



510 Burrard Street, Suite 510
Vancouver, B.C. V6C 3A8
Tel: (604) 893-8365
Fax: (604) 669-8336
info@fjordlandex.com
www.fjordlandex.com

NEWS RELEASE

NR#10-03

Gold Fields Resumes Drilling at Woodjam North, B.C.

Vancouver, BC, February 10, 2010 – Fjordland Exploration Inc. (TSX-V: FEX) and Cariboo Resources Ltd (TSX-V: CRB), the Woodjam Joint Venture (“WJV”) 60%/40% partners, are pleased to report that **Gold Fields Horsefly Exploration Corporation** (a member of the Gold Fields Limited group of companies (NYSE: GFI) has resumed drilling on the 40,750-hectare Woodjam North gold-copper property, located 45 km east of Williams Lake in central British Columbia. This Phase Two, winter 2010 drilling program is a continuation of a budgeted \$2.5 million, 12-month program which began in July 2009. Phase One drilling between October and December, 2009 consisted of 14 holes totalling 4,582 m on the Takom (11 holes) and Deerhorn (3 holes) zones (see January 12, 2010 News Release for details).

Gold Fields plans to complete 3,000 to 4,000 m of drilling in approximately 12 holes. At Takom, four holes (~ 1,200 m) are planned to follow up on significant drill intersections obtained from holes WJ07-77, WJ08-87, TK09-001 and TK09-008 and 010, over a northeasterly mineralized trend measuring over 500 m in strike. Within this trend, hole TK09-001 returned 329.6 m grading 0.24% Cu and 0.27 g/t Au, including 101 m grading 0.43% Cu and 0.58 g/t Au.

At Deerhorn, four holes (~ 1,200 m) are planned to follow up significant drill intersections from four of five holes completed to date on this zone discovered in 2008. Hole WJ08-93 returned 69 m grading 0.22% Cu and 0.5 g/t Au, and DH09-003 returned 173 m grading 0.12% Cu and 0.50 g/t Au, including 89.5 m grading 0.26% Cu and 1.17 g/t Au. The remainder of the proposed drilling (four holes) is planned to investigate previously untested geochemical and magnetic anomalies east of the Megabuck and north of the Southeast zones, respectively – an area referred to as Spellbound.

Preliminary results from a 9,114 line-km low-level, high resolution airborne magnetic survey, an 85 line-km induced polarization survey and a 4,250-sample soil survey have resulted in the identification of several additional targets for future drill testing, including the Corner Lake area, north of the Megabuck and Deerhorn zones.

Tom Schroeter, President of Fjordland commented, “The Phase One program recently completed by Gold Fields has provided additional significant drill assays from the Takom and Deerhorn zones, as well as identifying several new target areas ready for drill testing. We are very pleased to see the resumption of a winter drilling program, demonstrating Gold Fields commitment to the project, as well as the ability to work year-round in this easily-accessible region of BC.”

Gold Fields has an option to earn up to a 70% interest in the Woodjam North Property by spending \$19 million in exploration by July 2016 (see July 30, 2009 News Release for details).

T.G. Schroeter, P.Eng./P.Geo., who is a qualified person within the context of National Instrument 43-101, has read and takes responsibility for this news release.

About Gold Fields Limited

Gold Fields is one of the world's largest unhedged producers of gold with attributable production of 3.6 million ounces* per annum from nine operating mines in South Africa, Ghana, Australia and Peru. Gold Fields also has an extensive growth pipeline with both greenfields and near mine exploration projects at various stages of development. Gold Fields has total attributable Mineral Reserves of 81 million ounces and Mineral resources of 271 million ounces.

**Based on the annualized run rate for the first quarter of F2010.*

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. Of the 20 properties Fjordland currently owns, the Woodjam North and Woodjam South properties are part of the Woodjam Joint Venture between Fjordland (60%) and Cariboo Rose Resources Ltd (40%). Fjordland has a 100% interest in 7 other properties in the Woodjam area. Fjordland and Serengeti Resources Inc. are 42%/58% partners (QUEST) exploring 11 properties totalling 100,000 hectares in the Quesnel terrane, north and south of Prince George. Fjordland Exploration Inc. trades on the TSX Venture Exchange under the symbol "FEX". For more information please visit the Company's website at www.fjordlandex.com.

Tom Schroeter
President & CEO

Contact:

John Gomez
Manager, Investor Relations
Tel. 604-893-8365

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