AVENIR DIVERSIFIED INCOME TRUST

PRESS RELEASE

AVENIR DIVERSIFIED INCOME TRUST FILES 2006 STATEMENT OF RESERVES DATA

Calgary, Alberta, Canada, March 30, 2007 – Avenir Diversified Income Trust (TSX – AVF.UN) (the "Trust") today filed with the securities regulatory authorities in Canada its statement of reserves data for the year ended December 31, 2006 ("Statement of Reserves Data"), which includes the disclosure and reports relating to reserves data and other oil and gas information. The Statement of Reserves Data is included in the Annual Information Form of the Trust for the year ended December 31, 2006 (the "AIF"), which is on the System for Electronic Document Analysis and Retrieval ("SEDAR").

The following have also been filed on SEDAR in conjunction with this press release and are included in the AIF: Form 51-101F2 of McDaniel & Associates Consultants Ltd. and Form 51-101F3 Report of Management and Directors on Reserves Data and Other Information.

An electronic copy of these documents may be obtained on Avenir's SEDAR profile at www.sedar.com or on the Trust's website at www.avenirtrust.com.

FOR FURTHER INFORMATION PLEASE CONTACT:
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The Toronto Stock Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.

This press release shall not constitute an offer to sell or the solicitation of an offer to buy the 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 (the "U.S. Securities Act") or any state securities laws and may not be offered or sold in the United States except in certain transactions exempt from the registration requirements of the U.S. Securities Act and applicable state securities laws.

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Forward Looking Statements
Certain information regarding Avenir Diversified Income Trust set forth in this document, including management's assessment of the Trust's future plans and operations contains forward looking statements that involve substantial known and unknown risks and uncertainties. These forward looking statements are subject to numerous risks and uncertainties, some of which are beyond the Trust's and management's control, including but not limited to, the impact of general economic conditions, industry conditions, fluctuation of commodity prices, fluctuation of foreign exchange rates, imperfection of reserve estimates, environmental risks, industry competition, availability of qualified personnel and management, stock market volatility, timely and cost effective access to sufficient capital from internal and external sources. The Trust's actual results, performance or achievement could differ materially from those expressed in or implied by, these forward looking statements and accordingly, no assurance can be given that any of the events anticipated to occur or transpire from the forward looking statements will provide what, if any benefits to the Trust.