

**PRESS RELEASE**  
for immediate release

**Cominar Real Estate Investment Trust  
Announces March monthly distribution**

**TSX : CUF.UN**

Quebec City, March 16, 2005 — **COMINAR REAL ESTATE INVESTMENT TRUST ( REIT )** today announces a distribution of 10.0 cents per unit to unitholders of record as at March 31, 2005, payable on April 15, 2005.

As one of the largest commercial property owners in the Greater Quebec City Area, Cominar Real Estate Investment Trust enjoys a dominant presence and significant economies of scale. Including the four constructions currently in progress, the REIT owns a diversified portfolio of **122 properties consisting of 14 office buildings, 25 retail buildings and 83 industrial and mixed-use buildings which cover a total area of approximately 9.4 million square feet in the Montreal and Quebec City regions.** As Cominar's asset and property management is fully internalized and fully integrated, the REIT is an entirely self-administered and self-directed real estate investment trust.

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For information:

**Jules Dallaire**, Chairman of the Board and Chief Executive Officer

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