

NEWS RELEASE

NR #09-01

Drilling at Woodjam Advances Three Copper-Gold Zones Southeast Zone Returns 0.69% Copper and 0.27 g/t Gold over 359.12 metres (1,178.21 feet); Significant Mineralization Discovered in Deerhorn and Takom Zones

Vancouver, BC, January 6, 2009 — Fjordland Exploration Inc. (TSX-V: [FEX](#)) is pleased to report that the Woodjam Joint Venture, comprised of Fjordland (60%) and Cariboo Rose Resources Ltd. (TSX-V: [CRB](#)) (40%), has received the results of eight drill holes completed in October and November at the Woodjam property in central British Columbia. During 2008, approximately 7,700 metres (m) in 18 holes were completed. Drill hole WJ-08-84, in the Southeast Zone, was deepened from 356.01 m to 485.0 m with the entire hole now returning **0.69% copper and 0.27 g/t gold over 359.12 metres (1,178.21 feet)** and was still in mineralization at the bottom of the hole.

Three additional holes were completed in the Southeast Zone, one hole was drilled in the Takom Zone, two holes were completed in the newly discovered Deerhorn target and a reconnaissance hole was drilled in the East Megabuck target. The Deerhorn and Takom holes are located approximately 4 kilometers north and 2.5 kilometers west of the Southeast Zone, respectively.

Tom Schroeter, President of Fjordland commented, “This has been an extremely successful year exploring the Woodjam property and the results have again bolstered our belief that this is a large copper-gold-molybdenum district. We are continuing to discover new mineralized areas with every campaign and look forward to advancing all four target areas in the New Year.”

| Hole ID | Area | From (m) | To (m) | Core Length (m) | Cu % | Au g/t | Mo % |
|------------------|-------------------|----------|--------------|-----------------|------|--------|-------|
| WJ-08-84 | SE Zone | 125.88 | 485.00 (eoh) | 359.12 | 0.69 | 0.27 | 0.006 |
| including | | 125.88 | 326.64 | 200.76 | 1.01 | 0.44 | 0.002 |
| including | | 260.64 | 311.64 | 51.00 | 1.61 | 0.84 | 0.004 |
| WJ-08-95 | SE Zone | 100.98 | 367.81 (eoh) | 267.23 | 0.25 | 0.06 | 0.006 |
| including | | 103.00 | 148.00 | 45.00 | 0.37 | 0.11 | 0.001 |
| WJ-08-96 | SE Zone | 173.74 | 425.81 (eoh) | 252.07 | 0.39 | 0.09 | 0.008 |
| including | | 245.97 | 270.35 | 24.38 | 0.47 | 0.11 | 0.006 |
| including | | 317.00 | 347.00 | 30.00 | 0.49 | 0.13 | 0.005 |
| WJ-08-97 | SE Zone | 131.06 | 270.36 (eoh) | 139.30 | 0.13 | 0.02 | 0.007 |
| WJ-08-87 | Takom | 98.62 | 226.00 | 127.28 | 0.26 | 0.40 | - |
| including | | 109.20 | 181.00 | 71.80 | 0.34 | 0.60 | - |
| including | | 109.20 | 142.00 | 32.80 | 0.45 | 1.04 | - |
| WJ-08-92 | Deerhorn | 43.59 | 279.81 (eoh) | 236.22 | 0.10 | 0.13 | - |
| including | | 43.59 | 91.50 | 47.91 | 0.12 | 0.22 | - |
| Including | | 214.50 | 243.02 | 28.52 | 0.21 | 0.54 | - |
| WJ-08-93 | Deerhorn | 33.53 | 102.50 | 68.97 | 0.22 | 0.50 | - |
| including | | 75.50 | 90.50 | 15.00 | 0.32 | 0.87 | - |
| WJ-08-94 | E Megabuck | 31.00 | 37.00 | 6.00 | 0.04 | 0.85 | 0.001 |
| including | | 196.00 | 208.00 | 12.00 | 0.10 | 0.12 | 0.001 |

Notes: 1. eoh = end of hole

2. All downhole intervals for hole 08-84 reported in October 11, 2008 news release were in actuality 3.36 metres closer to surface. All intervals have been corrected as stated.

