



FOR IMMEDIATE RELEASE

Ref: 14-04

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Highwoods Declares Quarterly Dividends

RALEIGH, NC – February 5, 2014 – Highwoods Properties (NYSE: HIW) Board of Directors today declared a cash dividend of \$0.425 per share of common stock for the quarter ended December 31, 2013. This equates to an annual dividend of \$1.70 per share and is payable on March 11, 2014 to shareholders of record as of February 18, 2014.

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 February 28, 2014, which is the next regularly scheduled dividend payment date, to shareholders of record as of February 17, 2014.

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 a fully-integrated REIT that provides leasing, management, development, construction and other customer-related services for its properties and for third parties. At December 31, 2013, Highwoods owned or had an interest in 32.2 million rentable square feet of in-service office, industrial and retail properties, 852,000 rentable square feet of office properties under development and approximately 600 acres of development land. The Company's properties and development land are located in Florida, Georgia, Missouri, North Carolina, Pennsylvania, South Carolina, Tennessee and Virginia. For more information about Highwoods Properties, please visit our website at www.highwoods.com.

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