



NEWS RELEASE

Penn West Energy Trust confirms January cash distribution

Calgary, January 20, 2010 (TSX - PWT.UN; NYSE - PWE) Penn West Energy Trust ("Penn West") confirms that its January 2010 cash distribution will be CDN\$0.15 per trust unit payable on February 12, 2010 to unitholders of record on January 29, 2010. The ex-distribution date is January 27, 2010.

The CDN\$0.15 per unit is equivalent to approximately US\$0.145 per unit (before deduction of any applicable Canadian withholding tax) using currency exchange of one Canadian dollar equals US\$0.97. Registered unitholders with U.S. addresses will receive their distributions directly from Penn West's transfer agent, and will be paid in U.S. currency using the exchange rate in effect on the record date. Non-registered U.S. unitholders will receive their distributions through their brokers.

Penn West trust units and debentures are listed on the Toronto Stock Exchange under the symbols PWT.UN, PWT.DB.C, PWT.DB.D, PWT.DB.E and PWT.DB.F and Penn West trust units are listed on the New York Stock Exchange under the symbol PWE.

For further information, please contact:

PENN WEST ENERGY TRUST
Suite 200, 207 – 9th Avenue SW
Calgary, Alberta T2P 1K3

Phone: 403-777-2500
Fax: 403-777-2699
Toll Free: 1-866-693-2707
Website: www.pennwest.com

Investor Relations:
Toll Free: 1-888-770-2633

E-mail: investor_relations@pennwest.com

William Andrew, CEO
Phone: 403-777-2502

E-mail: bill.andrew@pennwest.com

Jason Fleury, Manager, Investor Relations
Phone: 403-539-6343

E-mail: jason.fleury@pennwest.com