

Press Release
For Immediate Release

**Cominar Real Estate Investment Trust Announces
October 2007 Monthly Distribution**

TSX - CUF.UN

Quebec City, October 16, 2007 — Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today a distribution of 11.0 cents per unit to unitholders of record as at October 31, 2007, payable on November 15, 2007.

PROFILE as at October 16, 2007

Cominar is one of the largest retail property owners and managers in the Province of Quebec. The REIT owns a real estate portfolio of **205 high-quality properties, consisting of 36 office, 36 retail and 133 industrial and mixed-use buildings that cover a total area of over 17 million square feet in the Greater Quebec City, Montreal and Gatineau/Ottawa areas.** 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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