



Calgary, Alberta

August 7, 2007

NEWS RELEASE: Trilogy Energy Trust
 Financial and Operating Results
 For the Three and Six Months Ended June 30, 2007

Trilogy Energy Trust (TSX: TET.UN) ("Trilogy" or "the Trust") is pleased to announce its financial and operating results for the three and six months ended June 30, 2007.

SECOND QUARTER 2007 HIGHLIGHTS

- Reported sales volume for the second quarter of 2007 averaged 24,030 Boe/d as compared to 24,475 Boe/d for the previous quarter. The decrease in sales volume was the result primarily of the sale of the Marten Creek property, partially offset by new production additions in the North and South Kaybob areas.
- Funds flow from operations decreased to \$50.2 million during the second quarter of 2007 as compared to \$65.4 million for the previous quarter, due mainly to a reduction in realized gain on financial instruments and slightly lower sales volumes and realized natural gas prices.
- Earnings before tax were \$18.7 million in the second quarter of 2007, up from the \$9.4 million net earnings posted in the first quarter. The increase is attributable mainly to lower royalties, exploration, and depletion and depreciation expenses, and the gain on sale of the Marten Creek property.
- Trilogy closed the sale of its Marten Creek property on May 15, 2007. The \$73.9 million of proceeds from this sale, after preliminary adjustments, were used principally to pay down Trilogy's outstanding credit facilities. Trilogy recorded a gain on this asset sale of approximately \$1.0 million.
- Capital expenditures totaled \$6.1 million for the second quarter of 2007, including \$0.5 million spent on land acquisitions and \$2.4 million spent on corporate capital assets.
- Cash distributions declared to Unitholders for the second quarter of 2007 amounted to \$27.8 million, or 55 percent of funds flow from operations.
- In June 2007, the Government of Canada enacted legislation imposing income taxes upon publicly traded income trusts for taxation years after 2010. As a result of this new legislation, a future income tax expense of \$80.9 million has been recognized in the second quarter resulting in a loss after tax of \$62.1 million for the quarter.

FINANCIAL AND OPERATING HIGHLIGHTS

(thousand dollars except per unit amounts and where stated otherwise)

	Three Months Ended			Six Months Ended June 30,		
	June 30, 2007	March 31, 2007	Change %	2007	2006	Change %
FINANCIAL						
Petroleum and natural gas sales	111,050	111,507	—	222,557	231,402	(4)
Funds flow ⁽¹⁾						
From operations	50,158	65,446	(23)	115,604	143,420	(19)
Per unit – basic and diluted	0.54	0.71	(24)	1.25	1.62	(23)
Earnings						
Earnings before tax	18,734	9,351	100	28,085	77,943	(64)
Per unit – basic and diluted	0.20	0.10	100	0.30	0.88	(66)
Earnings (loss) after future income tax	(62,127)	9,351	—	(52,776)	77,943	—
Per unit – basic and diluted	(0.67)	0.10	—	(0.57)	0.88	—
Distributions declared	27,770	27,770	—	55,540	125,037	(56)
Per unit	0.30	0.30	—	0.60	1.40	(57)
Capital expenditures ⁽³⁾						
Exploration and development	6,106	54,970	(89)	61,076	100,721	(39)
Acquisitions, dispositions and other	(73,972)	—	—	(73,972)	401	—
Net capital expenditures	(67,866)	54,970	—	(12,896)	101,121	—
Corporate acquisitions	—	—	—	—	124,395	(100)
Total assets	967,127	1,076,805	(10)	967,127	922,153	5
Net debt ⁽¹⁾	363,822	453,394	(20)	363,822	269,164	35
Unitholders' equity	413,801	503,097	(18)	413,801	540,097	(23)
Trust Units outstanding (thousands)						
- As at end of period	92,567	92,567	—	92,567	91,633	—
OPERATING						
Production						
Natural gas (MMcf/d)	115	118	(3)	117	118	(1)
Crude oil and natural gas liquids (Bbl/d)	4,916	4,736	4	4,826	5,048	(4)
Total production (Boe/d @ 6:1)	24,030	24,475	(2)	24,251	24,717	(2)
Average prices						
Natural gas (pre-financial instruments) (\$/Mcf)	7.81	8.02	(3)	7.92	7.99	(1)
Natural gas (\$/Mcf) ⁽²⁾	7.81	9.45	(17)	8.64	9.52	(9)
Crude oil and natural gas liquids (pre-financial instruments) (\$/Bbl)	66.04	61.02	8	63.59	66.52	(4)
Crude oil and natural gas liquids (\$/Bbl) ⁽²⁾	67.20	65.71	2	66.47	65.02	2
Drilling activity (gross)						
Gas	2	28	(93)	30	43	(30)
Oil	—	1	(100)	1	—	—
D&A	—	2	(100)	2	4	(50)
Total wells	2	31	(94)	33	47	(30)
Success rate	100%	94%	—	94%	91%	—

