007 at 1:30 p.m. to Wednesday, November 14, 2007 at 11:59 p.m. by dialing 1-877-289-8525, followed by the code 21251293#.

The event will be simultaneously webcast at www.cominar.com and archived for 90 days.

PROFILE as at October 23, 2007

Cominar is one of the largest commercial real estate property owners and managers in the province of Quebec. It owns a high quality portfolio of **205 properties in the Greater Montreal, Quebec City and Ottawa/Gatineau areas, consisting of 36 office, 36 retail, and 133 industrial and mixed-use buildings, totalling over 17.0 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.

- 30 -

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