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The four holes drilled in the Southeast Zone continued to expand the copper-gold-molybdenum mineralization, where all 18 holes completed to date in the target are mineralized from the bedrock interface to the bottom of the holes. Drilling at 100 m or closer spacing now covers an area of approximately 300 m by 600 m and the mineralization is open for extensions in all directions including to depth. Less than one-fifth of the 1.0 by 1.5 km IP chargeability high anomaly has been drill tested.

Hole WJ-08-87 was completed in the Takom Zone and represents the best grade intercept for this zone to date, returning 127.28 m of 0.26% copper and 0.40 g/t gold and including 32.80 m grading 0.45% copper and 1.04 g/t gold. This hole appears to indicate a zone of mineralization with a northerly trend extending from previously drilled holes WJ-05-48 and WJ-07-77. The mineralization here is displaying similar copper-gold ratios to the Megabuck Zone which commonly grades 1.0 g/t gold. This is the first time that drilling in the 3.0 km long Takom IP geophysical anomaly has indicated a well mineralized zone.

Two holes, WJ-08-92 and 93, drilled in the Deerhorn IP chargeability/magnetic geophysical target, resulted in the discovery of a new mineralized area. Hole 92 intersected 236.22 m grading 0.10% copper and 0.13 g/t gold, including 28.52 m grading 0.21% copper and 0.54 g/t gold. Hole 93 intersected 68.97 m grading 0.22% copper and 0.50 g/t gold, including 15 m grading 0.32% copper and 0.87 g/t gold. The holes were drilled along the edge of the anomaly and intersected quartz-chalcopyrite-magnetite stockworks carrying significant gold values, similar in character to the Megabuck Zone. The geophysical anomaly measures approximately 400 m by 800 m and this was the first time it has been tested.

A reconnaissance hole, WJ-08-94, was completed south of the Deerhorn target and approximately 1.5 km northeast of the Megabuck Zone. This hole was anomalous in copper from the bedrock interface to the bottom of the hole. Two narrow intercepts (at 31.00 m and 196.00 m) carrying anomalous gold values are associated with quartz-tourmaline veining which is commonly occur in close proximity to mineralized zones. A large area of anomalous chargeability lies to the southwest of this hole and has not yet been drill tested.

Analysis was performed by Acme Analytical Laboratories, a certified facility in Vancouver, BC, using multi-element (ICP-ES) 2 Acid Digestion (1D) procedures, with gold and silver values determined using fire assay procedures. Re-analyses of samples assaying in excess of 10,000 ppm copper were performed by ICP-ES 4 Acid Digestion (7AR) procedures. External standards were inserted into the sample sequence at a ratio of approximately one standard per twenty-five samples. Bruce Laird, P.Geol., Mincord Exploration Consultants Ltd., supervised the 2008 drilling program and sampling protocol. Tom Schroeter, P.Eng./P.Geol., who is a qualified person within the context of National Instrument 43-101, has read and takes responsibility for this news release.

About Fjordland Exploration Inc.

Fjordland Exploration Inc. is a mineral exploration company focused on the discovery of gold, copper and molybdenum deposits in British Columbia. Fjordland holds a 60% interest in the 48,000-hectare Woodjam copper-gold-molybdenum property in south central British Columbia, and is operator of the project; Cariboo Rose Resources Ltd. holds the remaining 40% interest. Fjordland is also the operator in a 50%-50% joint venture with Serengeti Resources Inc. on the QUEST project to explore 27 properties totaling approximately 144,000 hectares in the heart of British Columbia's under-explored Quesnel Terrane for precious and base metals. Shares of Fjordland Exploration Inc. trade on the TSX Venture Exchange under the symbol "FEX". For further information visit the Company's website at www.fjordlandex.com.

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The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.

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