

Press Release
For Immediate Release

**Cominar Announces Excellent Results
and achievements
for the Second Quarter Ended June 30, 2007**

- Closing of the acquisition of Alexis Nihon Real Estate Investment Trust's industrial and office property portfolio
 - Increases of 29.0% in operating revenues and 27.4% in net operating income
 - Recurring distributable income and funds from operations respectively up by 24.8% and 23.7%
 - Issues of convertible debentures and units for \$250.5 million net proceeds
- Subsequent event
- Monthly cash distributions increased from 10.5 cents to 11.0 cents per unit

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Quebec City, August 13, 2007 — Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announces its results for the second quarter and six-month period ended June 30, 2007.

Financial Highlights (unaudited) (in thousands of \$, except per-unit amounts)

| For the periods ended June 30 | Quarter | | | Year-to-Date (Six Months) | | |
|---------------------------------|---------------|--------|------|---------------------------|--------|------|
| | 2007 | 2006 | % Δ | 2007 | 2006 | % Δ |
| Operating revenues | 42,615 | 33,045 | 29.0 | 78,049 | 65,648 | 18.9 |
| Net operating income | 25,456 | 19,984 | 27.4 | 45,282 | 38,325 | 18.2 |
| Net income | 8,690 | 8,364 | 3.9 | 16,014 | 14,528 | 10.2 |
| RDI ⁽¹⁾ | 15,014 | 12,030 | 24.8 | 26,622 | 22,302 | 19.4 |
| Recurring FFO | 17,222 | 13,923 | 23.7 | 30,838 | 26,093 | 18.2 |
| Distributions | 13,206 | 10,305 | 28.2 | 24,584 | 20,325 | 21.0 |
| Per unit (fully diluted) | | | | | | |
| RDI ⁽¹⁾ | 0.37 | 0.34 | 8.8 | 0.68 | 0.65 | 4.6 |
| Recurring FFO ⁽¹⁾ | 0.42 | 0.39 | 7.7 | 0.78 | 0.74 | 5.4 |
| Distributions (basic) | 0.312 | 0.306 | 2.0 | 0.618 | 0.608 | 1.6 |

(1) Cominar incurred non-recurring expenses of \$0.6 million in the first quarter of 2006 in connection with its offer to acquire Alexis Nihon Real Estate Investment Trust.
Cominar recorded non-recurring revenue of \$0.4 million from the public offering of subscription receipts issued in May 2007 and converted into units in June 2007 on the closing of the acquisition of the Alexis Nihon REIT properties.

Closing of the acquisition of Alexis Nihon's industrial and office property portfolio

Cominar closed the acquisition of Alexis Nihon's industrial and office property portfolio, consisting of 35 industrial and 19 office buildings representing 6.5 million square feet of leasable space for a consideration of \$592.0 million.

Cominar Real Estate Investment Trust — Press Release (continued)

For the second quarter ended June 30, 2007, operating revenues totalled \$42.6 million, up 29.0% over 2006. This increase is due to the contribution for approximately one month of the acquisition of Alexis Nihon's industrial and office property portfolio and the other acquisitions integrated since the beginning of 2006, to which is added the strong performance of the existing property portfolio. This growth, combined with the solid first-quarter results, brought **operating revenues for the first six months of 2007** to \$78.0 million, an increase of \$12.4 million or 18.9% over the same period in 2006.

Second-quarter net operating income totalled \$25.5 million, up 27.4% over the equivalent period of 2006. **Net operating income for the first six months** grew by 18.2% to \$45.3 million.

Recurring distributable income ("RDI") for the second quarter amounted to \$15.0 million, up 24.8% over \$12.0 million in 2006. Fully diluted RDI per unit rose to \$0.37 from \$0.34 in the second quarter of 2006. **RDI for the first six months** grew by 19.4% to \$26.6 million from \$22.3 million in 2006. Fully diluted RDI per unit totalled \$0.68, compared with \$0.65 in 2006.

Recurring funds from operations ("recurring FFO") increased by 23.7% to \$17.2 million **for the second quarter**, compared with \$13.9 million for the corresponding quarter of 2006. Fully diluted recurring FFO per unit amounted to \$0.42, up 7.7% over 2006. **For the first six months, recurring FFO** grew by 18.2% to \$30.8 million, compared with \$26.1 million for the equivalent period of 2006. Fully diluted recurring FFO per unit rose to \$0.78, an increase of 5.4% over 2006.

