

Press Release
For Immediate Release

**Cominar Real Estate Investment Trust Announces
October 2006 Monthly Distribution**

TSX - CUF.UN

Quebec City, October 19, 2006 — Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today a distribution of 10.2 cents per unit to unitholders of record as at October 31, 2006, payable on November 15, 2006.

PROFILE as at October 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 **136 properties in the Greater Montreal and Quebec City areas, consisting of 14 office, 29 retail and 93 industrial and mixed-use buildings, totaling more than 10 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 accretive 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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