



FOR IMMEDIATE RELEASE

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Highwoods Declares Quarterly Dividends

RALEIGH, NC – July 21, 2011 – Highwoods Properties (NYSE: HIW) Board of Directors today declared a cash dividend of \$0.425 per share of common stock for the quarter ended June 30, 2011. This equates to an annual dividend of \$1.70 per share and is payable on September 7, 2011 to shareholders of record as of August 15, 2011.

The Board also declared a cash dividend of \$21.5625 per share of the Company's 8 5/8% Series A Cumulative Redeemable Preferred Stock. The dividend is payable on August 31, 2011, which is the next regularly scheduled dividend payment date, to shareholders of record as of August 15, 2011.

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 one of the largest owners and operators of office properties in the Southeast and provides leasing, management, development, construction and other customer-related services for its properties and for third parties. At June 30, 2011, Highwoods owned or had an interest in 332 in-service office, industrial and retail properties encompassing approximately 32.7 million square feet and owned 603 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.

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