

**PRESS RELEASE**  
for immediate release

**Cominar Real Estate Investment Trust  
Announces July 2005 monthly distribution**

**TSX : CUF.UN**

Quebec City, July 8, 2005 — **COMINAR REAL ESTATE INVESTMENT TRUST** today announces a distribution of 10.0 cents per unit to unitholders of record as at July 29, 2005, payable on August 15, 2005.

**PROFILE as at July 8, 2005**

As one of the largest commercial property owners in the Province of Quebec, Cominar Real Estate Investment Trust enjoys a dominant presence and economies of scale. The REIT currently owns a diversified portfolio of **124 properties consisting of 14 office buildings, 27 retail buildings and 83 industrial and mixed-use buildings, which cover a total area of more than 9.5 million square feet in the Montreal and Quebec City regions.** Cominar's assets and properties being completely managed internally and fully integrated, the REIT is an entirely self-administered and self-directed real estate investment trust.

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