



FOR IMMEDIATE RELEASE

SYMBOL: "RYL.UN"

ROYAL HOST REIT ANNOUNCES DISTRIBUTION OF \$0.025 TO UNITHOLDERS

Calgary, Alberta, October 15, 2009 - Royal Host Real Estate Investment Trust ("Royal Host") has declared a distribution of \$0.025 per unit, payable November 17, 2009, to Unitholders of record on October 30, 2009.

Royal Host is a uniquely diversified hospitality trust that delivers Unitholder value through hotel ownership, investment, management and franchising. Royal Host's portfolio of Canadian hotels operates under a variety of recognizable brands as well as a number of unbranded properties. The Trust's hotel portfolio is further enhanced by a stable franchising business, a successful hotel management operation, and a portfolio of publicly-traded securities from within the hospitality and service sectors.

Royal Host trust units and convertible debentures are traded on the Toronto Stock Exchange under the trading symbols "RYL.UN", "RYL.DB.B", "RYL.DB.C" and "RYL.DB.D", respectively.

For additional information please contact:

A. Brad Cann, CA, CBV
Executive Vice President and Chief Financial Officer
Royal Host Real Estate Investment Trust
(888) 259-9899 Telephone
investorinfo@royalhost.com
www.royalhost.com