⁽¹⁾ Funds flow from operations and net debt are non-GAAP terms. Funds flow from operations represents net earnings adjusted for non-cash items such as unrealized gain (loss) on financial instruments, depletion and depreciation expense and non-cash expenditures. Net debt is equal to long-term debt and the long-term portion of unit-based compensation liability plus/minus working capital. Please refer to the advisory on Non-GAAP measures below.

⁽²⁾ Includes realized but excludes unrealized gains and losses on financial instruments.

⁽³⁾ Excludes corporate acquisitions.

SUBSEQUENT EVENTS

Trilogy sold its non-core assets in southern Alberta for approximately \$24.1 million, before adjustments. This transaction closed on August 2, 2007. The proceeds from this sale were used to pay down Trilogy's outstanding debt.

Trilogy subsequently entered into a financial commodity forward contract to sell 1,000 Bbl/d of oil at a WTI Fixed Price of U.S.\$73.48/Bbl from January to December 2008.

On July 16, 2007, Trilogy announced that its cash distribution for July 2007 would be \$0.10 per Trust Unit. The distribution is payable on August 15, 2007 to Unitholders of record on July 31, 2007.

The scheduled plant maintenance at the K3 gas plant in the Kaybob area started on July 5, 2007 and ended on July 31, 2007. Trilogy anticipates a decreased average production of 2,000 Boe/d over the third quarter as a result of the plant maintenance.

OUTLOOK

Trilogy's guidance for the second half of the year factoring in the asset sale and the extended plant maintenance is as follows:

Q3 average daily production (including plant shutdown)	—	20,500 Boe/d
Q4 average daily production	—	21,200 Boe/d
Annual average daily production	—	22,500 Boe/d
Operating costs	—	\$10 - \$10.50/Boe

ADDITIONAL INFORMATION

A full copy of Trilogy's second quarter 2007 report to the Unitholders, including the Management's Discussion and Analysis and Unaudited Interim Consolidated Financial Statements and related notes can be obtained at http://cnrp.ccnmatthews.com/cnrp_files/20070807-807tet.pdf. This report will also be made available through Trilogy's website at www.trilogyenergy.com and SEDAR at www.sedar.com.

ABOUT TRILOGY

Trilogy Energy Trust 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".

NON-GAAP MEASURES

In this news release, Trilogy uses the terms "funds flow from operations" and "net debt", collectively the "Non-GAAP measures", as indicators of Trilogy's financial performance. The Non-GAAP measures do not have a standardized meaning prescribed by Canadian generally accepted accounting principles (GAAP) and, therefore are unlikely to be comparable to similar measures presented by other issuers.

"Funds flow from operations" refers to the cash flows from operating activities before net changes in operating working capital. The most directly comparable measure to "funds flow from operations" calculated in accordance with GAAP is the cash flows from operating activities. "Funds flow from operations" can be reconciled to cash flows from operating activities by adding (deducting) the net change in working capital as shown in the consolidated statements of cash flows. "Net debt" is calculated as current liabilities minus current assets plus long-term debt and unit-based compensation liability. The components described for "net debt" can be derived directly from Trilogy's consolidated balance sheets. Management believes that the Non-GAAP measures provide useful information to investors as indicative measures of performance.

