



Crescent Point Energy Trust

PRESS RELEASE

January 16, 2006

CRESCENT POINT ENERGY TRUST ANNOUNCES INCREASE TO EXCHANGEABLE SHARE RATIO

Calgary, Alberta – Crescent Point Energy Trust, (TSX-CPG.UN) is pleased to announce an increase to the Exchange Ratio of the Exchangeable Shares of Crescent Point Resources Ltd. from 1.33300 to 1.34581. This increase is effective on January 16, 2006.

The increase in the Exchange Ratio is calculated as follows:

Record Date of Crescent Point Energy Trust Distribution	December 31, 2005
Opening Exchange Ratio	1.33300
Crescent Point Energy Trust Distribution per Unit	\$0.20
Ten-day Weighted Average Trading Price of CPG.UN (prior to December 31, 2005)	\$20.81
Increase in Exchange Ratio ⁽¹⁾	0.01281
Effective Date of the Increase in Exchange Ratio	January 16, 2006
Exchange Ratio at Effective Date	1.34581

⁽¹⁾ The increase in the Exchange Ratio is calculated by multiplying the Crescent Point Energy Trust Distribution per Unit by the Opening Exchange Ratio and dividing by the Ten - day Weighted Average Trading Price of CPG.UN.

A holder of Crescent Point Resources Ltd. Exchangeable Shares can exchange all or a portion of their holdings at any time by giving notice to their investment advisor or Olympia Trust Company at its principal transfer office at Suite 2300, 125 – 9th Avenue S.E., Calgary, Alberta, T2G 0P6.

FOR FURTHER INFORMATION PLEASE CONTACT:

Crescent Point Energy Trust, c/o Crescent Point Resources Ltd., Scott Saxberg, President and Chief Executive Officer, Greg Tisdale, Chief Financial Officer, Telephone: (403) 693-0020, Telecopier: (403) 693-0070.

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.

CRESCENT POINT ENERGY TRUST
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