

Whiterock REIT Provides Update to Internal Growth Initiatives

TORONTO, September 18, 2007 - Whiterock Real Estate Investment Trust ("Whiterock") (TSX:WRK.UN) today provided an update on its internal growth initiatives. As highlighted at the 2007 Annual General Meeting of unitholders, Whiterock has a near term controllable AFFO target of \$1.14 per Unit, which will cover its \$1.12 per Unit of distributions. Whiterock has now increased the executed portion of this pro forma run rate AFFO from \$1.00 to \$1.06 as outlined below.

Controllable AFFO	Run Rate AFFO per Unit
Executed Pro forma AFFO – Q2 supplemental package	\$1.00
New Acquisitions of \$19 million and G&A Savings	\$0.06
Updated Pro forma AFFO	\$1.06
Additional Controllable Items – In progress	\$0.08
Q1 2008 AFFO Target	\$1.14

Whiterock's executed pro forma AFFO per Unit is expected to increase from \$1.00 to approximately \$1.06 with the addition of these new acquisitions, once closed and stabilized, as well as other currently in-place G&A initiatives. The controllable items remaining to reach \$1.14 of run rate AFFO include property management internalization, investment of remaining balance sheet cash, and new leasing. These near term initiatives are currently in progress and will be reported on in subsequent updates.

Additional Portfolio and Company Highlights

- 10.4% yield on Whiterock Units
- Pro forma FFO run rate expectation increased from \$1.33 to approximately \$1.40 per Unit due to in-place rents approximately 30% below market on the new acquisitions
- 24% of Whiterock's total portfolio will be located in Saskatchewan with these acquisitions, where in-place rents are at an average of approximately 30% below market with an average lease term of approximately 4 years
- 9 year average lease term and 70% investment grade credit tenants on total existing portfolio
- Additional internal growth available from below market rents, contractual rent increases, and additional property management income

The proposed acquisitions, all located in Regina, Saskatchewan include: (i) the 310 Henderson Drive industrial facility totalling 395,150 sf; and (ii) the Central Park and Franciscan Place office buildings with a combined 41,000 sf of space. The stabilized cap rate on these accretive acquisitions will be 8.6% upon the finalization of a lease expansion at 310 Henderson.

The acquisitions total approximately \$19 million including closing costs and are expected to close and be stabilized in October and November, and will be funded with a combination of existing cash on hand and new mortgage financing.

Whiterock's existing portfolio consists of 31 properties located in 10 markets across Canada. The average lease term is approximately 9 years, with approximately 70% leased to government or credit rated firms. Further details outlining Whiterock's anticipated near term internal growth opportunities and performance of the existing portfolio are included in management's presentation available at www.whiterockreit.ca.

Forward Looking Statements

This news release contains "forward-looking statements" within the meaning of the United States Private Securities Litigation Reform Act of 1995 and applicable Canadian securities legislation. Forward-looking statements include, but are not limited to, statements with respect to financial performance, sale-leaseback opportunities, proposed acquisitions and equity or debt offerings, new markets for growth, financial position, comparable commercial REITs and proposed acquisitions. Generally, these forward-looking statements can be identified by the use of forward-looking terminology such as "plans", "expects" or "does not expect", "is expected", "budget", "scheduled", "estimates", "forecasts", "intends", "anticipates" or "does not anticipate", or "believes", or variations of such words and phrases or state that certain actions, events or results "may", "could", "would", "might" or "will be taken", "occur" or "be achieved".

Forward-looking statements are subject to known and unknown risks, uncertainties and other factors that may cause the actual results, level of activity, performance or achievements of Whiterock to be materially different from those expressed or implied by such forward-looking statements, including but not limited to: the risks related to the market for Whiterock's securities, the general risks associated with real property ownership and acquisition, that future accretive acquisition opportunities will be identified and/or completed by Whiterock, lease maturities, risk management, liquidity, debt financing, credit risk, competition, general uninsured losses, interest rate fluctuations, environmental matters, restrictions on redemptions of outstanding Whiterock securities, lack of availability of growth opportunities, diversification, reliance on anchor or single tenant properties, potential Unitholder liability, potential conflicts of interest, the availability of sufficient cash flow, fluctuations in cash distributions, the market price of Whiterock's units, the failure to obtain additional financing, dilution, reliance on key personnel, changes in legislation, failure to obtain or maintain mutual fund trust status and delays in obtaining governmental approvals or financing as well as those additional factors discussed in the section entitled "Risk Factors" in Whiterock's Annual Information Form, which can be obtained at www.sedar.com. In particular but without limitation, there is no assurance that Whiterock will be able to increase its AFFO as anticipated.

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

For further information: www.whiterockreit.ca

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Source: Whiterock Real Estate Investment Trust