



FOR IMMEDIATE RELEASE

Ref: 09-08

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HIGHWOODS PROPERTIES TO PRESENT AT CITI 2009 GLOBAL PROPERTY CEO CONFERENCE

Monday, March 2 at 2:35 PM

RALEIGH, NC – February 26, 2009 – Highwoods Properties, Inc. (NYSE: HIW) today announced that Ed Fritsch, President and Chief Executive Officer, and Terry Stevens, Chief Financial Officer, will participate in a company roundtable discussion at Citi's 2009 Global Property CEO Conference. Highwoods' presentation is scheduled for Monday, March 2, 2009 at 2:35 p.m. Eastern time. The presentation will be approximately 35 minutes in length.

The roundtable discussion can be heard live by dialing 719-785-5595 and entering the Passcode 348395.

About the Company

Highwoods Properties, Inc., a member of the S&P MidCap 400 Index, is a fully integrated, self-administered real estate investment trust ("REIT") that provides leasing, management, development, construction and other customer-related services for its properties and for third parties. At December 31, 2008, the Company owned or had an interest in 383 in-service office, industrial and retail properties encompassing approximately 35.3 million square feet. Highwoods also owned 580 acres of development land. Highwoods is based in Raleigh, North Carolina, and its properties and development land are located in Florida, Georgia, Iowa, Kansas, Missouri, Mississippi, North Carolina, South Carolina, Tennessee and Virginia. For more information about Highwoods Properties, please visit our Web site at www.highwoods.com.

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