



Press Release September 14, 2007  
Vermilion Energy Trust Announces \$0.17 Cash Distribution for October 15, 2007 Payment Date and  
Exchangeable Share Ratio Increase

Vermilion Energy Trust (VET.UN-TSX) is pleased to announce the cash distribution of \$0.17 per trust unit payable on October 15, 2007 to all unitholders of record on September 28, 2007. The ex-distribution date for this payment is September 26, 2007. This will be the Trust's 56<sup>th</sup> consecutive distribution payment of \$0.17 since Vermilion was formed as a Trust in January 2003.

Exchangeable Share Ratio Information

Upon conversion to a Trust in January 2003, some holders of shares in the predecessor company, Vermilion Resources Ltd., opted to hold exchangeable shares in place of Vermilion Energy Trust units. The following information applies only to those exchangeable shareholders and does not affect Vermilion Energy Trust unitholders.

The increase to the Exchange Ratio of the Exchangeable Shares of Vermilion Resources Ltd. will be from 1.52736 to 1.53425. The increase will be effective on September 14, 2007. A "Notice of Retraction" must be received by Computershare by September 19, 2007 to receive this exchange ratio. All notices received after this date will receive the exchange ratio to be determined on October 15, 2007.

The following are the details used in the calculation of the Exchange ratio:

Record Date of Vermilion Energy Trust Distribution	August 31, 2007
Opening Exchange Ratio	1.52736
Vermilion Energy Trust Distribution per Unit	\$0.17
10-day Weighted Average Trading Price ("Current Market Price") (Including the Last Business Day Prior to the Distribution Payment Date)	\$37.69547
Increase in the Exchange Ratio	0.00689
Effective Date of the Increase in the Exchange Ratio	September 14, 2007
Exchange Ratio as of the Effective Date	1.53425

The increase in the exchange ratio is calculated by multiplying the Vermilion Energy Trust Distribution per Unit by the previous month's exchange ratio and dividing by the Current Market Price of VET.UN. A holder of Vermilion Resources Ltd. Exchangeable Shares can exchange all or a portion of their holdings at any time for Vermilion Trust Units by completing a Retraction Request form. You can obtain a copy by contacting Computershare Trust Company of Canada at (403) 267-6894.

For further information please contact:

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