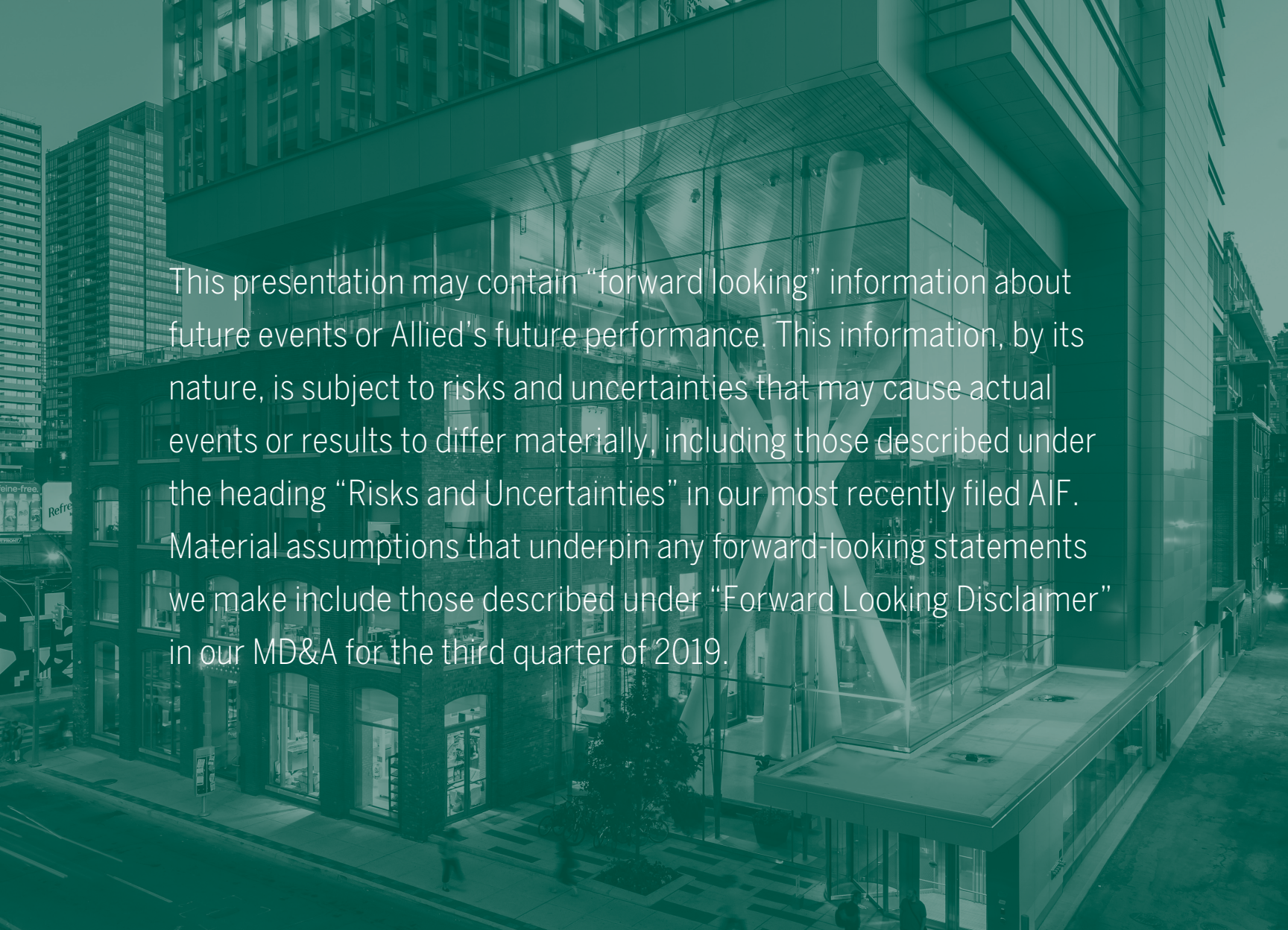




CREATIVITY & CONNECTIVITY

November 2019



This presentation may contain “forward looking” information about future events or Allied’s future performance. This information, by its nature, is subject to risks and uncertainties that may cause actual events or results to differ materially, including those described under the heading “Risks and Uncertainties” in our most recently filed AIF. Material assumptions that underpin any forward-looking statements we make include those described under “Forward Looking Disclaimer” in our MD&A for the third quarter of 2019.

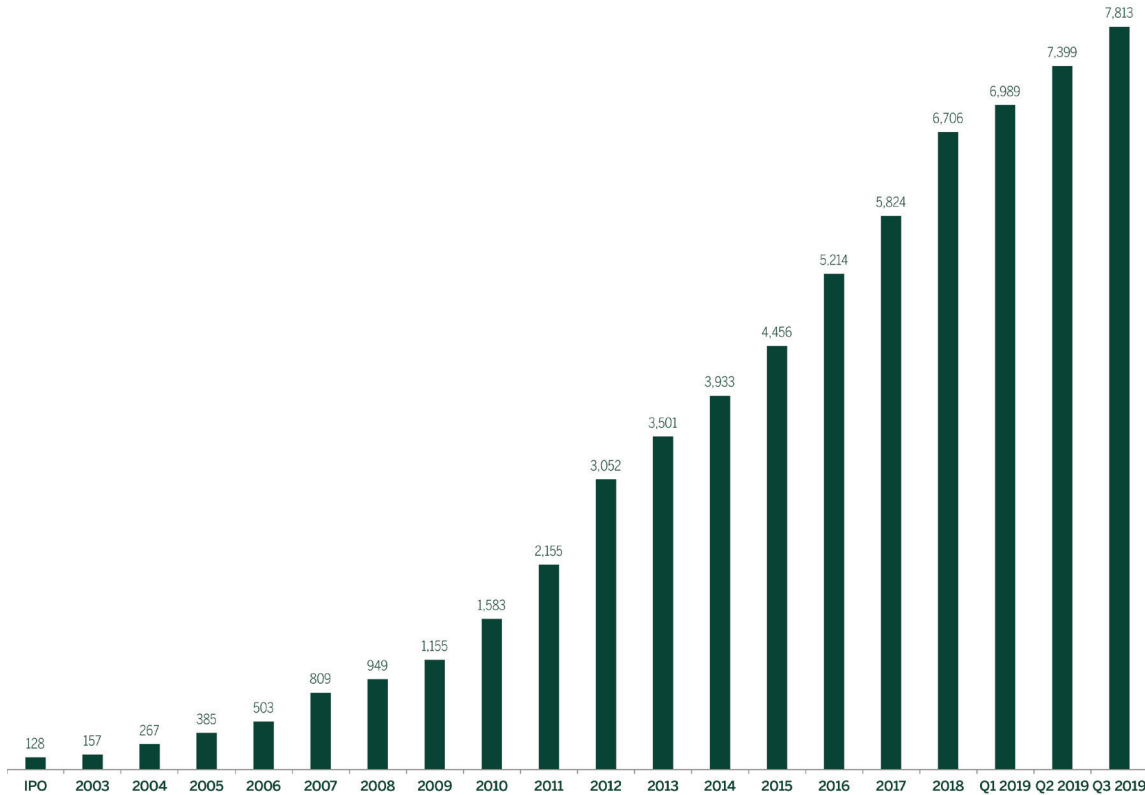
TABLE OF CONTENTS

Investment Highlights	4
Strategy	7
Rental Portfolio	21
Development Portfolio	38
Development Completions	50
Risk Management	56
Corporate Social Responsibility	62
Appendix Definitions	65

INVESTMENT HIGHLIGHTS

- At the forefront of urban intensification in Canada's major cities**
- Fully internalized and entrepreneurial management team**
- Strong growth platform**
- Strong financial foundation**
- 29% compound annual growth rate on total assets**
- 17.3% average annual total return**

PORTFOLIO GROWTH - TOTAL ASSETS (M)



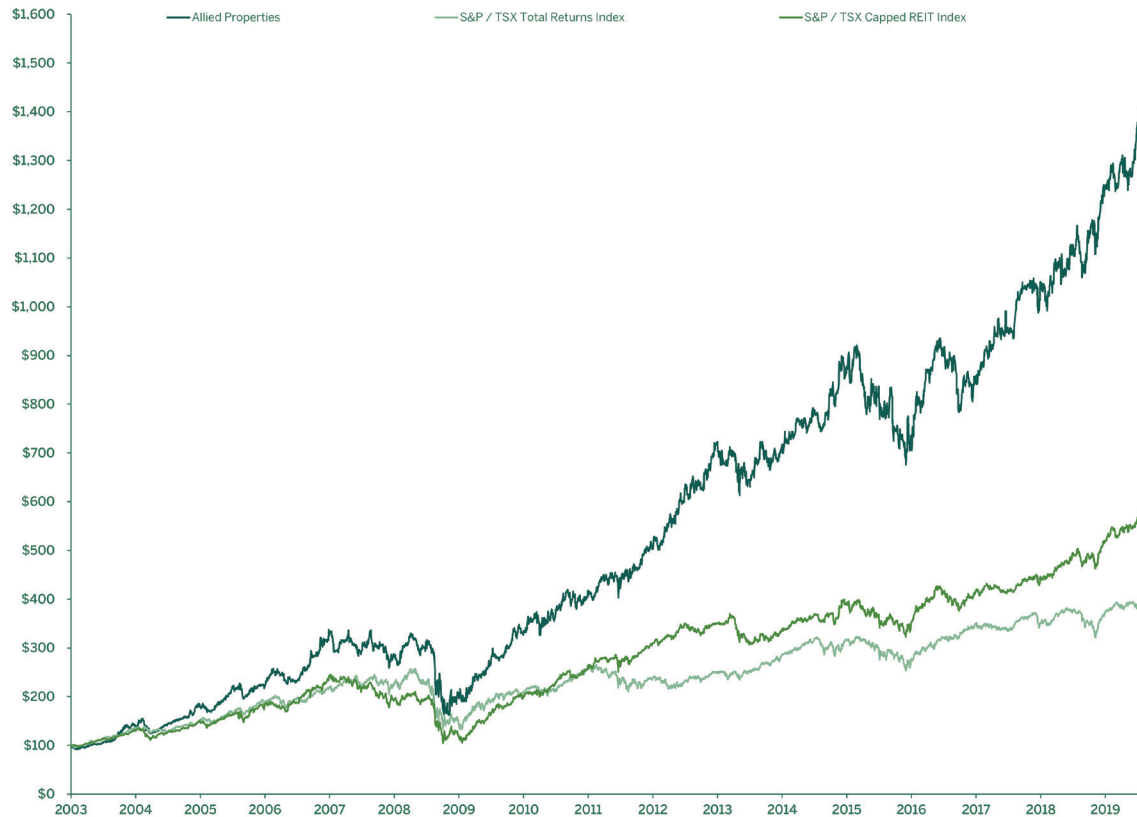
120M
IPO

7.8B
Q3 2019

28.8%
CAGR

Values up to December 31st, 2009 are based on financial reporting prepared in accordance with previous Canadian GAAP standards.
Values after that date are reported in accordance with International Financial Reporting Standards (IFRS).
As at period ending September 30, 2019.

