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

Highwoods Announces Availability of Tax Treatment of 2010 Dividends

Raleigh, NC – January 14, 2011 – Highwoods Properties, Inc. (NYSE: HIW), the largest owner and operator of suburban office properties in the Southeast, has announced the availability of its tax treatment of 2010 dividends. Please visit the Investor Relations section of Highwoods web site (www.highwoods.com) to view this information or click on the following link:

<http://www.highwoods.com/investor/2010-Tax-Treatment-for-HIW.pdf>

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 December 31, 2010, Highwoods owned or had an interest in 330 in-service office, industrial and retail properties encompassing approximately 32.4 million square feet and owned 612 acres of development land. The Company's properties and development land are located in Florida, Georgia, Mississippi, Missouri, North Carolina, South Carolina, Tennessee and Virginia. For more information about Highwoods Properties, please visit our web site at www.highwoods.com.