In the second quarter, Cominar paid **distributions** of \$13.2 million to unitholders, an increase of 28.2% over the distributions paid in the corresponding quarter of 2006. **Distributions per unit** rose to \$0.312 from \$0.306 the previous year.

"The closing of the Alexis Nihon acquisition was the highlight of our second quarter, which also reflected excellent results. During the first six months, we acquired land in the Greater Quebec City and Montreal areas representing 2.6 million square feet and a \$10.7 million investment. We have acquired a total of 67 properties so far in 2007. Since its inception, our real estate portfolio's has increased more than sixfold, as well as its gross book value which has grown to approximately \$1.5 billion," indicated Michel Dallaire, President and Chief Executive Officer of Cominar.

Debenture and Unit Issues

On May 8, 2007, Cominar issued \$80.5 million in Series B convertible unsecured subordinated debentures bearing interest at a rate of 5.70% per annum and maturing in June 2014.

On June 5, 2007, the REIT issued 7,113,000 units for total gross proceeds of \$170.0 million pursuant to the exchange of the subscription receipts issued under the prospectus dated April 27, 2007. This exchange was conditional on the acquisition of Alexis Nihon's industrial and office properties.

Debt Ratio

As at June 30, 2007, Cominar's **ratio of debt to gross book value** stood at 56.8%, which would allow it to acquire up to \$358 million in properties at the maximum debt ratio of 65% authorized by its Contract of Trust at the last Annual Meeting of Unitholders.

Operational Highlights

Portfolio occupancy stood at 93.5% on June 30, 2007, compared with 94.8% as at March 31, 2007. This variation is primarily attributable to the properties acquired from Alexis Nihon, which had lower occupancy rate than those of Cominar at that date.

Increased Monthly Cash Distributions

Considering Cominar's strong performance as well as the quality of its acquisitions and developments, the Board of Trustees elected to increase monthly cash distributions to unitholders from 10.5 cents per unit to 11.0 cents per unit, representing a 4.8% increase. The increase will be effective with the August 2007 distribution payable in September 2007.

Outlook

"In upcoming quarters, we will pursue our scheduled development program while completing the integration of our latest acquisitions. We are confident we will identify new expansion opportunities that will create value for the long term. Cominar is better positioned than ever to achieve growing returns in the future," concluded Michel Dallaire.

Additional Financial Information

Cominar's interim consolidated financial statements and the management's discussion and analysis for the second quarter and six-month period ended June 30, 2007 will be filed with SEDAR at www.sedar.com and are available on Cominar's website at www.cominar.com.

Conference Call and Webcast

On **Monday, August 13, 2007, at 11:30 a.m. (EDT)**, Cominar's management will hold a conference call to discuss the second-quarter results. Anyone who is interested may take part in this call by dialing **1-866-249-2157**. A presentation of the second-quarter results will be available at www.cominar.com under the title "Conference Call." The event will also be webcast on www.q1234.com.

PROFILE as at August 13, 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.

Forward-Looking Statements and Non-GAAP Financial Measures

This press release may contain forward-looking statements with respect to Cominar and its operations, strategy, financial performance and financial condition. These statements generally can be identified by use of forward looking words such as “may”, “will”, “expect”, “estimate”, “anticipate”, “intends”, “believe” or “continue” or the negative thereof or similar variations. The actual results and performance of Cominar discussed herein could differ materially from those expressed or implied by such statements. Such statements are qualified in their entirety by the inherent risks and uncertainties surrounding future expectations. Some important factors that could cause actual results to differ materially from expectations include, among other things, general economic and market factors, competition, changes in government regulation and the factors described under “Risk Factors” in the Annual Information Form of Cominar. The cautionary statements qualify all forward-looking statements attributable to Cominar and persons acting on its behalf. Unless otherwise stated, all forward-looking statements speak only as of the date of this press release and Cominar has no obligation to update such statements.

