



Mountain Lake Resources Inc.

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News Release

Mountain Lake Adds Mining Engineer to Board of Directors

Bill Rogers brings 35 years of operational, project and mine management experience to Mountain Lake

Halifax, Nova Scotia, June 30, 2009 – Mountain Lake Resources Inc. (TSX-V: MOA) (“Mountain Lake” or the “Company”) is pleased to announce the appointment of William C. Rogers, P.Eng., to the Board of Directors.

Mr. Rogers brings 35 years of operational, project and mine management experience to the Company. His career began in the mid-1970s and has included positions with: Inco as project engineer, mine planning engineer and mine foreman at Stobie Mine in Sudbury, Ontario; Potash Company of America as chief mine engineer of their operation near Sussex, New Brunswick; Hudson Bay Mining & Smelting Co as chief mine engineer of the Ruttan Mine, Manitoba, and as chief engineer of mines and manager of small mines/capital projects in Flin Flon, Manitoba; Noranda / Falconbridge / Xstrata as project manager - greenfield projects and mine acquisitions, mine operations manager of the Brunswick Mine, New Brunswick, and most recently as mines manager responsible for the operation and maintenance of their underground Ni-Cu mines located near Sudbury, Ontario.

Mr. Rogers is a member of the Professional Engineers Association of the province of Ontario. He has an Applied Science Certificate from Acadia University and received his Bachelor of Engineering – Mining from the Technical University of Nova Scotia.

“We are very pleased that Bill has agreed to join the Company,” stated Gary Woods, President & CEO of Mountain Lake. “His experience will be a valuable asset in project analysis ranging from preliminary economic evaluations through to feasibility studies and beyond. Adding Bill will significantly broaden the technical strength of the Board.”

The Company also reports that it has accepted the resignation of Brian Twohey, who has been a director of Mountain Lake since February 2006 and is leaving to focus on his other interests. The Board of Directors would like to thank Mr. Twohey for his service to the Company and wish him every success in his future endeavours.

The Company has granted incentive stock options to a director and an officer to purchase up to 200,000 shares at \$0.25 per share per share until June 22, 2014.

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 30% interest in the Valentine Lake gold project (Newfoundland) with an option to acquire the remaining 70% interest from Richmond Mines Inc.; a 100% interest in the Bobby's Pond base metals project (Newfoundland) with an option to acquire initially a 51% interest in the surrounding claims from Cornerstone Resources; an option to earn a 100% interest in the Little River gold exploration property (Newfoundland); and a 13.07% stake in Etruscan Diamonds Limited, an alluvial diamond operation (South Africa). *For more information visit: www.mountain-lake.com*

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ON BEHALF OF THE BOARD OF DIRECTORS

s/“Gary Woods”

President & CEO

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