

## **Press Release**

### **RLJ Lodging Trust Announces Dividends for First Quarter of 2023**

Bethesda, MD, March 15, 2023 – RLJ Lodging Trust (the “Company”) (NYSE: RLJ) announced in its Q4 2022 Earnings Release that its Board of Trustees had declared a quarterly cash dividend of \$0.08 per common share of beneficial interest. The dividend is payable on April 17, 2023, to shareholders of record as of March 31, 2023.

The Board of Trustees also declared a quarterly cash dividend of \$0.4875 on the Company’s Series A Preferred Shares. The dividend is payable on April 28, 2023, to shareholders of record as of March 31, 2023.

#### **About Us**

RLJ Lodging Trust is a self-advised, publicly traded real estate investment trust that owns primarily premium-branded, high-margin, focused-service and compact full-service hotels.

**Forward Looking Statements**

*This information contains certain statements, other than purely historical information, including estimates, projections, statements relating to the Company's business plans, objectives and expected operating results, and the assumptions upon which those statements are based, that are "forward looking statements" within the meaning of the Private Securities Litigation Reform Act of 1995, Section 27A of the Securities Act of 1933, as amended, and Section 21E of the Securities Exchange Act of 1934, as amended. These forward-looking statements generally are identified by the use of the words "believe," "project," "expect," "anticipate," "estimate," "plan," "may," "will," "will continue," "intend," "should," "may," or similar expressions. Although the Company believes that the expectations reflected in such forward-looking statements are based upon reasonable assumptions, beliefs and expectations, such forward-looking statements are not predictions of future events or guarantees of future performance and our actual results could differ materially from those set forth in the forward-looking statements. Except as required by law, the Company undertakes no obligation to update or revise publicly any forward-looking statements, whether as a result of new information, future events or otherwise. The Company cautions investors not to place undue reliance on these forward looking statements and urges investors to carefully review the disclosures the Company makes concerning risks and uncertainties in the sections entitled "Risk Factors," "Forward- Looking Statements," and "Management's Discussion and Analysis of Financial Condition and Results of Operations" in the Company's Annual Report, as well as risks, uncertainties and other factors discussed in other documents filed by the Company with the Securities and Exchange Commission.*

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*For additional information or to receive press releases via email, please visit our website:*

*<http://www.rljlodgingtrust.com>*