

**PRESS RELEASE**  
**for immediate release**

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

**TSX : CUF.UN**

Quebec City, September 20, 2004 — **COMINAR REAL ESTATE INVESTMENT TRUST ( REIT )** today announces a distribution of 9.8 cents per unit to unitholders of record as at September 30, 2004, payable on October 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 **117 properties consisting of 13 office buildings, 25 retail buildings and 79 industrial and mixed-use building, which cover a total area of over more than 8.6 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)