RETURNS TO UNITHOLDERS TOTAL RETURN INDEX



17.3%
AVERAGE ANNUAL
TOTAL RETURN

Source: Bloomberg as of October 30, 2019



ALLIED

Strategy

CONSOLIDATION OF URBAN OFFICE PROPERTIES

- **Close to core**
- **Distinctive**
- **Lower occupancy costs**





Le Nordélec

Montréal



35-39 Front Street East

Toronto









INTENSIFICATION OF URBAN OFFICE PROPERTIES

- **Underutilized land**
- **Additional rentable area
with low land cost**
- **Value creation**



Intensification of QRC West

Toronto





The image shows the exterior of the QRC West building at night. The building is a multi-story structure with a mix of brick and glass. The central part of the building has a large glass facade that reveals a warm, wooden interior. A prominent white, sculptural element, resembling a stylized 'X' or a series of intersecting planes, is visible through the glass. The building is flanked by brick buildings on either side. The entrance is at the ground level, with a small canopy and steps leading up. The address '362 RICHMOND ST W' is visible above the entrance. The overall scene is illuminated by the building's interior lights and the ambient night light.

Intensification of QRC West

Toronto



Intensification of The Breithaupt Block

Kitchener



King Portland Centre

Toronto



ALLIED

Rental Portfolio

RENTAL PORTFOLIO

191
PROPERTIES

12.9M
SQUARE FEET

VANCOUVER
467,735 SF

EDMONTON
297,846 SF

CALGARY
971,671 SF

TORONTO
4,732,585 SF
Including
Urban Data Centres
509,410 SF

MONTRÉAL
5,614,114 SF

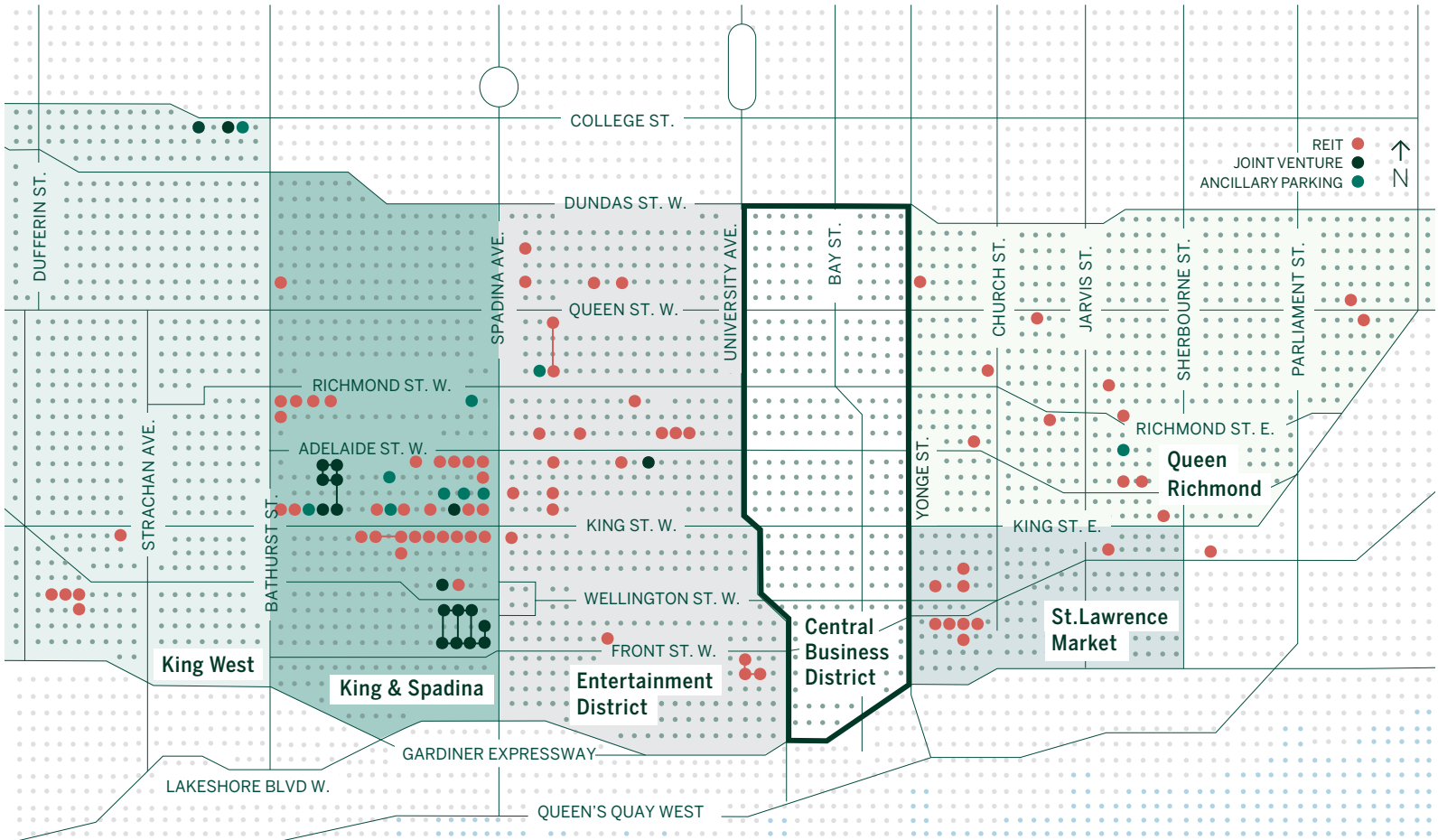
OTTAWA
231,428 SF

KITCHENER
562,902 SF

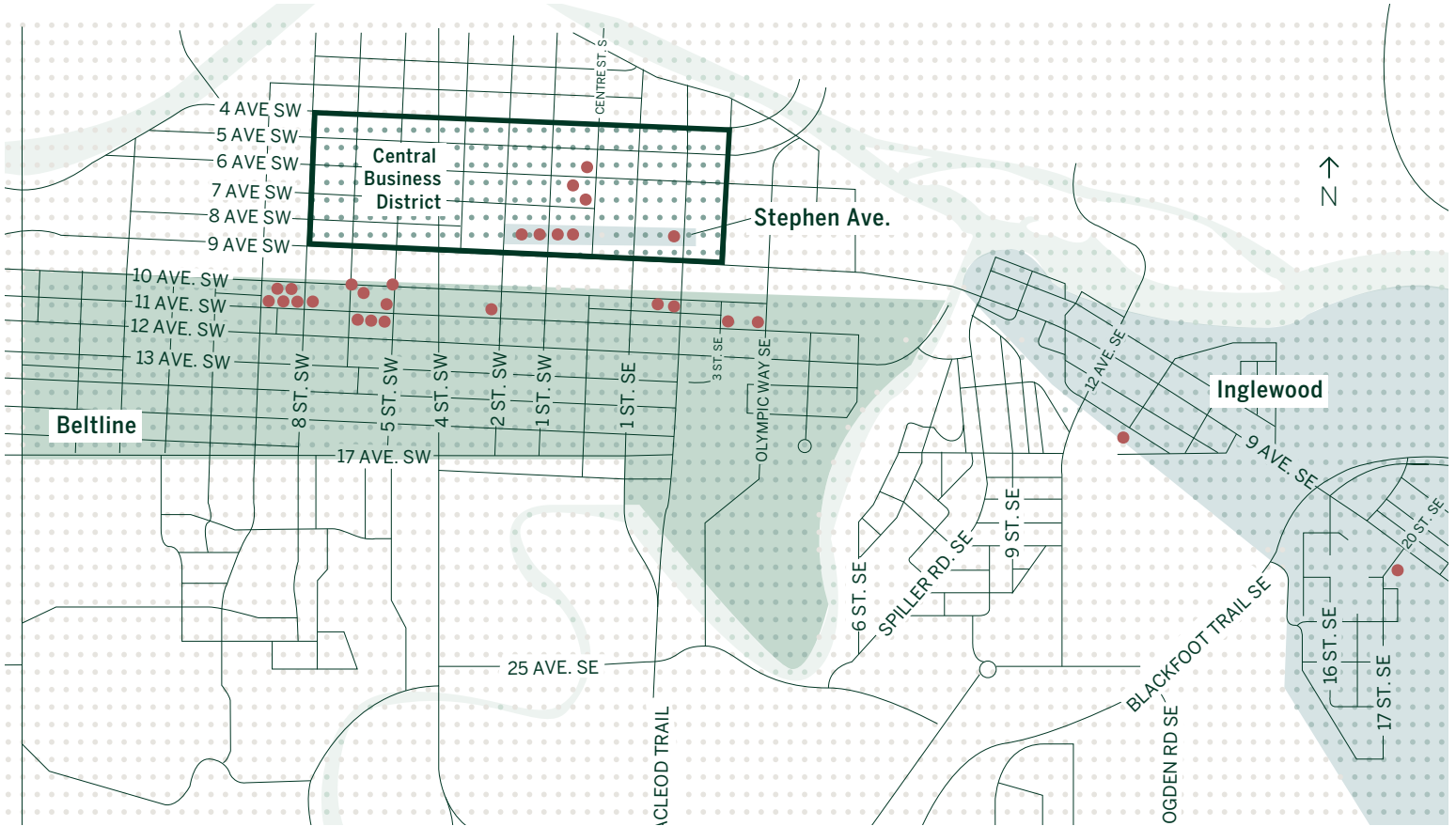
As of September 30, 2019.



