

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF
SECURITIESFiled pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the
Investment Company Act of 1940

1. Name and Address of Reporting Person *			2. Date of Event Requiring Statement (MM/DD/YYYY)		3. Issuer Name and Ticker or Trading Symbol	
Reames W Brian			9/2/2004		HIGHWOODS PROPERTIES INC [HIW]	
(Last) (First) (Middle)			4. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
C/O HIGHWOODS PROPERTIES, INC., 3100 SMOKETREE COURT, SUITE 600			<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> X Officer (give title below) <input type="checkbox"/> Other (specify below) Sr. Vice President /			
(Street)			5. If Amendment, Date Original Filed (MM/DD/YYYY)		6. Individual or Joint/Group Filing (Check Applicable Line)	
RALEIGH, NC 27604					<input checked="" type="checkbox"/> X Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person	
(City) (State) (Zip)						

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	54393	D	

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

1. Title of Derivate Security (Instr. 4)	2. Date Exercisable and Expiration Date (MM/DD/YYYY)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
Stock Option (right to buy)	(1)	4/1/2006	Common Stock	18750	\$27.50	D	
Stock Option (right to buy)	(1)	3/25/2009	Common Stock	19891	\$22.19	D	
Stock Option (right to buy)	(1)	2/28/2010	Common Stock	2400	\$20.69	D	
Stock Option (right to buy)	(1)	2/28/2010	Common Stock	3200	\$14.59	D	
Stock Option (right to buy)	(1)	2/28/2011	Common Stock	23145	\$24.99	D	
Stock Option (right to buy)	(1)	2/28/2012	Common Stock	22004	\$27.05	D	
Stock Option (right to buy)	(1)	2/28/2013	Common Stock	29015	\$21.01	D	
Stock Option (right to buy)	(1)	2/28/2014	Common Stock	23312	\$26.15	D	
Phantom Stock (2)	1/31/2006	1/31/2006	Common Stock	518.75	(3)	D	

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

1. Title of Derivate Security (Instr. 4)	2. Date Exercisable and Expiration Date (MM/DD/YYYY)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
Phantom Stock (2)	1/31/2007	1/31/2007	Common Stock	1654.35	(3)	D	
Phantom Stock (2)	1/31/2007	1/31/2007	Common Stock	59.21	(3)	D	
Phantom Stock (2)	1/31/2007	1/31/2007	Common Stock	63.8	(3)	D	
Phantom Stock (2)	1/31/2007	1/31/2007	Common Stock	65.63	(3)	D	
Phantom Stock (2)	1/31/2008	1/31/2008	Common Stock	560.26	(3)	D	
Phantom Stock (2)	1/31/2008	1/31/2008	Common Stock	635.96	(3)	D	
Phantom Stock (2)	1/31/2008	1/31/2008	Common Stock	932.73	(3)	D	
Phantom Stock (2)	1/31/2008	1/31/2008	Common Stock	1506.14	(3)	D	
Phantom Stock (2)	1/31/2009	1/31/2009	Common Stock	1667.55	(3)	D	
Phantom Stock (2)	1/31/2009	1/31/2009	Common Stock	929.2	(3)	D	
Phantom Stock (2)	1/31/2009	1/31/2009	Common Stock	787.29	(3)	D	
Phantom Stock (2)	1/31/2009	1/31/2009	Common Stock	864.55	(3)	D	
Phantom Stock (2)	1/31/2010	1/31/2010	Common Stock	1490.57	(3)	D	
Phantom Stock (2)	1/31/2010	1/31/2010	Common Stock	934.85	(3)	D	

Explanation of Responses:

- (1) Option vests ratably on the first through fourth anniversaries of grant date.
- (2) Pursuant to issuer's Deferred Compensation Plan adopted under its 1994 Stock Option Plan.
- (3) Security converts to cash price of common stock on a one-for-one basis.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Reames W Brian C/O HIGHWOODS PROPERTIES, INC. 3100 SMOKETREE COURT, SUITE 600 RALEIGH, NC 27604			Sr. Vice President	

Signatures

Cynthia M. Latvala for W. Brian Reames

10/1/2004

**Signature of Reporting Person

Date

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

* If the form is filed by more than one reporting person, see Instruction 5(b)(v).

CONFIRMING STATEMENT

This Statement confirms that the undersigned has authorized and designated each of Mack D. Pridgen III and Cynthia M. Latvala to execute and file on the undersigned's behalf all Forms 3, 4 and 5 (including any amendments thereto) that the undersigned

may be required to file with the U.S. Securities and Exchange Commission as a result of the undersigned's ownership of or transactions in securities of Highwoods Properties, Inc. The authority of Mack D. Pridgen III and Cynthia M. Latvala under this Statement shall continue until the undersigned is no longer required to file Forms 3, 4 and 5 with regard to the undersigned's ownership of or transactions in securities of Highwoods Properties, Inc., unless earlier revoked in writing. The undersigned acknowledges that Mack D. Pridgen III and Cynthia M. Latvala are not assuming any of the undersigned's responsibilities to comply with Section 16 of the Security Exchange Act of 1934.

Date: 9/28/2004
Reames

Name: W. Brian

Signature: /s/ W. Brian Reames