



Crescent Point Energy Trust

PRESS RELEASE

January 16, 2006

CRESCENT POINT ENERGY TRUST CONFIRMS JANUARY 2006 DISTRIBUTION

Calgary Alberta - Crescent Point Energy Trust confirms that the cash distribution to be paid on February 15, 2006, in respect of January 2006 production, for unitholders of record on January 31, 2006, will be \$0.20 per trust unit. The ex-distribution date is January 27, 2006.

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.

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

FOR FURTHER INFORMATION PLEASE CONTACT:

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