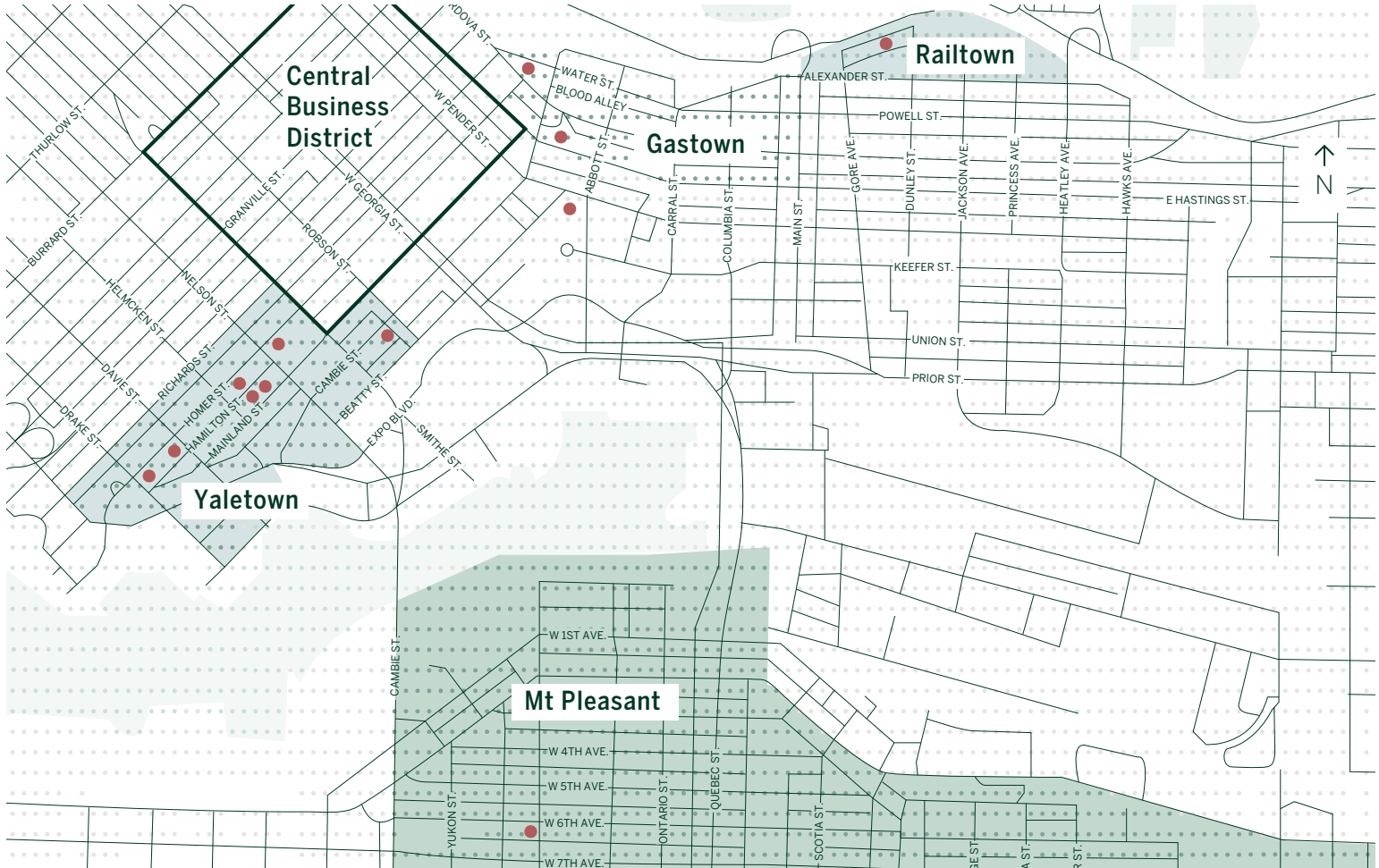
TORONTO PORTFOLIO



CALGARY PORTFOLIO



VANCOUVER PORTFOLIO



URBAN WORKSPACE TOP-TEN PROPERTIES

PROPERTY NAME	NORMALIZED LQA NOI	APPRAISED FAIR VALUE	CAP RATE	PRINCIPAL USERS
CITÉ MULTIMÉDIA, MONTRÉAL	\$19,067	\$403,360	5.00%	Desjardins, Morgan Stanley, SAP Canada
LE NORDELEC, MONTRÉAL	15,907	269,570	5.25%	Gsoft, Unity Technologies, Yellow Pages Media
700 DE LA GAUCHETIÈRE, MONTRÉAL	13,061	322,500	—	AON Canada Inc, Hydro-Québec, National Bank of Canada
QRC WEST, TORONTO	11,733	264,790	4.25%	eOne, Sapient Canada
5455 DE GASPÉ, MONTRÉAL	8,705	137,320	5.25%	Attraction Media, Framestore, Ubisoft
555 RICHMOND W, TORONTO	7,742	145,770	4.75%	Centre Francophone de Toronto, Synaptive
5445 DE GASPÉ, MONTRÉAL	6,121	99,250	5.50%	Sun Life, Ubisoft
KING PORTLAND CENTRE, TORONTO	6,141	138,380	4.27%	Indigo, Shopify
THE CHAMBERS, OTTAWA	6,086	134,650	—	National Capital Commission
VINTAGE I & II, CALGARY	6,125	75,350	5.75%	Royal & Sun Alliance
TOTAL	\$100,688	\$1,990,940	4.92%	

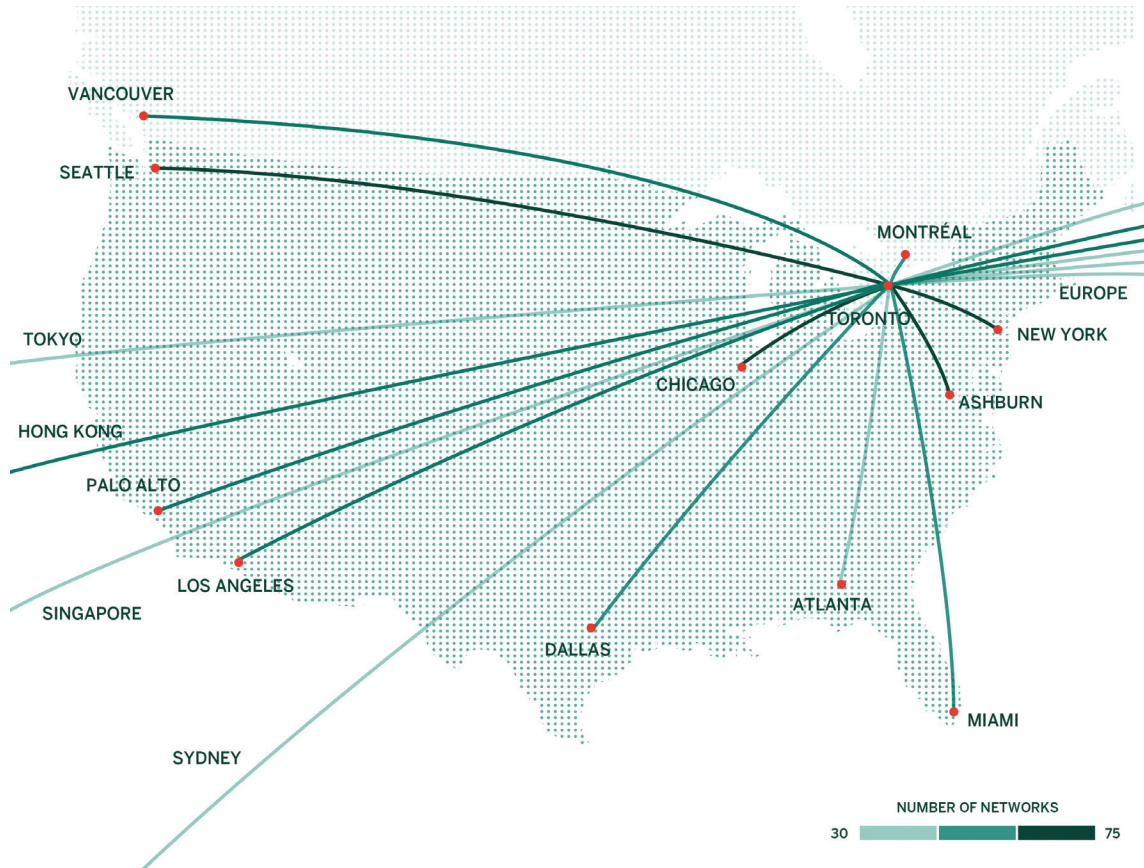
As of September 30, 2019.

