



H&R REIT To Report Third Quarter 2008 Results; Conduct Conference Call

Toronto, Ontario, November 11, 2008 - H&R Real Estate Investment Trust (TSX: HR.UN) plans to release its financial results for the three and nine months ended September 30, 2008 on Thursday, November 13, 2008 at approximately 4:30pm (Eastern Standard Time). H&R management will host a conference call and webcast on Friday, November 14 at 9am to discuss the results and provide an update on its landmark development project in Calgary called The Bow. Management's remarks will be followed by a question & answer session with analysts, investors and other interested parties.

Conference call details: to listen to the live call, dial locally 416-644-3427 or toll-free 1-800-796-7558. Callers will be required to identify themselves and the organization on whose behalf they are participating. To ensure timely participation, please dial in approximately five minutes prior to the scheduled start time of the call. A recording of the call will be available from November 14 at 11am (EST) to November 22 at midnight, by dialing locally 416-640-1917 or toll-free 1-877-289-8525, using passcode 21288616#.

Webcast details: to listen to the live webcast of the call, go to www.hr-reit.com where a link will be provided on the left side of the Home page, or go to Canada NewsWire's website (<http://www.newswire.ca/en/webcast/index.cgi>) where the webcast can be accessed for 90 days.

H&R REIT is a TSX-listed, open-ended real estate investment trust, which owns a North American portfolio of 34 office, 124 industrial and 122 retail properties comprising 41 million square feet, with a net book value of \$4.4 billion. The foundation of H&R's success since inception in 1996 has been a disciplined strategy that leads to consistent and profitable growth. Additional information regarding H&R REIT is available at www.hr-reit.com and on www.sedar.com.

For more information, please contact Larry Froom, Chief Financial Officer, H&R REIT, 416-635-7520, or e-mail info@hr-reit.com.