

**Press Release**  
For Immediate Release

**Cominar Real Estate Investment Trust Announces  
October 2005 Monthly Distribution**

---

**TSX - CUF.UN**  
**TSX - CUF.DB**

Quebec City, October 20, 2005—Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today a distribution of 10.0 cents per unit to unitholders of record as at October 31, 2005, payable on November 15, 2005.

**PROFILE as at October 20, 2005**

Cominar is one of the largest commercial real estate property owners in the province of Quebec. It owns a high quality portfolio of **125 properties in the Greater Montreal and Quebec City areas, consisting of 14 office, 27 retail and 84 industrial and mixed-use buildings, totalling approximately 9.4 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 Cominar units **at an effective discount of 5%**. Additional information and enrolment forms are available at [www.cominar.com](http://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](mailto:mdallaire@cominar.com)

[mberthelot@cominar.com](mailto:mberthelot@cominar.com)