



## **NEWS RELEASE**

### **PARAMOUNT ENERGY TRUST FILES OIL AND GAS RESERVES INFORMATION**

**Calgary, AB – March 28, 2005** Paramount Energy Trust ("PET" or the "Trust") (TSX – PMT.UN) PET has filed its Annual Information Form (the "AIF") for the year ended December 31, 2004 with the Canadian securities regulatory authorities on the System for Electronic Document Analysis and Retrieval ("SEDAR") in Canada. The AIF contains the statement and reports relating to reserves data and other oil and gas information required pursuant to National Instrument 51-101 of the Canadian Securities Administrators ("NI 51-101"). With this news release, PET is reporting these filings as required by NI 51-101. An electronic copy of the AIF may be obtained on PET's SEDAR profile at [www.sedar.com](http://www.sedar.com) or on PET's website at [www.paramountenergy.com](http://www.paramountenergy.com).

#### **About PET**

PET is a natural gas-focused 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](http://www.paramountenergy.com).

#### **FOR FURTHER INFORMATION, PLEASE CONTACT:**

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The Toronto Stock Exchange has neither approved nor disapproved the information contained herein in this news release.