



Crescent Point Energy Trust

PRESS RELEASE

December 15, 2005

CRESCENT POINT ENERGY TRUST CONFIRMS DECEMBER 2005 DISTRIBUTION

Calgary Alberta - Crescent Point Energy Trust confirms that the cash distribution to be paid on January 16, 2006, in respect of December 2005 production, for unitholders of record on December 31, 2005, will be \$0.20 per trust unit. The ex-distribution date is December 28, 2005.

Crescent Point Energy Trust, is a conventional oil and gas income trust with assets strategically focused in properties comprised of high quality, long life, operated, light oil and natural gas reserves in western Canada.

Trust units of Crescent Point are traded on the Toronto Stock Exchange under the symbol CPG.UN.

FOR FURTHER INFORMATION PLEASE CONTACT:

Crescent Point Energy Trust, c/o Crescent Point Resources Ltd., Scott Saxberg, President and Chief Executive Officer, Greg Tisdale, Chief Financial Officer, Telephone: (403) 693-0020, Telecopier: (403) 693-0070.

CRESCENT POINT ENERGY TRUST
Suite 3500, 150 - 6th Avenue S.W.
Calgary, Alberta T2P 3Y7
www.crescentpointenergy.com