



For Immediate Release

TSX: TUI.UN

True Energy Trust Announces Adoption of a Premium Distribution™, Distribution Reinvestment and Optional Trust Unit Purchase Plan

Calgary, Alberta, March 27, 2006 – True Energy Trust (“True” or the “Trust”) announces that it has adopted a Premium Distribution™, Distribution Reinvestment and Optional Trust Unit Purchase Plan (the “Plan”). Eligible unitholders may elect to participate in the Plan commencing with the monthly cash distribution payable on April 17, 2006 to unitholders of record on March 31, 2006.

The Plan allows eligible unitholders of True to direct that their cash distributions be reinvested in additional trust units at 95% of the Average Market Price (as defined in the Plan) on the applicable distribution payment date. The Plan further allows eligible unitholders to elect, under the Premium Distribution™ component of the Plan, to have these additional trust units delivered to the designated Plan broker in exchange for a premium cash distribution equal to 102% of the cash distribution that such unitholders would otherwise have received on the applicable distribution payment date if they did not participate in the Plan (subject to proration in certain events as provided in the Plan). Canaccord Capital Corporation will act as the Plan broker for the Premium Distribution™ component of the Plan.

In addition, the Plan allows those unitholders who participate in either the distribution reinvestment component or the Premium Distribution™ component of the Plan to purchase additional trust units from treasury at a purchase price equal to the Average Market Price (with no discount) in minimum amounts of \$2,000 per remittance up to a maximum aggregate amount of \$50,000 per month by any one unitholder, all subject to an overall annual limit of 2% of the total number of outstanding trust units.

True reserves the right to limit the amount of new equity available under the Plan on any particular distribution date. Accordingly, participation may be prorated in certain circumstances in which case participant unitholders will receive from the Trust the regular cash distributions to which they would otherwise be entitled on such date and which are not reinvested as a result of such proration.

The Plan amends, restates and replaces in its entirety the distribution reinvestment and optional trust unit purchase plan (the “Old Plan”) of True dated December 1, 2004. Eligible registered unitholders who were enrolled in the Old Plan will, unless the Plan Agent receives written notice of termination with respect to continued participation in the Plan, automatically remain enrolled in the Plan under the distribution reinvestment component without any further action required. Eligible registered unitholders who were enrolled in the Old Plan and wish to participate in the Premium Distribution™ component of the Plan may do so by following the applicable procedures set forth below.

Eligible registered unitholders who (i) were not enrolled in the Old Plan and wish to enroll in either the distribution reinvestment component or the Premium Distribution™ component of the Plan, or (ii) were enrolled in the Old Plan and wish to enroll in the Premium Distribution™ component of the Plan, must fax or otherwise deliver a properly completed and signed authorization form to Computershare Trust Company of Canada, at the fax number or address specified in the form, not later than 3:00 pm (Calgary time) on the second business day immediately preceding a distribution record date in order for the cash distribution to which such record date relates to be reinvested under the Plan component of their choosing. The deadline

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for delivering an authorization form to Computershare Trust Company of Canada for purposes of the cash distribution payable on April 17, 2006 is 3:00 pm (Calgary time) on March 29, 2006.

Beneficial unitholders (*i.e.*, owners of trust units that are held through a nominee such as a broker or custodian) who wish to participate in the Plan should contact the broker, investment dealer, financial institution or other nominee who holds their trust units to enquire about the applicable enrolment deadline and to request enrolment in the Plan.

Generally, no commissions, service charges or brokerage fees will be payable by Plan participants in connection with their purchase of trust units under the Plan, but beneficial unitholders should make enquiries with the broker, investment dealer or financial institution through which their trust units are held as to any policies of such party that might result in any commissions, charges or fees being payable.

Please note that registered and beneficial owners of True trust units who are not resident in Canada are not eligible to participate in the Plan.

Participation in the Plan does not relieve unitholders of any liability for taxes that may be payable on distributions. Unitholders should consult their tax advisors concerning the tax implications of their participation in the Plan having regard to their particular circumstances.

Copies of the Plan, a related series of Questions and Answers and the applicable forms are available from True's website accessible via www.trueenergytrust.com on the home page under the heading DRIP Information, or directly from True by calling (403) 266-8670.

Unitholders should carefully read the complete text of the Plan before making any decisions regarding their participation in the Plan.

This news release shall not constitute an offer to sell or the solicitation of an offer to buy securities in any jurisdiction. The securities offered have not been and will not be registered under the United States Securities Act of 1933, as amended, and may not be offered or sold in the United States absent registration or an applicable exemption from the registration requirement.

True Energy Trust is a medium-sized, natural gas weighted, exploration and production trust based in Calgary, Alberta, Canada. The Trust has a multi-year drilling inventory of 300 gross locations in Alberta, Saskatchewan and British Columbia.

True's approach to providing unitholders with distributions and superior returns, is based on combining its commitment to fiscally conservative management with a disciplined but opportunistic approach to technically-focused exploration and high-quality acquisitions. Units of the Trust are traded on the Toronto Stock Exchange under the symbol "TUI.UN".

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