



TRILOGY ENERGY TRUST

Calgary, Alberta

November 21, 2005

NEWS RELEASE: TRILOGY ENERGY TRUST ANNOUNCES NOVEMBER 2005 DISTRIBUTION

Trilogy Energy Trust ("TET" or the "Trust") (TSX – TET.UN) today announced that its cash distribution for November 2005 will be \$0.25 per Trust Unit. The distribution is payable on December 15, 2005 to unitholders of record on November 30, 2005. The ex-distribution date is November 28, 2005. The Trust expects that monthly distributions of \$0.25 per Trust Unit will be sustainable for the foreseeable future, assuming current commodity price forecasts for petroleum and natural gas prices and based on current production estimates.

About TET

Trilogy Energy Trust is a petroleum and natural gas-focused Canadian energy trust. TET's Trust Units are listed on the Toronto Stock Exchange under the symbol "TET.UN".

Forward-looking Information

This news release contains forward-looking information. Implicit in this information are assumptions regarding petroleum and natural gas prices, production, royalties and expenses which, although considered reasonable by TET at the time of preparation, may prove to be incorrect. These forward-looking statements are based on assumptions that involve a number of risks and uncertainties and are not guarantees of future performance. Actual results could differ materially as a result of changes in TET's plans, changes in commodity prices, general economic, market, regulatory and business conditions as well as production, development and operating performance and other risks associated with oil and gas operations. There is no guarantee by TET that actual results achieved will be the same as those forecast herein. Readers are cautioned that the foregoing list of important factors is not exhaustive. The forward-looking statements contained in this press release are made as of the date hereof and TET undertakes no obligation to update publicly or revise any forward-looking statements, whether as a result of new information, future events or otherwise, except as required by applicable securities laws. The forward-looking statements contained in this press release are expressly qualified by this cautionary statement.

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