

Press Release
For Immediate Release

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

TSX - CUF.UN

Quebec City, July 7, 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 July 31, 2006, payable on August 15, 2006.

PROFILE as at July 7, 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 **129 properties in the Greater Montreal and Quebec City areas, consisting of 14 office, 28 retail and 87 industrial and mixed-use buildings, totaling over 9.7 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 -

For more information, please contact:

Michel Dallaire, P.Eng., President and Chief Executive Officer

Michel Berthelot, CA, Executive Vice President and Chief Financial Officer

Tel: (418) 681-8151

mdallaire@cominar.com

mberthelot@cominar.com