

Press Release

For Immediate Release

Cominar Real Estate Investment Trust Announces August 2007 Monthly Distribution

TSX - CUF.UN

Quebec City, August 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 August 31, 2007, payable on September 17, 2007. This distribution represents a 4.8% increase over the previous distribution.

PROFILE as at August 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 **206 high-quality properties, consisting of 37 office, 36 retail and 133 industrial and mixed-use buildings that cover a total area of over 17.2 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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