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NEWS RELEASE

NR #10-11

Fjordland Grants Stock Options

Vancouver, BC, June 7, 2010 — **Fjordland Exploration Inc.** (TSX-V: [FEX](#)) has granted 125,000 stock options to an officer under the Company's stock option plan. The options are exercisable for five years at \$0.10 per share. This option grant is subject to the policies of the TSX Venture Exchange.

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.

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