Net operating income (“NOI”), distributable income (“DI”), funds from operations (“FFO”) and adjusted funds from operations (“AFFO”) are not measures recognized under Canadian generally accepted accounting principles (“GAAP”) and do not have standardized meanings prescribed by GAAP. NOI, DI, FFO and AFFO computed by Cominar may differ from similar computations as reported by other similar organizations and, accordingly, may not be comparable to similar measures reported by such organizations.

- 30 -

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Cominar Real Estate Investment Trust — Press Release (continued)

The complete interim consolidated financial statements, including the notes thereto, are available on Cominar website at www.cominar.com under “Investor Relations – Quarterly Reports”.

COMINAR REAL ESTATE INVESTMENT TRUST
Consolidated Balance Sheets

| [In thousands of dollars] | As at June 30, 2007 [unaudited] \$ | As at December 31, 2006 [audited] \$ |
|--|---|---|
| ASSETS | | |
| Income properties | 1,359,598 | 711,441 |
| Properties under development | 31,455 | 16,628 |
| Land held for future development | 14,637 | 7,604 |
| Deferred expenses and other assets | 30,490 | 28,057 |
| Prepaid expenses | 17,826 | 2,654 |
| Accounts receivable | 18,512 | 20,071 |
| | 1,472,518 | 786,455 |
| LIABILITIES AND UNITHOLDERS' EQUITY | | |
| Liabilities | | |
| Mortgages payable | 626,777 | 270,142 |
| Convertible debentures | 106,947 | 39,984 |
| Bank indebtedness | 143,791 | 73,616 |
| Accounts payable and accrued liabilities | 41,882 | 21,606 |
| Distributions payable to unitholders | 4,689 | 4,099 |
| | 924,086 | 409,447 |
| Unitholders' equity | | |
| Unitholders' contributions | 580,683 | 400,698 |
| Cumulative net income | 234,552 | 218,538 |
| Cumulative distributions | (267,210) | (242,626) |
| Contributed surplus | 407 | 398 |
| | 548,432 | 377,008 |
| | 1,472,518 | 786,455 |

Cominar Real Estate Investment Trust — Press Release (continued)

COMINAR REAL ESTATE INVESTMENT TRUST
Consolidated Statements of Unitholders' Equity

| Period ended June 30, | Quarter | | Cumulative (six months) | |
|---------------------------------------|----------------|----------------|-------------------------|----------------|
| | 2007 | 2006 | 2007 | 2006 |
| [unaudited, in thousands of dollars] | \$ | \$ | \$ | \$ |
| Unitholders' contributions | | | | |
| Balance, beginning of period | 412,707 | 343,975 | 400,698 | 338,230 |
| Issue of units | 173,828 | 18,409 | 185,837 | 24,154 |
| Underwriters' fees and offering costs | (5,852) | - | (5,852) | - |
| Balance, end of period | 580,683 | 362,384 | 580,683 | 362,384 |
| Cumulative net income | | | | |
| Balance, beginning of period | 225,862 | 190,627 | 218,538 | 184,463 |
| Net income | 8,690 | 8,364 | 16,014 | 14,528 |
| Balance, end of period | 234,552 | 198,991 | 234,552 | 198,991 |
| Cumulative distributions | | | | |
| Balance, beginning of period | (254,004) | (209,922) | (242,626) | (199,902) |
| Distributions to unitholders | (13,206) | (10,305) | (24,584) | (20,325) |
| Balance, end of period | (267,210) | (220,227) | (267,210) | (220,227) |
| Contributed surplus | | | | |
| Balance, beginning of period | 403 | 361 | 398 | 351 |
| Unit option plan | 4 | (19) | 9 | (9) |
| Balance, end of period | 407 | 342 | 407 | 342 |
| Unitholders' equity | 548,432 | 341,490 | 548,432 | 341,490 |

