



TRILOGY ENERGY TRUST
Calgary, Alberta

March 3, 2009

NEWS RELEASE: TRILOGY ENERGY TRUST FILES ITS YEAR END DISCLOSURE DOCUMENTS

Trilogy Energy Trust ("Trilogy" or the "Trust") (TSX:TET.UN) announces that today it has filed with Canadian Securities authorities its audited Consolidated Financial Statements for the year ended December 31, 2008 and related Management's Discussion & Analysis. Trilogy has also filed its Annual Information Form for the year ended December 31, 2008, including disclosure and reports relating to reserves data and other oil and gas information pursuant to National Instrument 51-101. Copies of these filed documents may be obtained on Trilogy's website www.trilogyenergy.com and will be available on SEDAR at www.sedar.com.

About Trilogy

Trilogy Energy Trust 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".

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