STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

HIGHWOODS PROPERTIES INC

Form 4

September 13, 2006

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

OMB 3235-0287 Number:

January 31, Expires: 2005

Estimated average burden hours per

response... 0.5

if no longer subject to Section 16. Form 4 or Form 5

Check this box

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

(Print or Type F	Responses)											
1. Name and Address of Reporting Person * Reames W Brian			2. Issuer Name and Ticker or Trading Symbol HIGHWOODS PROPERTIES INC [HIW]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) C/O HIGHV INC., 3100 S SUITE 600	3. Date of Earliest Transaction (Month/Day/Year) 09/12/2006					Director 10% Owner X Officer (give title Other (specify below)						
					4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person _Form filed by More than One Reporting			
RALEIGH,							Person					
(City)	(State)	(Zip)	Tabl	e I - Non-l	Derivative	Secur	ities Acq	uired, Disposed o	f, or Beneficial	ly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year) Execution any (Month/Day		on Date, if	3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D) Price			d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Securities Form: Direct Indirect Beneficially (D) or Beneficial Dwned Indirect (I) Ownershi Following (Instr. 4) (Instr. 4) Reported Fransaction(s)			
Common Stock	09/12/2006			M	2,400	(D)	\$ 20.69	71,360	D			
Common Stock	09/12/2006			S	2,400	D	\$ 37.4	68,960	D			
Common Stock	09/12/2006			M	100	A	\$ 24.99	69,060	D			
Common Stock	09/12/2006			S	100	D	\$ 37.56	68,960	D			
	09/12/2006			M	300	A		69,260	D			

Edgar Filing: HIGHWOODS PROPERTIES INC - Form 4

Common Stock					\$ 24.99		
Common Stock	09/12/2006	S	300	D	\$ 37.55	68,960	D
Common Stock	09/12/2006	M	6,600	A	\$ 24.99	75,560	D
Common Stock	09/12/2006	S	6,600	D	\$ 37.54	68,960	D
Common Stock	09/12/2006	M	6,145	A	\$ 24.99	75,105	D
Common Stock	09/12/2006	S	6,145	D	\$ 37.53	68,960	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	CransactionDerivative Code Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Options	\$ 20.69	09/12/2006		M		2,400	<u>(1)</u>	02/28/2010	Common Stock	2,400
Options	\$ 24.99	09/12/2006		M		13,145	<u>(1)</u>	02/28/2011	Common Stock	13,145

Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer	Other			
Reames W Brian C/O HIGHWOODS PROPERTIES, INC.			Sr. Vice President				

 $3100~{\rm SMOKETREE~COURT,~SUITE~600}$

Reporting Owners 2

Edgar Filing: HIGHWOODS PROPERTIES INC - Form 4

Date

RALEIGH, NC 27604

Signatures

/s/Mack D. Pridgen, III for William B.
Reames 09/13/2006

**Signature of Reporting Person

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Option vests ratably on the first through fourth anniversaries of grant date.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

Signatures 3