



Suite 1000, 550 - 6 Avenue SW
Calgary, Alberta T2P 0S2
Tel: 403.294.3600 Fax: 403.294.3601
Website: www.nal.ca Email: Investor.Relations@nal.ca

FOR IMMEDIATE RELEASE

NAL OIL & GAS TRUST ANNOUNCES APRIL DISTRIBUTION

Media Release No. 08-10

April 12, 2010

CALGARY / Marketwire / NAL Oil & Gas Trust (the "Trust" or "NAL") (TSX: NAE.UN) will pay a distribution of \$0.09 per unit on May 17, 2010, to Unitholders of record on April 22, 2010. The units will begin trading on an ex-distribution basis on April 20, 2010.

The current monthly distribution annualized totals \$1.08 per unit, and represents an 8.4% cash-on-cash yield based on the April 12, 2010 closing unit price of \$12.91.

NAL's Board of Directors sets distribution levels taking into consideration commodity prices, forecast cash flow of the Trust, financial market conditions, availability of financing, internal capital investment opportunities and taxability.

NAL provides investors with a yield-oriented opportunity to participate in the Canadian upstream oil and gas industry. The Trust generates monthly cash distributions for its Unitholders by pursuing a strategy of acquiring, developing, producing and selling crude oil, natural gas and natural gas liquids from pools in southeastern Saskatchewan, Alberta, northeastern British Columbia and Lake Erie, Ontario. Trust units trade on the Toronto Stock Exchange under the symbol "NAE.UN".

For further information:

Clayton Paradis, Manager, Investor Relations

Telephone: 403.294.3620

Toll Free: 888.223.8792, Fax: 403.515.3407

investor.relations@nal.ca