



FOR IMMEDIATE RELEASE

October 13, 2010

**ARTIS REAL ESTATE INVESTMENT TRUST
ANNOUNCES MONTHLY CASH DISTRIBUTION**

Artis Real Estate Investment Trust (TSX: AX.UN) ("Artis" or the "REIT") announced that its trustees have declared its regular monthly cash distribution of \$0.09 per trust unit ("Unit") of Artis for the month of October, 2010. The cash distributions will be made on November 15, 2010 to Unitholders of record on October 31, 2010.

As at the date hereof, there are an aggregate of 66,272,108 Units issued and outstanding.

Artis is a diversified Canadian real estate investment trust investing in office, industrial and retail properties. Since 2004, Artis has executed an aggressive but disciplined growth strategy, building a portfolio of commercial income-producing properties, with a major focus on Western Canada. Artis' commercial property comprises over 10.1 million square feet of leasable area in 117 properties. Leasable area by asset class is approximately 30.9% retail, 33.3% office, and 35.8% industrial. The portfolio is located 14.3% in B.C., 44.7% in Alberta, 6.3% in Saskatchewan, 32.2% in Manitoba, 1.4% in Ontario, and 1.1% in the U.S.

For further information please contact Mr. Armin Martens, President and Chief Executive Officer, Mr. Jim Green, Chief Financial Officer or Ms. Kirsty Stevens, Chief Administrative Officer at 1.204.947.1250

The Toronto Stock Exchange does not accept responsibility for the adequacy or accuracy of this press release.

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