



PRESS RELEASE

PARAMOUNT ENERGY TRUST ANNOUNCES MARCH 2004 DISTRIBUTION

March 19, 2004 Paramount Energy Trust ("PET" or the "Trust") (TSX – PMT.UN) is pleased to confirm that its distribution on April 15, 2004 in respect of income received by PET for the month of March 2004, for Unitholders of record on March 31, 2004, will be \$0.16 per Trust Unit. The ex-distribution date is March 29, 2004. This brings cumulative distributions paid to-date to \$3.404 per Trust Unit. It is expected that this level of monthly distribution will be sustainable for the foreseeable future assuming the current forward market for natural gas prices, the shut-in of additional volumes of gas due to the gas/bitumen issue as recommended by the AEUB Staff Submission Group ("SSG") and that compensation for such shut-in, other than the temporary financial assistance program presently in place, is delayed beyond the date of shut-in.

Paramount Energy Trust is a natural gas-focussed Canadian energy trust. PET's Trust Units are listed on the Toronto Stock Exchange under the symbol "PMT.UN". Further information with respect to PET can be found at its website at www.paramountenergy.com.

This news release contains forward-looking information. Implicit in this information, particularly in respect of cash distributions, are assumptions regarding natural gas prices, production, royalties and expenses which, although considered reasonable by PET at the time of preparation, may prove to be incorrect. These forward-looking statements are based on certain assumptions that involve a number of risks and uncertainties and are not guarantees of future performance. Actual results could differ materially as a result of changes in PET's plans, changes in commodity prices, regulatory changes, general economic, market and business conditions as well as production, development and operating performance and other risks associated with oil and gas operations. There is no guarantee by PET that actual results achieved will be the same as those forecast herein.

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

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