NETWORK-DENSE URBAN DATA CENTRES

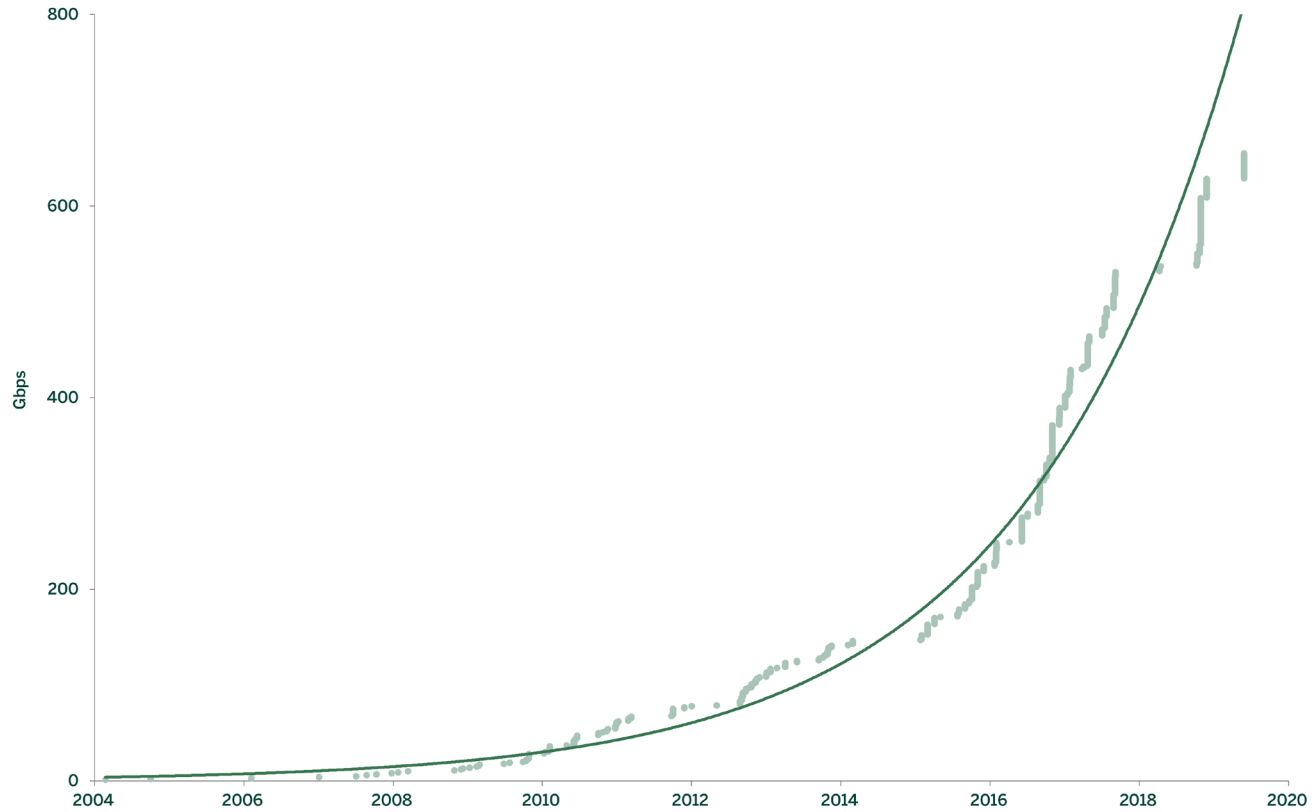
PROPERTY NAME	NORMALIZED LQA NOI	APPRAISED FAIR VALUE	CAP RATE	PRINCIPAL USERS
151 FRONT W, TORONTO	\$33,405	\$518,450	5.25%	Bell, Cologix, Equinix, Rogers, Telus, TorIX, Zayo
250 FRONT W, TORONTO	13,390	311,560	6.00%	AWS, Cloud Service Provider
905 KING W, TORONTO	4,489	90,540	6.25%	Beanfield, Cloud Service Provider, Cologix
TOTAL	\$51,284	\$920,550	5.60%	



