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TSX SYMBOL: PEY.UN

PEYTO ENERGY TRUST CONFIRMS CASH DISTRIBUTIONS FOR OCTOBER 15, 2009

CALGARY, ALBERTA-Peyto Energy Trust ("Peyto") confirms that the monthly distribution with respect to September 2009 of \$0.12 per trust unit is to be paid on October 15, 2009, for unitholders of record on September 30, 2009. The ex-distribution date is September 28, 2009.

Peyto trades on the Toronto Stock Exchange under the symbol PEY.UN. Peyto Energy Trust is a natural gas weighted energy trust that is committed to building value through the exploration and development of high quality gas properties.

We encourage you to actively visit Peyto's website located at www.peyto.com. For further information please contact:

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Certain information set forth in this document, including management's assessment of Peyto's future plans and operations, contains forward-looking statements. By their nature, forward-looking statements are subject to numerous risks and uncertainties, some of which are beyond these parties' control, including the impact of general economic conditions, industry conditions, volatility of commodity prices, currency fluctuations, imprecision of reserve estimates, environmental risks, competition from other industry participants, the lack of availability of qualified personnel or management, stock market volatility and ability to access sufficient capital from internal and external sources. Readers are cautioned that the assumptions used in the preparation of such information, although considered reasonable at the time of preparation, may prove to be imprecise and, as such, undue reliance should not be placed on forward-looking statements. Peyto's actual results, performance or achievement could differ materially from those expressed in, or implied by, these forward-looking statements and, accordingly, no assurance can be given that any of the events anticipated by the forward-looking statements will transpire or occur, or if any of them do so, what benefits that Peyto will derive therefrom.

The Toronto Stock Exchange has neither approved nor disapproved the information contained herein.