

Press Release
For Immediate Release

**Cominar Real Estate Investment Trust to Hold Third
Quarter Conference Call**

TSX - CUF.UN

Quebec City, October 13, 2005—Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today that it will hold its third quarter results conference call on Wednesday, November 9, 2005, at 11:30 a.m. (ET).

Management will discuss the REIT’s financial results and performance for the three months ended September 30, 2005. The results will be released earlier the same day and presentation materials will be made available on our website at www.cominar.com prior to the call.

To take part in the conference call, please dial 1-800-814-4860. To ensure your participation, please dial in five minutes prior to the start of the call.

For those unable to participate, a taped re-broadcast will be available from Wednesday, November 9, at 2:30 p.m. to Friday, November 11, at 11:59 p.m. by dialing 1-877-289-8525, followed by the code 21153198#.

The event will be simultaneously webcast at www.q1234.com and archived for 90 days.

PROFILE as at October 13, 2005

Cominar is one of the largest commercial real estate property owners in the province of Quebec. It owns a high quality portfolio of **124 properties in the Greater Montreal and Quebec City areas, consisting of 14 office, 27 retail and 83 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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