CONNECTIVITY

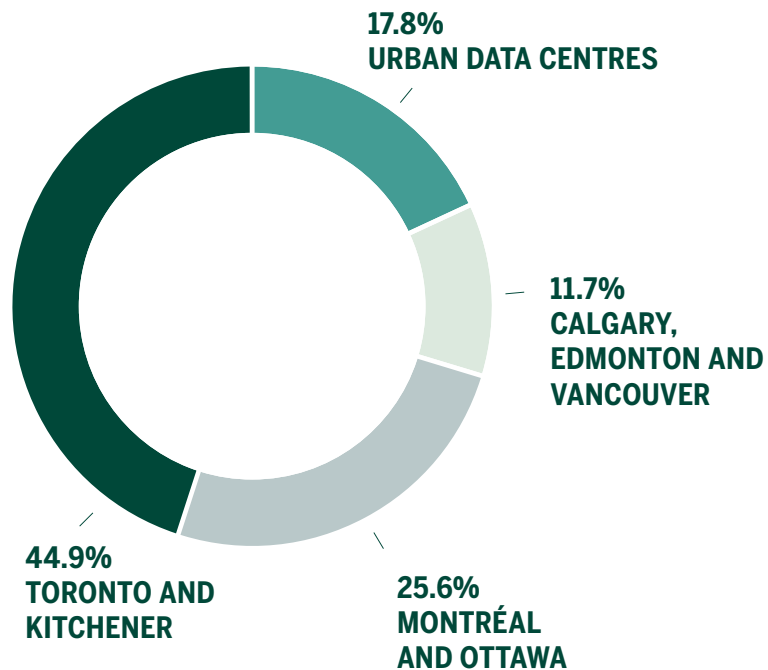


INTERNET TRAFFIC ON TORIX

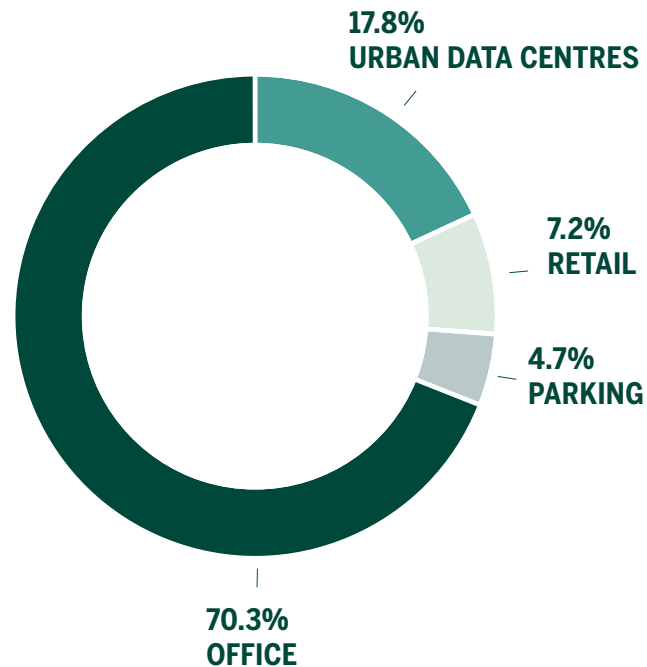


Source: TorIX Website

NOI BY SEGMENT

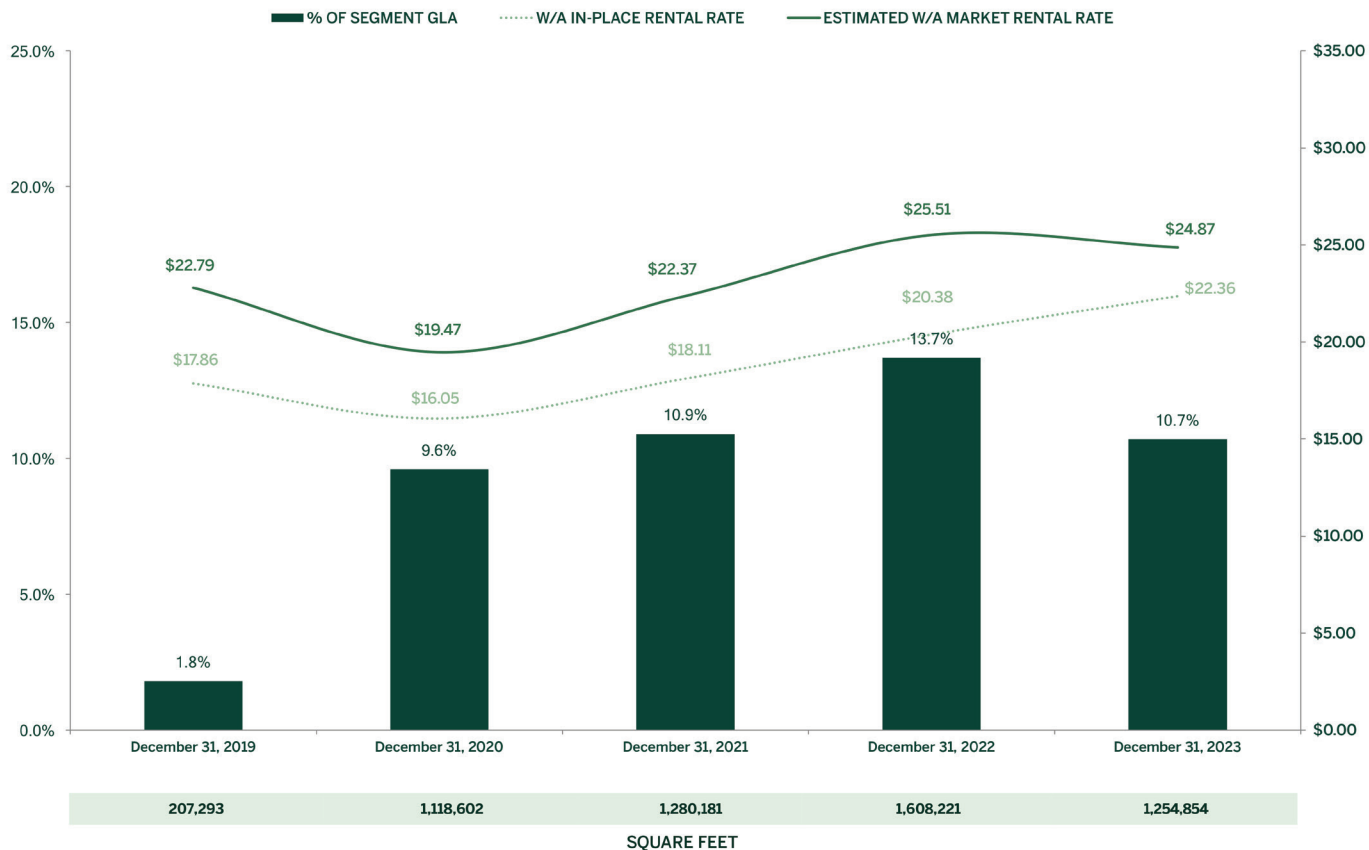


NOI BY USE



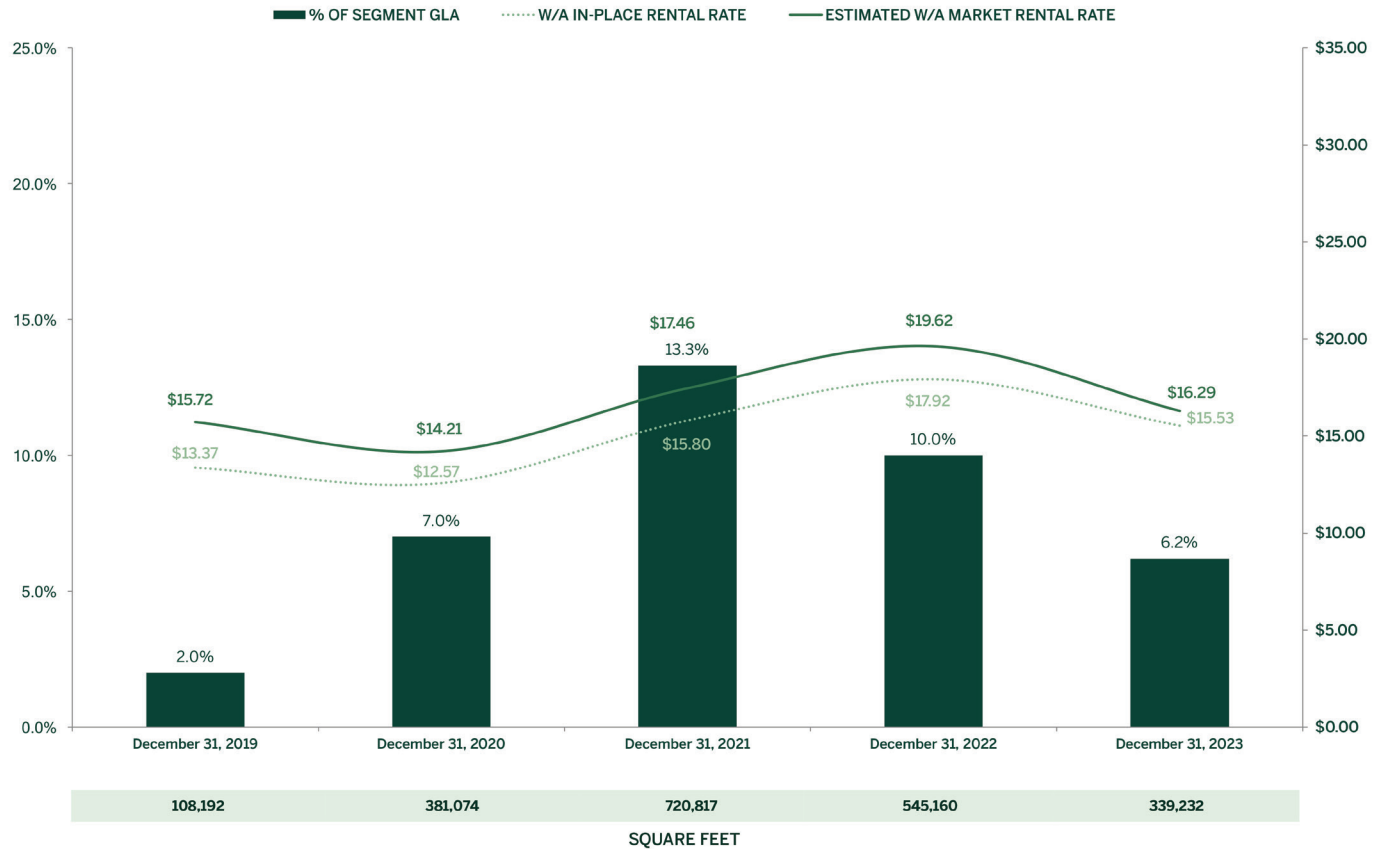
For the period ending September 30, 2019.
See definition appendix for definition of NOI.

LEASE MATURITIES - URBAN WORKSPACE



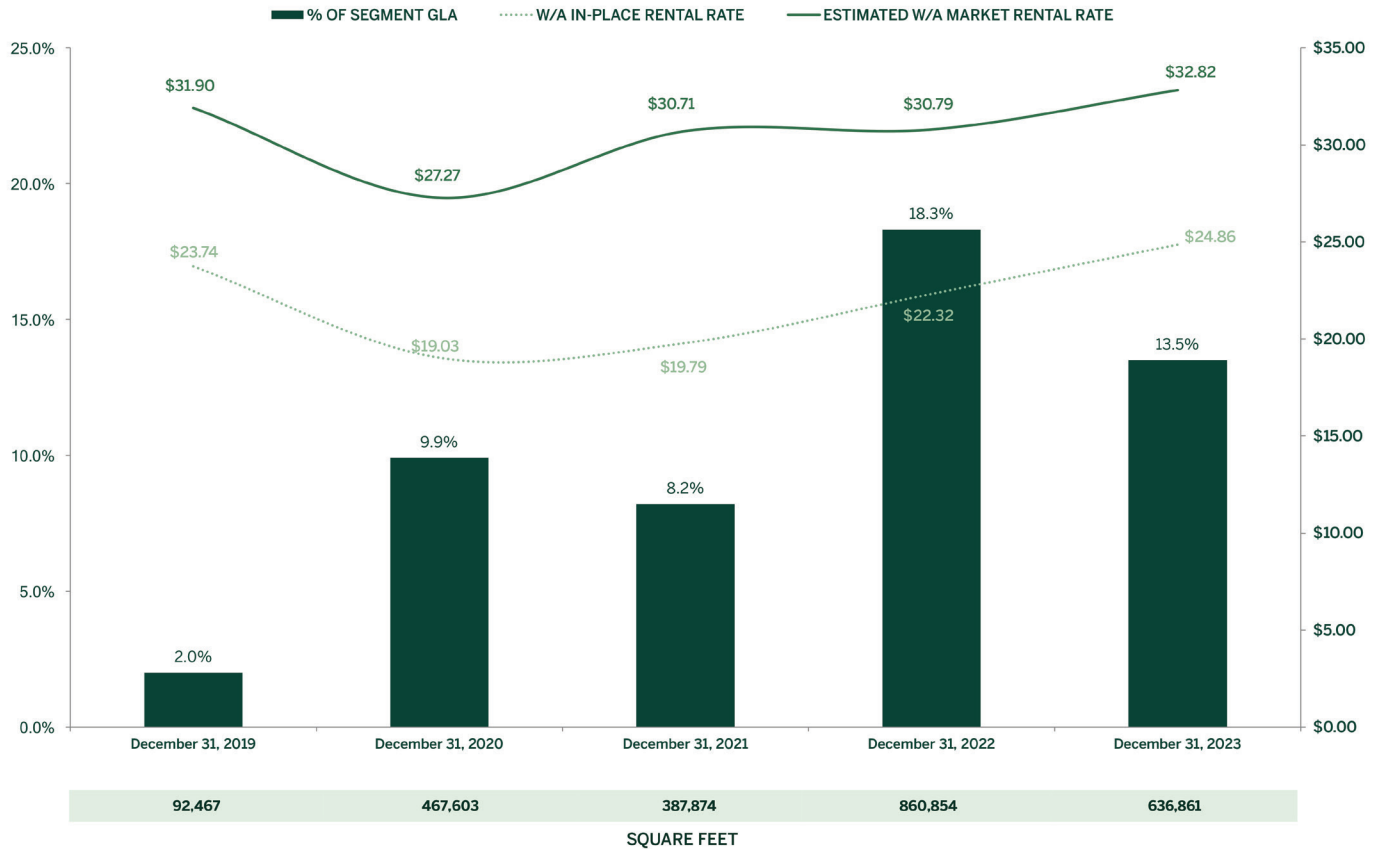
As of September 30, 2019.
This slide contains forward looking information.

