

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.

- 30 -

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