PRESS RELEASE

for immediate release

Cominar makes another acquisition in Montreal

TSX: CUF.UN

Quebec City, October 7, 2004 — COMINAR REAL ESTATE INVESTMENT

TRUST (REIT) announces that it has closed the acquisition of an seven-storey

property covering an area of 170,221 square feet. The building is located on Viger

street, near the Ville-Marie Autoroute, downtown Montreal. The transaction amount is

\$30.5 million payable in cash. The new property has a capitalization rate of 9.1%.

The building is fully leased to Videotron, based on a long-term lease expiring in

2014.

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.

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