LEASE MATURITIES - URBAN WORKSPACE MONTRÉAL AND OTTAWA



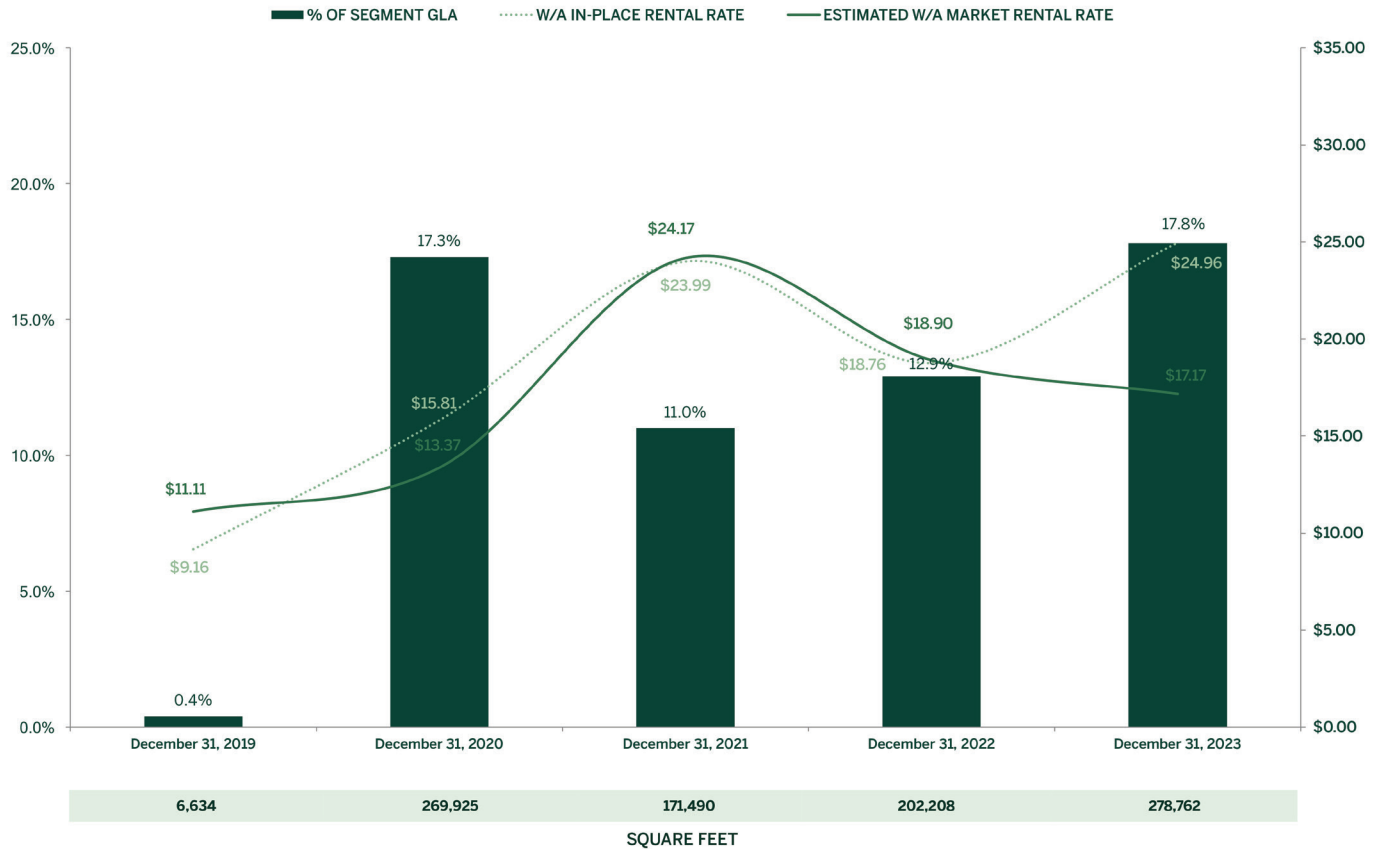
As of September 30, 2019.
This slide contains forward looking information.

LEASE MATURITIES - URBAN WORKSPACE TORONTO AND KITCHENER



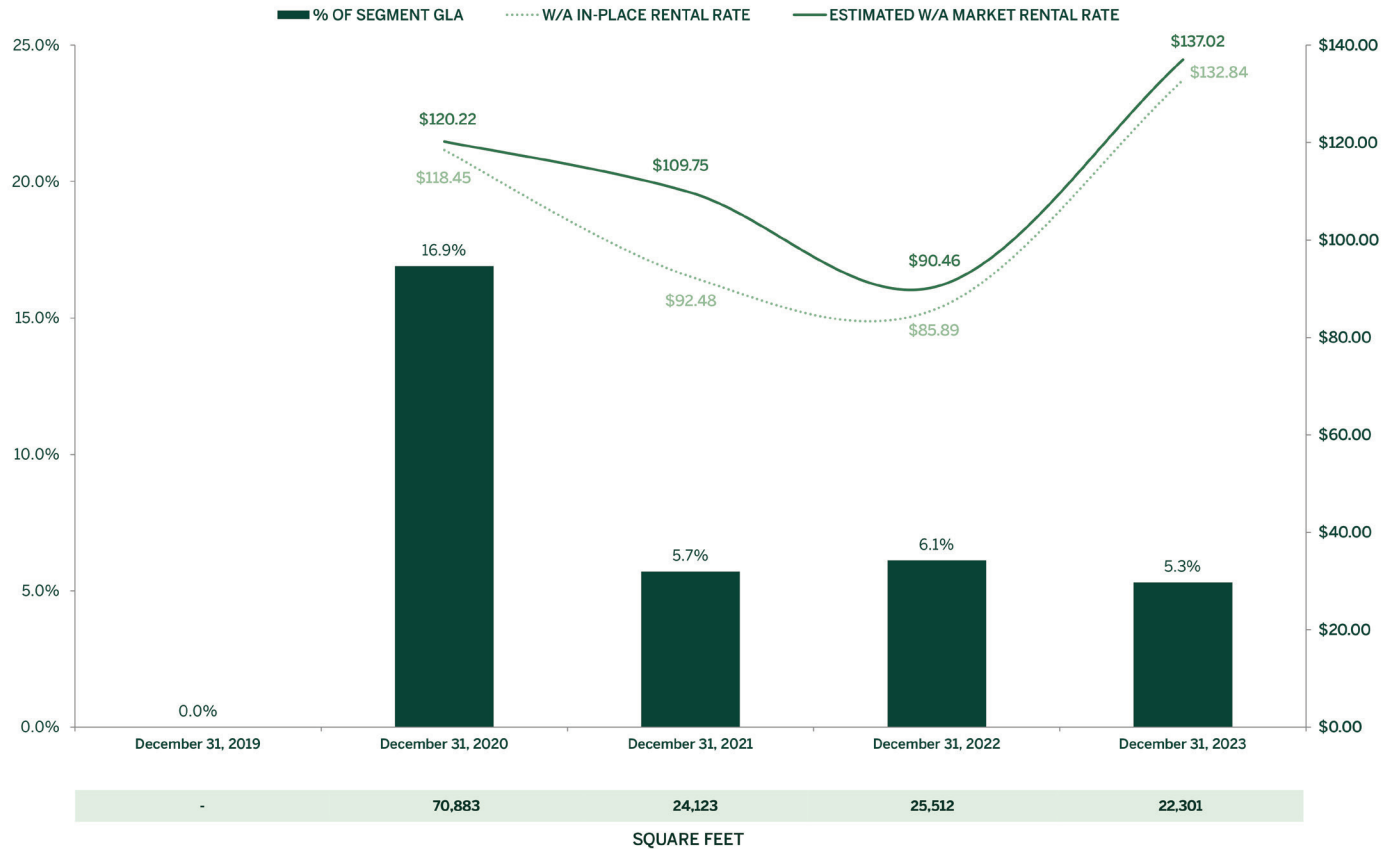
As of September 30, 2019.
This slide contains forward looking information.

LEASE MATURITIES - URBAN WORKSPACE CALGARY, EDMONTON AND VANCOUVER



As of September 30, 2019.
This slide contains forward looking information.

LEASE MATURITIES - URBAN DATA CENTRES



As of September 30, 2019.
This slide contains forward looking information.

TOP-TEN USERS

USER	SECTOR	% RENTAL REVENUE (Q3 2019)
CLOUD SERVICE PROVIDER	Data Centre/IT	5.2%
UBISOFT	Gaming/IT	2.8%
COLOGIX	Data Centre/IT	2.7%
EQUINIX	Data Centre/IT	2.4%
NATIONAL CAPITAL COMMISSION, A CANADIAN CROWN CORPORATION	Government	1.8%
SHOPIFY INC.	Commerce/IT	1.7%
MORGAN STANLEY	Financial	1.5%
BELL CANADA	Telecommunications	1.5%
IBM CANADA	Data Centre/IT	1.5%
ENTERTAINMENT ONE	Media/Entertainment	1.2%
		22.3%

49%
2003

22.3%
Q3 2019



ALLIED

Development Portfolio

ACTIVE DEVELOPMENT PIPELINE

2020

	ESTIMATED		% OF OFFICE DEVELOPMENT PRE-LEASED
	GLA	NOI	PRE-LEASED
425 VIGER	315,000	\$6.8M	53%
TELUS SKY*	218,000	\$8.0M	64%
	533,000	\$14.8M	

2021

	ESTIMATED		% OF OFFICE DEVELOPMENT PRE-LEASED
	GLA	NOI	PRE-LEASED
COLLEGE & MANNING*	27,000	\$1.1M	—
ADELAIDE & DUNCAN*	216,000	\$10.8M	100%
BREITHAUP, PHASE III*	147,000	\$5.4M	100%
400 WEST GEORGIA**	177,000	\$9.0M	86%
THE LOUGHEED	88,000	TBD	—
	655,000	\$26.3M+	

2022

	ESTIMATED		% OF OFFICE DEVELOPMENT PRE-LEASED
	GLA	NOI	PRE-LEASED
THE WELL*	746,000	\$40.4M	72%
KING & BRANT	130,000	TBD	—
QRC WEST, PHASE II	90,000	TBD	—
	966,000	\$40.4M+	

2023

	ESTIMATED		% OF OFFICE DEVELOPMENT PRE-LEASED
	GLA	NOI	PRE-LEASED
KING TORONTO*	100,000	\$5.5M	—
720 BEATTY**	321,000	\$15.0M	—
	421,000	\$20.5M	

46%

PRE-LEASED

*Co-ownership

** Allied is currently providing financing on this Westbank development. Subject to placement of permanent financing, Allied intends to acquire a 50% undivided interest based on a predetermined formula.

Estimated NOI from development completion is based on stabilized occupancy and in the first year its impact will be moderated by the discontinuation of capitalized interest.

FUTURE/SHADOW DEVELOPMENT PIPELINE

Zoning Approval in Place

	ESTIMATED GLA
Toronto	
UNION CENTRE	1,129,000
KING & PETER	790,000
ADELAIDE & SPADINA	245,000
	2,164,000

	ESTIMATED GLA
Montréal	
LE NORDELEC	230,000
	2,394,000

To Be Rezoned

	ESTIMATED GLA
TORONTO	3,182,000
MONTRÉAL	1,340,000
CALGARY	1,120,000
OTHER	621,000
	6,263,000

TOTAL	8,657,000
--------------	------------------

An architectural rendering of a modern multi-story building at dusk. The building features a brick facade with a grid of rectangular windows, many of which are illuminated from within. The ground floor has arched windows and entrances. To the right, a glass-enclosed staircase or elevator shaft rises. The scene includes trees, streetlights, and blurred figures of people and cars in the foreground, suggesting a busy urban environment.

