



Suite 600, 550 - 6 Avenue SW
Calgary, Alberta T2P 0S2
Tel: 403.294.3620 Fax: 403.515.3407
Website: www.nal.ca Email: Investor.Relations@nal.ca

FOR IMMEDIATE RELEASE

NAL OIL & GAS TRUST ANNOUNCES JANUARY DISTRIBUTION TO UNITHOLDERS

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CALGARY, December 12/2007 /Marketwire / - NAL Oil & Gas Trust (the "Trust") (TSX: **NAE.UN**) will pay a distribution of \$0.16 per unit on January 15, 2008, to Unitholders of record on December 24, 2007. The units will begin trading ex-distribution on December 20, 2007.

Trailing cash distributions for the past 12 months total \$1.92 per unit, representing a 16.8% cash-on-cash yield based on the December 11, 2007 closing unit price of \$11.40.

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".

For further information:

Gord Currie, Manager, Investor Relations
Telephone: 403.294.3620
Toll Free: 888.223.8792, Fax: 403.515.3407
Email: investor.relations@nal.ca Website: www.nal.ca