

FORM 4

[] Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed 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 * GIBSON RONALD P <div style="text-align: center;">(Last) (First) (Middle)</div> C/O HIGHWOODS PROPERTIES, INC., 3100 SMOKETREE COURT, SUITE 600 <div style="text-align: center;">(Street)</div> RALEIGH, NC, NC 27604 <div style="text-align: center;">(City) (State) (Zip)</div>	2. Issuer Name and Ticker or Trading Symbol HIGHWOODS PROPERTIES INC [HIW]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)
3. Date of Earliest Transaction (MM/DD/YYYY) <div style="text-align: center;">12/15/2004</div>		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
4. If Amendment, Date Original Filed (MM/DD/YYYY)		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock								163626 (1)	D	
Common Stock	1/3/2005		M		100	A	\$12.10 (2)	163726	D	
Common Stock	1/3/2005		S		100	D	\$27.73	163626	D	
Common Stock	1/3/2005		M		100	A	\$12.10 (2)	163726	D	
Common Stock	1/3/2005		S		100	D	\$27.71	163626	D	
Common Stock	1/3/2005		M		4600	A	\$12.10 (2)	168226	D	
Common Stock	1/3/2005		S		4600	D	\$27.70	163626	D	
Common Stock	1/3/2005		M		5100	A	\$12.10 (2)	168726	D	
Common Stock	1/3/2005		S		5100	D	\$27.66	163626	D	
Common Stock	1/3/2005		M		500	A	\$12.10 (2)	164126	D	
Common Stock	1/3/2005		S		500	D	\$27.60	163626	D	
Common Stock	1/3/2005		M		500	A	\$12.10 (2)	164126	D	
Common Stock	1/3/2005		S		500	D	\$27.59	163626	D	
Common Stock	1/3/2005		M		700	A	\$12.10 (2)	164326	D	
Common Stock	1/3/2005		S		700	D	\$27.58	163626	D	
Common Stock	1/3/2005		M		4800	A	\$12.10 (2)	168426	D	
Common Stock	1/3/2005		S		4800	D	\$27.57	163626	D	
Common Stock	1/3/2005		M		32800	A	\$12.10 (2)	196426	D	
Common Stock	1/3/2005		S		32800	D	\$27.55	163626	D	
Common Stock	1/3/2005		M		700	A	\$12.10 (2)	164326	D	
Common Stock	1/3/2005		S		700	D	\$27.50	163626	D	

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

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	6. Date Exercisable and Expiration Date		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Units (3)	(4)	12/15/2004		G		9125	(4)	(4)	Common Stock	9125	(4)	56352	D	
Units (3)	(4)	12/22/2004		G		1617	(4)	(4)	Common Stock	1617	(4)	54735	D	
Units (3)	(4)	12/22/2004		G		1797	(4)	(4)	Common Stock	1797	(4)	52938	D	

Table II - Derivative Securities Beneficially Owned (e.g. , puts, calls, warrants, options, convertible securities)															
1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Units (3)	(4)	12/22/2004		G			360	(4)	(4)	Common Stock	360	(4)	52578	D	
Units (3)	(4)	12/22/2004		G			360	(4)	(4)	Common Stock	360	(4)	52218	D	
Units (3)	(4)	12/22/2004		G			180	(4)	(4)	Common Stock	180	(4)	52038	D	
Units (3)	(4)	12/22/2004		G			1797	(4)	(4)	Common Stock	1797	(4)	50241	D	
Stock Option (right to buy)	\$12.10 (2)	1/3/2005		M			49900	(5)	2/28/2010	Common stock	49900	(6)	198801 (7)	D	

Explanation of Responses:

- (1) Includes 646 shares acquired in 2004 through the issuer's employee stock purchase plan, and an additional 1,901 shares acquired through reinvestment of dividends pursuant the issuer's DRIP.
- (2) Exercise price adjusted pursuant to terms approved at the time of grant.
- (3) Limited partnership units in the issuer's operating partnership.
- (4) Each limited partnership unit in the issuer's operating partnership may be redeemed for cash equal to the fair market value of a share of the issuer's common stock or, at the election of the issuer, a share of the issuer's common stock.
- (5) Option vests ratably on the first through fourth anniversaries of grant date.
- (6) Please refer to the Exercise Price in Table II, Column 2.
- (7) Total stock options granted was 248,701. 50,000 of the stock options granted have an exercise price, subject to adjustment, of \$12.10 as of 01/03/2005. The exercise price of the remaining 198,701 is \$20.69.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
GIBSON RONALD P C/O HIGHWOODS PROPERTIES, INC. 3100 SMOKETREE COURT, SUITE 600 RALEIGH, NC, NC 27604	X			

Signatures

Cynthia M. Latvala, for Ronald P. Gibson

1/4/2005

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 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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