

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.

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