



FOR IMMEDIATE RELEASE

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Contact: Tabitha Zane
Vice President, Investor Relations
919-431-1529

Highwoods Declares Quarterly Dividends

RALEIGH, NC – October 20, 2010 – Highwoods Properties (NYSE: HIW) Board of Directors today declared a cash dividend of \$0.425 per share of common stock for the quarter ended September 30, 2010, which equates to an annual dividend of \$1.70 per share and is payable on December 7, 2010 to shareholders of record as of November 15, 2010.

The Board also declared a cash dividend of \$21.5625 per share of Highwoods Properties 8 5/8% Series A Cumulative Redeemable Preferred Stock. The dividend is payable on November 30, 2010, which is the next regularly scheduled dividend payment date, to shareholders of record as of November 15, 2010.

The Board also declared a cash dividend of \$0.50 per share of Highwoods Properties 8% Series B Cumulative Redeemable Preferred Stock. The dividend is payable on December 15, 2010, which is the next regularly scheduled dividend payment date, to shareholders of record as of December 1, 2010.

About Highwoods Properties

Highwoods Properties, headquartered in Raleigh, North Carolina, is a publicly traded (NYSE:HIW) real estate investment trust ("REIT") and a member of the S&P MidCap 400 Index. The Company is the largest owner and operator of suburban office properties in the Southeast and provides leasing, management, development, construction and other customer-related services for its properties and for third parties. At September 30, 2010, Highwoods owned or had an interest in 329 in-service office, industrial and retail properties encompassing approximately 32.3 million square feet and owned 580 acres of development land. The Company's properties and development land are located in Florida, Georgia, 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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