Investors are cautioned that the Non-GAAP measures should not be considered in isolation or construed as alternatives to their most directly comparable measure calculated in accordance with GAAP, as set forth above, or other measures of financial performance calculated in accordance with GAAP.

FORWARD-LOOKING INFORMATION

Certain information included in this news release constitutes forward-looking statements under applicable securities legislation. Forward-looking statements or information typically contain statements with words such as “anticipate”, “believe”, “expect”, “plan”, “intend”, “estimate”, “propose”, “budget” or similar word suggesting future outcomes or statements regarding an outlook. Forward-looking statements or information in this news release include but not limited to capital expenditures, future production levels, operating costs, etc. Such forward-looking statements or information are based on a number of assumptions which may prove to be incorrect. Such assumptions include: the ability of Trilogy to obtain equipment, services and supplies in a timely manner to carry out its activities; the ability of Trilogy to market oil and natural gas successfully to current and new customers; the timing and costs of pipeline and storage facility construction and expansion and the ability to secure adequate product transportation; the timely receipt of required regulatory approvals; the ability of Trilogy to obtain financing on acceptable terms; currency, exchange and interest rates; and future oil and gas prices, among others.

Although Trilogy believes that the expectations reflected in such forward-looking statements or information are reasonable, undue reliance should not be placed on forward-looking statements because Trilogy can give no assurance that such expectations will prove to be correct. Forward-looking statements or information are based on current expectations, estimates and projections that involve a number of risks and uncertainties which could cause actual results to differ materially from those anticipated by Trilogy and described in the forward-looking statements or information. These risks and uncertainties include, but are not limited to: the ability of management to execute its business plan; the risks of the oil and gas industry, such as operational risks in exploring for, developing and producing crude oil and natural gas and market demand; risks and uncertainties involving geology of oil and gas deposits; risks inherent in Trilogy’s marketing operations, including credit risk; the uncertainty of reserves estimates and reserves life; the uncertainty of estimates and projections relating to production, costs and expenses; potential delays or changes in plans with respect to exploration or development projects or capital expenditures; Trilogy’s ability to enter into or renew leases; fluctuations in oil and gas prices, foreign currency exchange rates and interest rates; health, safety and environmental risks; uncertainties as to the availability and cost of financing; the ability of Trilogy to add production and reserves through development and exploration activities; weather and general economic and business conditions; the possibility that government policies or laws including on taxation may change or governmental approvals may be delayed or withheld; uncertainty in amounts and timing of royalty payments; risks associated with existing and potential future lawsuits and regulatory actions against Trilogy; hiring/maintaining staff; and other risks and uncertainties described elsewhere in this document or in Trilogy’s other filings with Canadian securities authorities.

The forward-looking statements and information contained in this news release are made as of the date hereof and Trilogy undertakes no obligation to update publicly or revise any forward-looking statements or information, whether as a result of new information, future events or otherwise, unless so required by applicable securities laws.

OIL AND GAS ADVISORY

This news release contains disclosure expressed as “Boe”, “Boe/d”, “Mcf/d” and “MMcf/d”. All oil and natural gas equivalency volumes have been derived using the ratio of six thousand cubic feet of natural gas to one barrel of oil. Equivalency measures may be misleading, particularly if used in isolation. A conversion ratio of six thousand cubic feet of natural gas to one barrel of oil is based on an energy equivalency conversion method primarily applicable at the burner tip and does not represent a value equivalency at the well head.

For further information, please contact:

J.H.T. (Jim) Riddell, President and Chief Executive Officer
J.B. (John) Williams, Chief Operating Officer
M.G. (Michael) Kohut, Chief Financial Officer

Trilogy Energy Trust
4100 – 350 – 7th Avenue S.W.
Calgary, Alberta T2P 3N9
Phone: (403) 290-2900
Fax: (403) 263-8915