425 Viger

Montréal



TELUS Sky

Calgary



THOMSON REUTERS

Adelaide & Duncan

Toronto

43



Breithaupt III

Kitchener

An architectural rendering of the 400 West Georgia building in Vancouver. The building is a tall, modern structure with a unique design featuring stacked glass and white panels, interspersed with large vertical green walls covered in lush vegetation. It stands out among other city buildings, including a prominent TELUS building to its right. The scene is set during the day with a clear sky and city streets visible at the base.

400 West Georgia

Vancouver



The Well

Toronto



King & Brant

Toronto

47



KING Toronto

Toronto



720 Beatty

Vancouver



ALLIED

Development Completions

QRC WEST, TORONTO

This was a pioneering, large-scale intensification project that involved the integration of two restored heritage buildings with a new, mid-rise office structure. The project commenced in 2010 and was completed in 2015. It is comprised of 345,274 square feet of GLA and is fully leased.

DEVELOPMENT ECONOMICS	INVESTMENT					
LAND COSTS	\$11,000					
HARD & SOFT COSTS	104,000					
CAPITALIZED INTEREST & OPERATING COSTS	15,000	STABILIZED NOI	UNLEVERED YIELD ON COST	FAIR VALUE	VALUE CREATION	VALUE CREATION AS % OF COST
TOTAL DEVELOPMENT COSTS	\$130,000	\$12,396	9.5%	\$264,790	\$134,790	103.7%

The fair value is provided by our external appraiser, which is calculated based on the discounted cash flow model.

THE BREITHAUPT BLOCK, KITCHENER

Allied acquired an undivided 50% interest in the property in 2010 and immediately put it into development, completing the first phase in 2014 and the second phase in mid-2016. The property is an equal two-way joint arrangement between Allied and Perimeter Development Corporation. It is comprised of 226,400 square feet of GLA (Allied's share 113,200 square feet) and is fully leased.

DEVELOPMENT ECONOMICS	INVESTMENT					
LAND COSTS	\$4,000					
HARD & SOFT COSTS	18,470					
CAPITALIZED INTEREST & OPERATING COSTS	2,550	STABILIZED NOI	UNLEVERED YIELD ON COST	FAIR VALUE	VALUE CREATION	VALUE CREATION AS % OF COST
TOTAL DEVELOPMENT COSTS	\$25,020	\$1,950	7.8%	\$45,310	\$20,290	81.1%

The fair value is provided by our external appraiser, which is calculated based on the discounted cash flow model.

180 JOHN STREET, TORONTO

Allied acquired the property in 2015. The property was redeveloped and leased in its entirety to Spaces. The project was completed in 2017. It is comprised of 45,631 square feet of GLA and is fully leased.

DEVELOPMENT ECONOMICS	INVESTMENT					
LAND COSTS	\$8,700					
HARD & SOFT COSTS	17,500					
CAPITALIZED INTEREST & OPERATING COSTS	1,300	STABILIZED NOI	UNLEVERED YIELD ON COST	FAIR VALUE	VALUE CREATION	VALUE CREATION AS % OF COST
TOTAL DEVELOPMENT COSTS	\$27,500	\$1,600	5.8%	\$31,610	\$4,110	14.9%

The fair value is provided by our external appraiser, which is calculated based on the discounted cash flow model.

189 JOSEPH, KITCHENER

189 Joseph was purchased as part of The Tannery in 2012. The building stood vacant, and was slated to be demolished before Allied proposed the redevelopment and secured Deloitte as the user. The project commenced in late-2015 and was completed mid-2017. It is comprised of 26,462 square feet of GLA and is fully leased.

DEVELOPMENT ECONOMICS	INVESTMENT					
LAND COSTS	\$230					
HARD & SOFT COSTS	10,890					
CAPITALIZED INTEREST & OPERATING COSTS	240	STABILIZED NOI	UNLEVERED YIELD ON COST	FAIR VALUE	VALUE CREATION	VALUE CREATION AS % OF COST
TOTAL DEVELOPMENT COSTS	\$11,360	\$720	6.3%	\$13,400	\$2,040	18.0%

The fair value is provided by our external appraiser, which is calculated based on the discounted cash flow model.

KING PORTLAND CENTRE, TORONTO

In 2012, Allied entered into an equal two-way joint arrangement with RioCan to develop King Portland Centre. Allied and RioCan each acquired an undivided 50% interest in 642 King W and 620 King W and subsequently put them into development, completing 642 King W in early 2018 and 620 King W in early 2019. They are comprised of 297,200 square feet of GLA (Allied's share 148,600 square feet) and are 99.7% leased. 602-606 King W is excluded from the figures below as they were never under development.

DEVELOPMENT ECONOMICS	INVESTMENT					
LAND COSTS	\$21,478					
HARD & SOFT COSTS	60,148					
CAPITALIZED INTEREST & OPERATING COSTS	5,033	STABILIZED NOI	UNLEVERED YIELD ON COST	FAIR VALUE	VALUE CREATION	VALUE CREATION AS % OF COST
CONDOMINIUM PROFITS	(9,981)					
TOTAL DEVELOPMENT COSTS	\$76,678	\$6,361	8.3%	\$119,910	\$43,232	56.4%

The fair value is provided by our external appraiser, which is calculated based on the discounted cash flow model.



ALLIED

Risk Management

DEVELOPMENT

- **15% limitation on development**
- **Pre-leasing**
- **Partial monetization**
- **Financial management**
- **Collaboration**

BALANCE SHEET

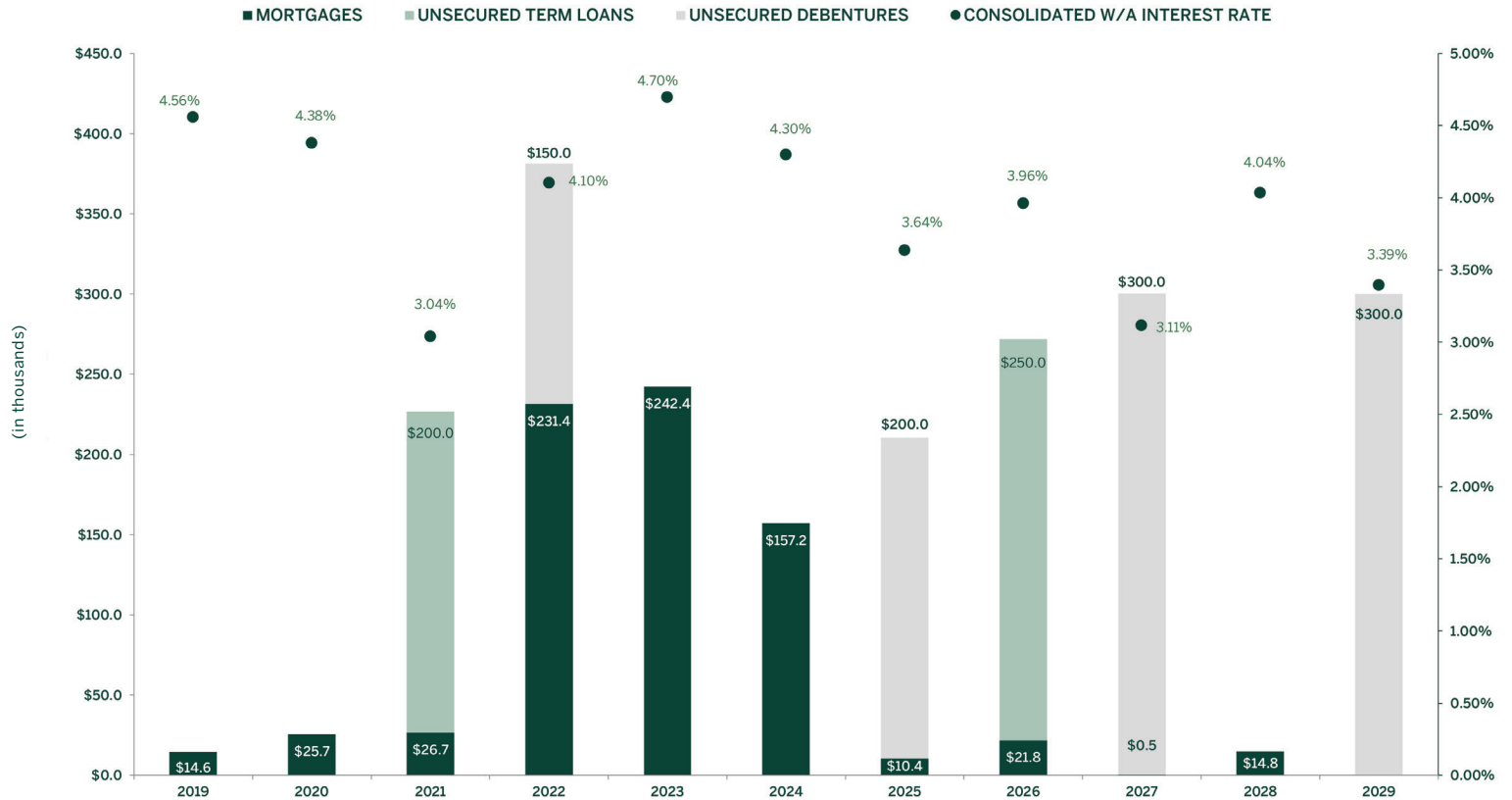
- **Low leverage**
- **Long-term, fixed-rate debt**
- **Net debt to EBITDA ratio of 6.7x**
- **Debt ratio 28.1%**
- **Interest coverage ratio of 3.3x**