COMINAR REAL ESTATE INVESTMENT TRUST
Consolidated Statements of Income and Comprehensive Income

| Period ended June 30, [unaudited, in thousands of dollars except per unit amounts] | Quarter | | Cumulative (six months) | |
|--|---------------|--------|-------------------------|--------|
| | 2007 | 2006 | 2007 | 2006 |
| | \$ | \$ | \$ | \$ |
| Operating revenues | | | | |
| Rental revenue from income properties | 42,615 | 33,045 | 78,049 | 65,648 |
| Operating expenses | | | | |
| Operating costs | 7,533 | 6,034 | 15,355 | 13,286 |
| Realty taxes and services | 9,228 | 6,741 | 16,792 | 13,459 |
| Property management expenses | 398 | 286 | 620 | 578 |
| | 17,159 | 13,061 | 32,767 | 27,323 |
| Operating income before the undernoted | 25,456 | 19,984 | 45,282 | 38,325 |
| Interest on borrowings | 7,434 | 5,739 | 13,065 | 11,449 |
| Depreciation of income properties | 7,207 | 4,019 | 11,827 | 7,902 |
| Amortization of deferred leasing costs | 1,747 | 1,517 | 3,419 | 3,064 |
| Amortization of other assets | 52 | 40 | 102 | 85 |
| | 16,440 | 11,315 | 28,413 | 22,500 |
| Operating income from real estate assets | 9,016 | 8,669 | 16,869 | 15,825 |
| Trust administrative expenses | 831 | 498 | 1,452 | 1,071 |
| Other revenues | 83 | 105 | 175 | 153 |
| Unusual items | 422 | - | 422 | (554) |
| Net income from continuing operations | 8,690 | 8,276 | 16,014 | 14,353 |
| Net income from discontinued operations | - | 88 | - | 175 |
| Net income and comprehensive income | 8,690 | 8,364 | 16,014 | 14,528 |
| Basic net income per unit | 0.221 | 0.250 | 0.420 | 0.451 |
| Diluted net income per unit | 0.217 | 0.246 | 0.413 | 0.430 |

Cominar Real Estate Investment Trust — Press Release (continued)

COMINAR REAL ESTATE INVESTMENT TRUST
Consolidated Statements of Cash Flows

| Period ended June 30, | Quarter | | Cumulative (six months) | |
|--|------------------|----------|-------------------------|----------|
| | 2007 | 2006 | 2007 | 2006 |
| [unaudited, in thousands of dollars] | \$ | \$ | \$ | \$ |
| OPERATING ACTIVITIES | | | | |
| Net income | 8,690 | 8,364 | 16,014 | 14,528 |
| Adjustments for: | | | | |
| Depreciation of income properties | 7,207 | 4,042 | 11,827 | 7,947 |
| Amortization of above- (below-) market leases | (38) | 30 | (8) | 60 |
| Amortization of deferred leasing costs | 1,747 | 1,517 | 3,419 | 3,064 |
| Amortization of deferred financing costs and other assets | 169 | 177 | 358 | 352 |
| Compensation costs related to unit option plan | 50 | 31 | 99 | 62 |
| | 17,825 | 14,161 | 31,709 | 26,013 |
| Change in non-cash working capital items | (1,729) | (3,951) | (3,998) | (10,660) |
| | 16,096 | 10,210 | 27,711 | 15,353 |
| FINANCING ACTIVITIES | | | | |
| Mortgages payable | 132,947 | 59,433 | 167,987 | 59,433 |
| Repayments of mortgages payable | (44,324) | (12,829) | (56,750) | (17,336) |
| Bank indebtedness | 45,405 | (40,801) | 70,175 | (17,878) |
| Distributions to unitholders | (11,893) | (9,948) | (23,289) | (19,845) |
| Net proceeds from issue of units | 165,503 | 1,186 | 168,580 | 4,771 |
| Net proceeds from issue of convertible debentures | 77,386 | - | 77,386 | - |
| | 365,024 | (2,959) | 404,089 | 9,145 |
| INVESTING ACTIVITIES | | | | |
| Additions to income properties | (363,555) | (4,888) | (403,965) | (18,608) |
| Additions to properties under development and land held for future development | (14,383) | (198) | (22,832) | (2,991) |
| Leasing costs | (3,062) | (2,165) | (4,818) | (2,726) |
| Other assets | (120) | - | (185) | (173) |
| | (381,120) | (7,251) | (431,800) | (24,498) |
| Net change in cash and cash equivalents | - | - | - | - |
| Cash and cash equivalents, beginning of period | - | - | - | - |
| Cash and cash equivalents, end of period | - | - | - | - |