FOR IMMEDIATE RELEASE

Suite 1000, 550 - 6 Avenue SW
Calgary, Alberta T2P 0S2
Tel: 403.294.3600 Fax: 403.294.3601
Website: www.nal.ca Email: Investor.Relations@nal.ca

NAL OIL & GAS TRUST ANNOUNCES JULY DISTRIBUTION AND ATTENDANCE AT THE TD NEWCREST UNCONVENTIONAL OIL & GAS FORUM

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CALGARY / Marketwire / NAL Oil & Gas Trust (the "Trust" or “NAL”) (TSX: NAE.UN) will pay a distribution of $0.09 per unit on August 16, 2010, to Unitholders of record on July 22, 2010. The units will begin trading on an ex-distribution basis on July 20, 2010.

The current monthly distribution annualized totals $1.08 per unit, and represents a 9.9% cash-on-cash yield based on the July 7, 2010 closing unit price of $10.86.

NAL’s Board of Directors sets distribution levels taking into consideration commodity prices, forecast cash flow of the Trust, financial market conditions, availability of financing, internal capital investment opportunities and taxability.

NAL is also pleased to announce that Mr. Andrew Wiswell, President & CEO will be presenting at the TD Newcrest Unconventional Oil and Gas Forum on Thursday, July 15, 2010 at 1:20 PM MDT.

NAL provides investors with a yield-oriented opportunity to participate in the Canadian upstream oil and gas industry. The Trust generates monthly cash distributions for its Unitholders by pursuing a strategy of acquiring, developing, producing and selling crude oil, natural gas and natural gas liquids from pools in southeastern Saskatchewan, Alberta, northeastern British Columbia and Lake Erie, Ontario. Trust units trade on the Toronto Stock Exchange under the symbol "NAE.UN".

For further information:

Clayton Paradis, Manager, Investor Relations
Telephone: 403.294.3620
Toll Free: 888.223.8792, Fax: 403.515.3407
investor.relations@nal.ca