

Press Release

For Immediate Release

Cominar Real Estate Investment Trust to Announce Third Quarter Results November 12, 2009

TSX - CUF.UN

Quebec City, October 21, 2009—Cominar Real Estate Investment Trust (“Cominar” or the “REIT”) announced today that it will release its 2009 third quarter results on Thursday, November 12, 2009.

Management will also hold a **conference call** on the same day at 11:30 a.m. (ET) to discuss the REIT’s financial results and performance for the third quarter ended September 30, 2009. Presentation materials will be made available on the REIT’s website at www.cominar.com prior to the call.

To take part in the conference call, please dial 1-800-587-1893. 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 Thursday, November 12, 2009 at 1:30 p.m. to Thursday November 19, 2009 at 11:59 p.m. by dialing 1-877-289-8525, followed by the code 4175235#

PROFILE as at October 21, 2009

Cominar is the largest commercial property owner in the Province of Quebec. The REIT owns a real estate portfolio of **215 high-quality properties, consisting of 38 office, 38 retail and 139 industrial and mixed-use buildings that cover a total area of over 18.5 million square feet in the Greater Quebec City, Montreal and Ottawa areas.** Cominar’s objectives are to deliver growing cash distributions to its unitholders and to maximize unitholder value through proactive management and the growth of its portfolio.

The REIT has a distribution reinvestment plan for its unitholders that allows participants to reinvest their monthly 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 enrolment forms are available at www.cominar.com.

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For more information, please contact:

Michel Dallaire, P.Eng., President and Chief Executive Officer

Michel Berthelot, CA, Executive Vice President and Chief Financial Officer

Tel: (418) 681-8151

mdallaire@cominar.com

mberthelot@cominar.com