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FOR IMMEDIATE RELEASE

NAL OIL & GAS TRUST ANNOUNCES NOVEMBER DISTRIBUTION TO UNITHOLDERS

Media Release No. 26-07

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CALGARY, October 10/2007 / Marketwire / - NAL Oil & Gas Trust (the "Trust") (**TSX: NAE.UN**) will pay a distribution of \$0.16 per unit on November 15, 2007, to Unitholders of record on October 22. The units will begin trading ex-distribution on October 18.

Trailing cash distributions for the past 12 months total \$1.92 per unit, representing a 15.5% cash-on-cash yield based on the October 9, 2007 closing unit price of \$12.41.

NAL Oil & Gas is an open-end investment trust that generates distributions through the acquisition, development, production and marketing of oil, natural gas and natural gas liquids. The Trust owns high quality assets in Alberta, Saskatchewan and Ontario. Trust units trade on the Toronto Stock Exchange under the symbol "NAE.UN".

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For further information:

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