



Mountain Lake Resources Inc.

Purdy's Wharf, Tower 1
Ste 1700, 1959 Upper Water Street
Halifax, NS, B3J 3N2
Tel.: 604.839.6946

News Release

Mountain Lake Encounters 4.7% Zinc Intercept on Cornerstone Option Near its Bobby's Pond Deposit

Downhole Pulse EM Survey and further drilling planned to test for additional massive sulphides in large alteration system

Halifax, Nova Scotia – July 26, 2007 – Mountain Lake Resources Inc. (TSX-V: MOA) (“Mountain Lake” or the “Company”) is pleased to report it has encountered widespread base metals in two of the three holes completed on the Cornerstone Option located ~2.5 km south-southwest from its 100% owned Bobby's Pond zinc-copper (Zn-Cu) base metals deposit in Central Newfoundland including a 1 meter intercept of 4.7% Zn in Hole BPR-07-02.

A total of 956.45 meters were drilled in 3 holes. The strategy was to test a 600 meter gap between previous INCO drill holes and to test the alteration system at depth. The drill holes have been lined with plastic tubing so that a downhole Pulse EM survey can be conducted later this Summer when the equipment is available.

Hole BPR-07-01 targeted the alteration zone beneath a 1988 INCO hole (drilled before the discovery of the Bobby's Pond Deposit), which intersected a wide alteration zone containing minor base metals. The recently completed hole intersected a 14 meter interval of 0.42% Zn from 402 meters to 416 meters.

Hole BPR-07-02, drilled 200 meters grid west of BPR-07-01, also encountered a wide zone of alteration and base metal mineralization with intervals of 0.29% lead (Pb), 0.47% Zn over 5 meters from 235.5 to 240.5 meters and 0.03% Pb and 1.82% Zn over 3 meters from 244.5 to 247.5 meters. This included a 1 meter interval of .05% Pb and 4.7% Zn from 245.5 to 246.5 meters. Cu, silver (Ag) and gold (Au) values were insignificant.

BPR-07-03, drilled an additional 200 meters grid west of BPR-07-02, encountered strong silicification, patchy sericitization and pyrite throughout much of the hole but no significant base metals.

Targeting for additional drill holes will be determined once the results of the downhole Pulse EM surveys have been received. Attention will be focused this summer on field programs to generate targets for drill testing on the Cornerstone Option to the northeast of Mountain Lake's 100% owned mining lease.

With respect to diamond drilling, sample analyses and quality assurance/quality control procedures: all holes are NQ sized core which have been photographed, logged, and diamond saw cut at the core logging facility located in Buchans, Newfoundland. Half of the core was submitted to Eastern Analytical Laboratories in Springdale, Newfoundland for analysis for base metals (zinc, copper, lead

and silver) with an AA finish. Gold was analyzed by 30 gram Fire Assay with an AA finish. QA QC procedures involve the inclusion of Standards (1 in 20), Blank Samples (1 in 20), and Sample Duplicates (1 in 20) using Eastern Analytical's internal Standards and Blank Samples.

Mr. Gary Woods, P.Geo., President and CEO of Mountain Lake, is the Qualified Person on the Bobby's Pond project, and has reviewed and verified the contents of this news release.

About the Bobby's Pond Project

Bobby's Pond deposit hosts a NI 43-101 compliant mineral resource estimate (Jan. 2007), which includes: an indicated resource of 840,000 tonnes of 6.30% Zn, 0.93% Cu, 0.53 Pb%, 20 g/t Ag and minor Au values; and an inferred resource of 480,000 tonnes of 6.36% Zn, 1.07% Cu, 0.38 Pb%, 15 g/t Ag and minor Au values. The Bobby's Pond project (Mining Lease 187/4881M) is located in the Buchans area of central Newfoundland, renowned for the historic Buchans Mines (Production 1928-1984) and host to several other active massive sulphide projects including Aur Resources' Duck Pond deposit and new mine/mill operation. The Bobby's Pond deposit is located approximately 45 kilometers west (by road) of Duck Pond.

JEA Grant

Mountain Lake's application for the Province of Newfoundland and Labrador's JEA grant program was accepted in May 2007 and if all the terms of the grant are met, then Mountain Lake will receive 50% of the costs of the 2007 drill program to a maximum reimbursement of \$100,000. Mountain Lake wishes to thank the Department of Natural Resources for approving Mountain Lake's application thus allowing for additional drilling to take place on the project.

About Mountain Lake Resources Inc.

Mountain Lake Resources Inc. (TSX-V: MOA) is a diversified junior mining and exploration company whose corporate strategy is to build shareholder value through the exploration and development of economically viable mineral properties. Current projects include: a 100% interest in the Bobby's Pond Base Metal Project; the Valentine Lake Gold Project, in which Richmond Mines Inc. is earning a 70% interest; and a 17.2% stake in Etruscan Diamonds Limited, a producing diamond miner in South Africa. *For more information visit: www.mountain-lake.com*

For corporate, media, or investor inquiries, please contact:

Greg Lytle,
Lytle & Associates
North America toll-free: (866) 285-5817
International & Vancouver: (604) 839-6946
Email: info@mountain-lake.com

ON BEHALF OF THE BOARD OF DIRECTORS

s/“Gary Woods”

President & CEO