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NEWS RELEASE

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Fjordland Acquires Eight Gold-Copper Properties

Over 45,000 Hectares Covering Gold-Copper Targets in Underexplored Region South of Historic Mining Camp

Vancouver, BC, March 3, 2010 – Fjordland Exploration Inc. (TSX-V: FEX) is pleased to report that, as a result of its recent successes at their Woodjam Project, it has recently acquired a 100% interest in eight properties located in the south Cariboo region of central British Columbia, believed by Company geologists to be prospective for copper-gold, porphyry-type deposits.

The properties (Boss, Canim, Coffee, Hazel, Howard Lake, LaHache, Moffat and Tisdall), consist of 45,100 hectares, and are located within the prolific Quesnel Terrane, between Imperial Metals' (TSX: III) Mount Polley gold-copper mine in the northwest and Canim Lake in the south, an area encompassing approximately 50 km in length and 40 km in width. One of the claim groups comprising the Hazel group is surrounded by Imperial's Mount Polley property. A map of the new properties is available at <http://www.fjordlandex.com/galleries/woodjam2.html>.

Taseko Mines' (TSX: TKO) recently expanded Gibraltar copper-molybdenum mine and Xstrata's past-producing Boss Mountain molybdenum mine are located approximately 50 km to the northwest and at the eastern side of the area, respectively. In addition, recent government mine approvals for Imperial Metals' Red Chris, Taseko Mines' Prosperity and Terrane Metals' (TSX-V: TRX) Mt. Milligan copper-gold properties in British Columbia, as well as recent expansion plans announced for the Teck Resources' (TSX: TCK, NYSE: TCK) Highland Valley Copper copper-molybdenum mine and the recent start of construction at Copper Mountain Mining's (TSX: CUM) past-producing Copper Mountain copper-gold mine to the south, are very encouraging indicators for the future of the mining industry in the Province.

Between 2007 and 2008, the Woodjam Joint Venture ("WJV") (60% Fjordland/40% Cariboo Rose Resources Ltd (TSX-V: CRB)) discovered two new and potentially significant mineralized porphyry-style gold-copper zones on their Woodjam Property, located 45 km east of the city of Williams Lake. In 2009, Gold Fields Horsefly Exploration Corporation (a member of the Gold Fields Limited group of companies (NYSE: GFI)), under an option agreement with the WJV, carried out a large, systematic exploration program, including limited drilling, on the Woodjam North Property. Gold Fields has just recently resumed a winter drilling program.

Based on the knowledge gained from these recent exploration programs, Fjordland has expanded its interests in the region. The eight properties acquired by staking cover areas of favourable geology and prospective magnetic anomalies. Much of the area acquired is covered by extensive overburden, which has hampered traditional, historic exploration programs. In particular, the northern portion of the Late Triassic to Early Jurassic Takomkane batholith represents a good area for discovery, as evidenced the WJV's recent Southeast Zone copper-gold-molybdenum discovery on the Woodjam South Property. The age of mineralization here (~ 197 Ma) is younger than that at both the Mount Polley and Gibraltar mines to the north and northwest, respectively, but falls within the range of mineralization published for the giant Highland Valley Copper deposits to the south with average daily mill throughput at over 120,000 tonnes.

Fjordland is exploring the option of farming out the eight properties as a package, or conducting exploration programs on its own.

Tom Schroeter, President of Fjordland commented, “The rejuvenation or reactivation of numerous large open-pit and/or underground porphyry-hosted copper-gold projects heralds a new era of development and exploration for these types of deposits in British Columbia. Fjordland is well positioned for discovery with a commanding land position in this well-endowed part of the world.”

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 8 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.

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