



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

## NEWS RELEASE

NR#10-04

### Gold Fields Doubles Drilling Plans at Woodjam North, B.C.

**Vancouver, BC, March 2, 2010 – Fjordland Exploration Inc. (TSX-V: FEX) and Cariboo Resources Ltd (TSX-V: CRB),** the Woodjam Joint Venture “WJV” 60%/40% partners, have been informed by **Gold Fields Horsefly Exploration Corporation** (a member of the Gold Fields Limited group of companies (NYSE: GFI)) that it has recently decided to increase its planned winter drilling program, which resumed on February 10, 2010, to 7,000 metres. The 12-month program which began in July, 2009 is budgeted at \$3 million.

Gold Fields now plans to drill several additional holes tracing the northeasterly mineralized trend in the Takom Zone, as previously described. The drill will then move onto the Deerhorn Zone and Spellbound area, as reported earlier.

Tom Schroeter, President of Fjordland commented, “The WJV is pleased with Gold Fields’ recent decision to significantly expand the winter drilling program. We look forward to receiving results of the drilling program over the next several months and reporting on them in a timely manner.”

#### **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 trades on the TSX Venture Exchange under the symbol “FEX”. For more information please visit the Company’s website at [www.fjordlandex.com](http://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.