

Press Release

For Immediate Release

Cominar Real Estate Investment Trust Announces December 2006 Monthly Distribution

TSX - CUF.UN

Quebec City, December 19, 2006—Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today a distribution of 11.2 cents per unit to unitholders of record as at December 29, 2006, payable on December 29, 2006. The December monthly distribution includes a special distribution of one cent per unit, bringing the 2006 annual distribution to \$1.23 per unit.

PROFILE as at December 19, 2006

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 **139 properties in the Greater Montreal and Quebec City areas, consisting of 15 office, 31 retail, and 93 industrial and mixed-use buildings, totalling over 10.2 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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