

**PRESS RELEASE**  
for immediate release

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

**TSX : CUF.UN**

Quebec City, October 20, 2004 — **COMINAR REAL ESTATE INVESTMENT TRUST ( REIT )** today announces a distribution of 9.8 cents per unit to unitholders of record as at October 29, 2004, payable on November 15, 2004.

As one of the largest real estate owners in the Province of Quebec, Cominar Real Estate Investment Trust enjoys a dominant presence and significant economies of scale. The REIT currently owns a diversified portfolio of **118 properties consisting of 14 office buildings, 25 retail buildings and 79 industrial and mixed-use building, which cover a total area of over more than 9.1 million square feet in the Montreal and Quebec City regions.** As Cominar's asset and property management are fully internalized and fully integrated, the REIT is an entirely self-administered and self-directed real estate investment trust.

- 30 -

For information:

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

**Michel Dallaire**, President and Chief Operation Officer

**Michel Berthelot, C.A.**, Executive Vice-President and Chief Financial Officer

Tel: (418) 681-8151

[jdallaire@cominar.com](mailto:jdallaire@cominar.com)

[mdallaire@cominar.com](mailto:mdallaire@cominar.com)

[mberthelot@cominar.com](mailto:mberthelot@cominar.com)