



TRILOGY ENERGY TRUST

Calgary, Alberta

January 20, 2009

NEWS RELEASE: TRILOGY ENERGY TRUST ANNOUNCES JANUARY DISTRIBUTION

Trilogy Energy Trust ("Trilogy" or the "Trust") (TSX – TET.UN) announces that its cash distribution for January 2009 will be \$0.05 per Trust Unit. The distribution is payable on February 17, 2009 to unitholders of record on February 2, 2009. The ex-distribution date is January 29, 2009.

The revised distribution reflects continued weak commodity prices and global economic uncertainty. The revised distribution level combined with planned capital expenditures is expected to ensure that Trilogy maintains financial flexibility through this difficult economic period.

Trilogy has a large inventory of low risk drilling prospects including its Montney horizontal drilling prospect in the Kaybob area. Given early success in the Montney gas program, Trilogy will focus the majority of its 2009 capital expenditures in the Kaybob area. Trilogy will preferentially defer oil locations in order to meet its capital expenditure objectives.

The revised distribution and a capital expenditure program focused on tight gas prospects such as the Kaybob Montney prospect are anticipated to provide sustainability and financial flexibility, while at the same time meeting Trilogy's strategy of replacing production and reserves on a continuing basis.

Distributions are reviewed regularly by the board of directors and are subject to changes to accommodate for fluctuations in commodity prices and other factors.

About the Trust

Trilogy is a petroleum and natural gas-focused Canadian energy trust. Trilogy's Trust Units are listed on the Toronto Stock Exchange under the symbol "TET.UN".

Forward-looking Information

This news release contains statements concerning distributions to be paid by the Trust and the amount and timing thereof, how distribution levels are set, future production and reserves levels, capital expenditures for Trilogy and Trilogy's business plans and what they intend to achieve. Such forward-looking statements or information are based on a number of assumptions, including current commodity price forecasts for petroleum and natural gas, current production

forecasts, assumptions regarding royalties and expenses, drilling results consistent with expectations and general economic and business conditions, which may prove to be incorrect.

Although the Trust believes that the expectations reflected in such forward-looking statements or information are reasonable, undue reliance should not be placed on forward-looking statements because the Trust can give no assurance that such expectations will prove to be correct. Forward-looking statements or information are based on current expectations, estimates and projections that involve a number of risks and uncertainties which could cause actual results to differ materially from those anticipated by the Trust and described in the forward-looking statements or information. These risks and uncertainties include but are not limited to: volatility of oil and gas prices, fluctuations in currency and interest rates, risks inherent in the Trust's operations, the Trust's ability to access external sources of debt and equity capital, the Trust's ability to enter into or renew leases, imprecision in estimating the timing, costs and levels of production, the results of exploration, development and drilling, the Trust's ability to secure adequate product processing and transportation, the Trust's ability to retain and attract qualified personnel, uncertainty in the amounts and timing of royalty payments, imprecision in estimates of product sales, changes in the Trust's capital expenditure levels and plans, changes in environmental and other regulations or the interpretation of such regulations, weather and general economic and business conditions.

The forward-looking statements or information contained in this news release are made as of the date hereof and the Trust undertakes no obligation to update publicly or revise any forward-looking statements or information, whether as a result of new information, future events or otherwise, unless so required by applicable securities laws.

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