



Crescent Point Energy Trust

PRESS RELEASE

CRESCENT POINT ENERGY TRUST CONFIRMS PAYMENT DATE FOR JANUARY 2009 DISTRIBUTION

January 29, 2009 CALGARY, ALBERTA. In recognition of the February 16, 2009 Family Day statutory holiday in Canada, Crescent Point Energy Trust has revised the payment date for the cash distribution in respect of January 2009 production to February 17, 2009 from the previously disclosed payment date of February 16, 2009.

Crescent Point Energy Trust is a conventional oil and gas income trust with assets strategically focused in properties comprised of high quality, long life, operated, light oil and natural gas reserves in western Canada.

CRESCENT POINT ENERGY TRUST

Scott Saxberg,
President and Chief Executive Officer

FOR FURTHER INFORMATION PLEASE CONTACT:

Crescent Point Energy Trust, c/o Crescent Point Resources Inc., Trent Stangl, Vice President Marketing and Investor Relations, Greg Tisdale, Chief Financial Officer, Telephone: (403) 693-0020, Telecopier: (403) 693-0070. Toll-free (Canada & United States) 1-888-693-0020.

Trust units of Crescent Point are traded on the Toronto Stock Exchange under the symbol CPG.UN.

CRESCENT POINT ENERGY TRUST
Suite 2800, 111 – 5th Avenue S.W.
Calgary, Alberta T2P 3Y6
www.crescentpointenergy.com