FINANCIAL COVENANTS

SENIOR UNSECURED DEBENTURES

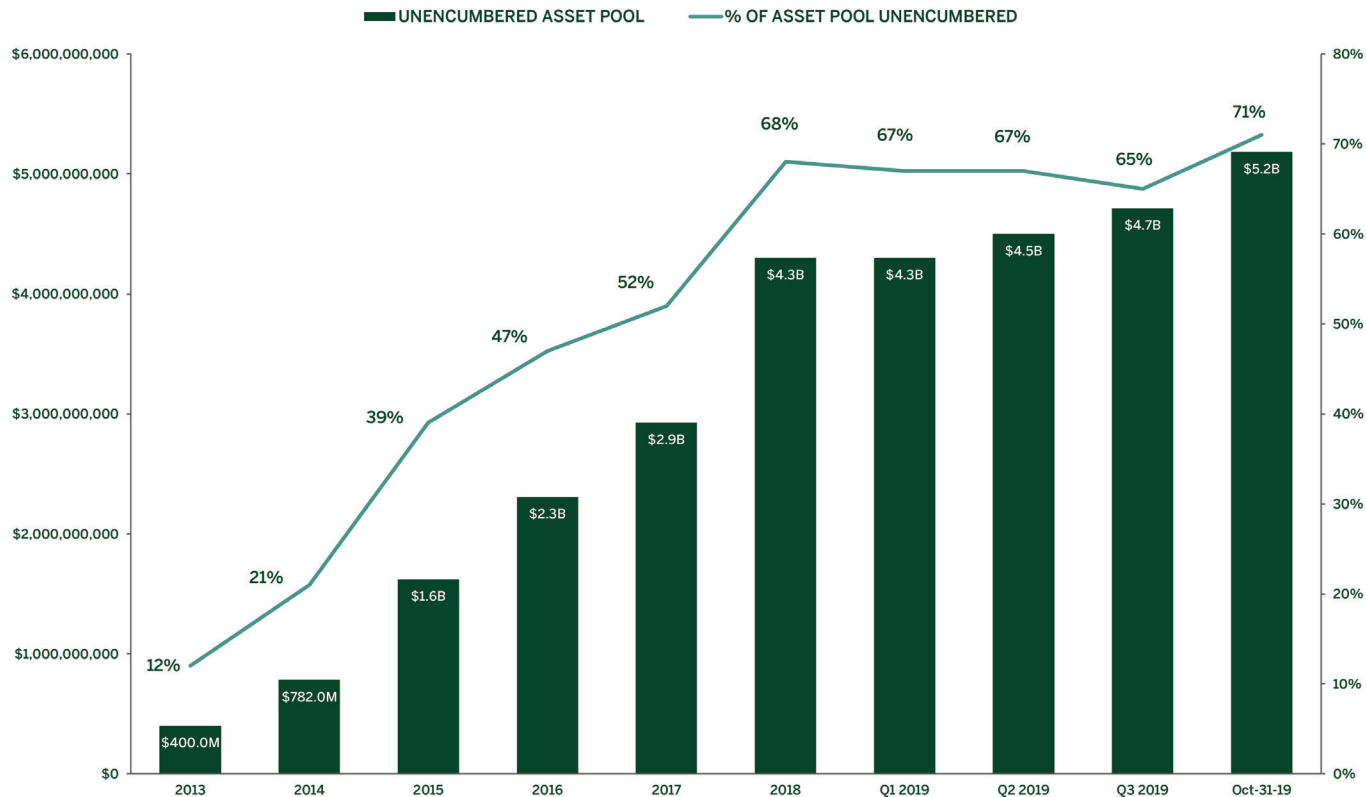
COVENANT	THRESHOLD	SEPTEMBER 30, 2019
PRO FORMA INTEREST COVERAGE RATIO	Maintain a 12-month rolling consolidated pro forma EBITDA of at least 1.65 times pro forma interest expense	3.4x
PRO FORMA ASSET COVERAGE TEST	Maintain net consolidated debt below 65% of net aggregate assets on a pro forma basis	28.1%
EQUITY MAINTENANCE COVENANT	Maintain Unitholders' equity above \$300,000	\$5,167,754
PRO FORMA UNENCUMBERED NET AGGREGATE ADJUSTED ASSET RATIO	Maintain pro forma unencumbered net aggregate adjusted assets above 1.4 times consolidated unsecured indebtedness	4.5x

DEBT MATURITY CHART



This chart summarizes the principal payments in regards to Allied's debt obligations as at October 31, 2019.

UNENCUMBERED ASSETS



As of October 31, 2019.



ALLIED

Corporate Social Responsibility

CORPORATE SOCIAL RESPONSIBILITY

“The cities we build have to be sustainable and conducive to human wellness, diversity and creativity.
Put differently, they have to elevate and inspire the humanity in all of us.” - MICHAEL EMORY

CURRENT

Sustainability +
Occupant Engagement Program

2019

Piloting in Preparation for
Reporting in 2020

2020

CSR Report + GRESB Reporting +
Aligning with ESG Indices



CORPORATE SOCIAL RESPONSIBILITY

Overview

21 ↑0

Total Sites

4.3MM ↑0.0%

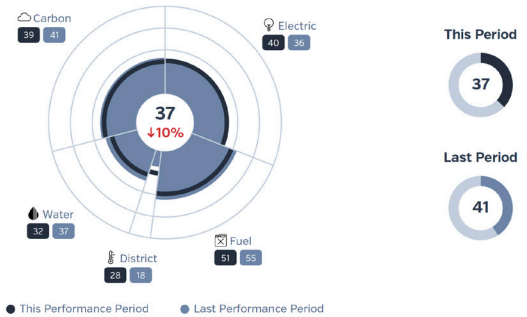
Total ft²

\$-

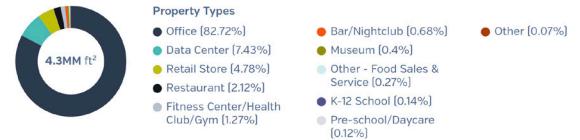
Total GAV

Peer Benchmark

Your benchmark is based on five environmental characteristics: electric, fuel, district, water, and carbon. Scores show your efficiency relative to peers. The higher your score is, the better.



Floorspace Allocation



Water

1.65MM m³ ↑49%
Usage

0.38 m³/ft² ↑49%
Usage Intensity

\$125.33K USD ↑178%
Spend

0.03 \$/ft² ↑178%
Spend Intensity

Usage

Aug 2017-Jul 2018
Total 133MM m³

Aug 2018-Jul 2019
Total 165MM m³ ↑48.87%



Total water usage increased by **48.87%** from 1.11MM to 1.65MM m³

Spend

Aug 2017-Jul 2018
Total \$45.1K USD

Aug 2018-Jul 2019
Total \$125.33K USD ↑177.87%



Total water spending increased by **177.87%** from \$45.1K to \$125.33K USD

Energy

182.06MM kWh ↑7%
Usage

42.38 kWh/ft² ↑7%
Usage Intensity

\$12.19MM USD ↑38%
Spend

2.84 \$/ft² ↑38%
Spend Intensity

Usage

Aug 2017-Jul 2018
Total 90.76MM kWh

Aug 2018-Jul 2019
Total 182.06MM kWh ↑7.24%



Total energy usage increased by **7.24%** from 90.76MM to 182.06MM kWh

Spend

Aug 2017-Jul 2018
Total \$8.33MM USD

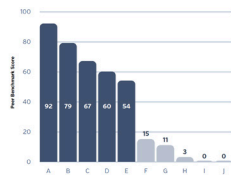
Aug 2018-Jul 2019
Total \$12.19MM USD ↑38.02%



Total energy spending increased by **38.02%** from \$8.33MM to \$12.19MM USD

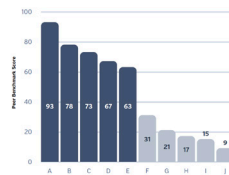
Top & Bottom Performers

These are your top and bottom performing sites. For a complete list of sites, see the Included Sites page.



Top & Bottom Performers

These are your top and bottom performing sites. For a complete list of sites, see the Included Sites page.





ALLIED

Appendix Definitions

CERTAIN DEFINITIONS AND NON-IFRS MEASURES

Certain defined terms used in this investor presentation have the following meaning:

“EBITDA”

EBITDA is a non-IFRS financial measure and should not be considered as an alternative to net income or net income and comprehensive income, cash flow from operating activities or any other measure prescribed under IFRS. EBITDA does not have any standardized meaning prescribed by IFRS. As computed by us, EBITDA may differ from similar computations reported by other Canadian real estate investment trusts and, accordingly, may not be comparable to similar computations reported by such organizations. Management considers EBITDA to be a useful measure for the purpose of evaluating debt levels and interest coverage. For a full explanation of EBITDA and a reconciliation to IFRS please see Allied REIT Q3 2019 MD&A “Other Financial Performance Measures”.

“INTEREST”

Interest is defined as interest expense and other financing costs including capitalized interest.

“NOI”

NOI is a non-IFRS financial measure and should not be considered as an alternative to net income or net income and comprehensive income, cash flow from operating activities or any other measure prescribed under IFRS. NOI does not have any standardized meaning prescribed by IFRS. As computed by us, NOI may differ from similar computations reported by other Canadian real estate investment trusts and, accordingly, may not be comparable to similar computations reported by such organizations. Management considers NOI to be a useful measure of performance for rental properties. For a full explanation of NOI and a reconciliation to IFRS please see Allied REIT Q3 2019 MD&A “Net Operating Income (“NOI”).

“TOTAL DEBT”

Total debt is a non-IFRS financial measure and does not have any standard meaning prescribed by IFRS. As computed by us, total debt may differ from similar computations reported by other Canadian real estate investment trusts and, accordingly, may not be comparable to similar computations Reported by such organizations. Management considers total debt to be a useful measure for evaluating debt levels and interest coverage. For a full explanation of total debt and an illustration of the calculation of total debt, please see Allied REIT Q3 2019 MD&A “debt”.

“TOTAL RETURN”

Total return is based on \$100 in units invested on February 6th, 2003 and ending on October 30, 2019, assuming the re-investment of all cash distributions of the trust on the day of the distribution.

ALLIED

134 PETER STREET, SUITE 1700 TORONTO, ONTARIO M5V 2H2 T 416.977.9002 F 416.306.8704 alliedreit.com