



TRILOGY ENERGY TRUST

Calgary, Alberta

July 20, 2009

NEWS RELEASE: TRILOGY ENERGY TRUST ANNOUNCES JULY DISTRIBUTION

Trilogy Energy Trust ("Trilogy" or the "Trust") (TSX – TET.UN) announces that its cash distribution for July 2009 will be \$0.05 per Trust Unit. The distribution is payable on August 17, 2009 to unitholders of record on July 31, 2009. The ex-distribution date is July 29, 2009.

About the Trust

Trilogy is a petroleum and natural gas-focused Canadian energy trust that actively acquires, develops, produces and sells natural gas, crude oil and natural gas liquids. Trilogy's Trust Units are listed on the Toronto Stock Exchange under the symbol "TET.UN".

For further information, please contact:

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