

Press Release
For Immediate Release

**Cominar Real Estate Investment Trust to Release
Third Quarter Results on November 8, 2006**

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Quebec City, October 4, 2006—Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today that it will release its Third Quarter Results on Wednesday, November 8, 2006.

Management will also hold a conference call on that day at 11:30 a.m. (ET) to discuss the REIT’s financial results and performance for the third quarter. Presentation materials will be made available on our website at www.cominar.com prior to the call.

To take part in the conference call, please dial 1-800-814-4862. To ensure your participation, please dial in five minutes prior to the start of the call.

For those unable to participate, a taped re-broadcast will be available from Wednesday, November 8, at 2:30 p.m. to Wednesday, November 15, at 11:59 p.m. by dialing 1-877-289-8525, followed by the code 21205653#.

The event will be simultaneously webcast at www.q1234.com and archived for 90 days.

PROFILE as at October 4, 2006

Cominar is one of the largest commercial real estate property owners and managers in the province of Quebec. It owns a high quality portfolio of **136 properties in the Greater Montreal and Quebec City areas, consisting of 14 office, 29 retail and 93 industrial and mixed-use buildings, totaling over 10 million square feet.** The REIT’s objectives are to deliver to its unitholders growing cash distributions and to maximize unitholder value through proactive management and the growth of its portfolio.

Cominar has a distribution reinvestment plan for its unitholders that allows participants to reinvest their monthly cash distributions in additional Trust units. Participants will be given the right to receive an **effective discount of 5% of distributions** to which they are entitled in the form of additional units. Additional information and enrollment forms are available at www.cominar.com.

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