



NEWS RELEASE

Penn West Energy Trust confirms its September cash distribution

Calgary, September 19, 2008 /CNW/ - (TSX - PWT.UN; NYSE - PWE) Penn West Energy Trust ("Penn West") confirms that its September 2008 cash distribution will be CDN\$0.34 per trust unit payable on October 15, 2008 to unitholders of record on September 30, 2008. The ex-distribution date is September 26, 2008.

The CDN\$0.34 per unit is equivalent to approximately US\$0.32 per unit (before deduction of any applicable Canadian withholding tax) using a current currency exchange of one Canadian dollar equals US\$0.94. Registered unitholders with U.S. addresses will receive their distributions directly from Penn West's transfer agent, and will be paid in U.S. currency using the exchange rate in effect on the record date. Non-registered U.S. unitholders will receive their distributions through their brokers.

Penn West trust units and debentures are listed on the Toronto Stock Exchange under the symbols PWT.UN, PWT.DB.B, PWT.DB.C, PWT.DB.D, PWT.DB.E and PWT.DB.F and Penn West trust units are listed on the New York Stock Exchange under the symbol PWE.

For further information, please contact:

PENN WEST ENERGY TRUST
Suite 200, 207 – 9th Avenue S.W.
Calgary, Alberta T2P 1K3

Phone: 403-777-2500
Fax: 403-777-2699
Toll Free: 1-866-693-2707
Website: www.pennwest.com

Investor Relations:
Toll Free: 1-888-770-2633
E-mail: investor_relations@pennwest.com

William Andrew, CEO
Phone: 403-777-2502
E-mail: bill.andrew@pennwest.com

Jason Fleury, Manager, Investor Relations
Phone: 403-539-6343
E-mail: jason.fleury@pennwest.com