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NEWS RELEASE

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Fjordland Expands Tak Gold-Copper Property Portfolio, Central B.C.

Over 52,000 Hectares Covering Gold-Copper Targets in Underexplored Region

Vancouver, BC, June 2, 2010 – Fjordland Exploration Inc. (TSX-V: FEX) is pleased to report that the Company has recently acquired additional claims by staking and now holds a 100% interest in seven properties, the Tak Project, located in the easily accessible south Cariboo region of central British Columbia. The region is believed by Company geologists to be prospective for gold-copper, porphyry-type deposits, as evidenced by recent discoveries on the Woodjam North and South properties.

The properties (Canim, Hazel, Howard Lake, HR, LaHache, Moffat and Tisdall), comprise 52,342 hectares, and are located within the prolific Quesnel terrane, between Imperial Metals' (TSX-V: III) Mount Polley gold-copper mine in the northwest and Canim Lake to the south, an area encompassing approximately 50 km in length and 40 km in width. The Hazel group is surrounded by Imperial's Mount Polley property. Recently acquired ground now links the previously named Boss and Coffee properties with the Moffat property; they have now been consolidated into the Moffat Property. The Tak properties now comprise almost as much land as the nearby 56,150-ha Woodjam project. A map of the new properties is available at <http://www.fjordlandex.com/news/nr10-10b>.

The seven properties cover areas of favourable geology and prospective magnetic anomalies; furthermore, much of the area 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.

Over the past couple of months, the Company has signed confidentiality agreements with two major international mining companies with respect to the Tak Package of claims. Permits for exploration programs on all seven properties this year are now in place.

Tom Schroeter, President of Fjordland commented, "The interest shown in the Tak Package by major international mining companies and the pending development and expansion plans for several porphyry copper-gold-molybdenum projects/mines attests to the importance and exploration potential 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."

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 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%). Gold Fields Horsefly Exploration Corporation, a member of the

Gold Fields Limited group of companies (NYSE: GFI), has options on both Woodjam properties. Fjordland has a 100% interest in 7 other properties (Tak Package) in the Woodjam area. Fjordland and Serengeti Resources Inc. (TSX-V: SIR) are 41%/59% partners (QUEST) exploring 11 properties totalling 100,000 hectares in the Quesnel terrane, north and south of Prince George. Fjordland also has a 100% interest in two properties located immediately west of Terrane Metals Corp.'s (TSX-V: TRX) Mt. Milligan property. 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.