



TRILOGY ENERGY TRUST

Calgary, Alberta

March 8, 2006

NEWS RELEASE: TRILOGY ENERGY TRUST FILES ITS YEAR END DISCLOSURE DOCUMENTS

Trilogy Energy Trust ("Trilogy" or the "Trust") (TSX – TET.UN) announces that today it has filed with Canadian Securities authorities its audited Consolidated Financial Statements for the year ended December 31, 2005 and related Management's Discussion & Analysis. Trilogy has also filed its Annual Information Form for the year ended December 31, 2005, including disclosure and reports relating to reserves data and other oil and gas information pursuant to National Instrument 51-101. Copies of these filed documents may be obtained at www.sedar.com.

About TET

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

For further information, please contact:

J.H.T. (Jim) Riddell, President and Chief Executive Officer
B.K. (Bernie) Lee, Chief Financial Officer
J.B. (John) Williams, Chief Operating Officer

Trilogy Energy Trust
c/o Trilogy Energy Ltd.
4100, 350 – 7th Avenue S.W.
Calgary, Alberta
T2P 3N9