

**NEWS RELEASE**

NR#11-11

**Drilling at Woodjam South (Southeast Zone) Yields 349.3 m Grading 0.36% Copper, 0.05 g/t Gold and 0.006% Molybdenum, Including 53 m Grading 0.67% Copper, 0.04 g/t Gold and 0.005% Molybdenum**

Vancouver, BC, June 16, 2011 – Fjordland Exploration Inc. (TSX-V: FEX) and Cariboo Rose Resources Ltd. (TSX-V: CRB), 60%-40% partners in the Woodjam Joint Venture (“WJV”), report that Gold Fields Limited’s (NYSE: GFI) exploration company, Gold Fields Horsefly Exploration Corporation (“Gold Fields”), has forwarded drill results from three new holes (1,214.6 m) of the 2011 infill and expansion diamond drilling program on the Southeast Zone of the Woodjam South copper-gold-molybdenum property. The Property is located 45 km east of Williams Lake in south-central British Columbia.

At Woodjam South, a 15,000-metre (m) drilling program (5,000 m infill, 6,000 m expansion drilling, and 4,000 m unallocated) commenced on March 16<sup>th</sup> in the core area measuring 800 m by 630 m to a depth of more than 400 m. A number of the drill sites are planned to allow calculation of an inferred pit-constrained NI 43-101 compliant resource by the end of 2011. This work program is part of Gold Fields’ \$5 million budget announced on March 2, 2011. This initial drilling program, utilizing two rigs, concentrated on the southern and southeastern areas of the core area of mineralization, primarily dictated by access logistics during the spring months. Drilling will next test the northern and northwestern areas of the core area of mineralization. To date, nineteen holes totaling more than 8,000 m have been completed; further results will be reported in batches when received. A drill location map may be viewed at [www.fjordlandex.com/news/nr11-11b.pdf](http://www.fjordlandex.com/news/nr11-11b.pdf).

**Southeast Zone Drilling:**

Hole ID	From (m)	To (m)	Int. (m)	Cu%	Au g/t	Mo%	Cu Eq %
<b>SE11-22</b>	125.0	474.3*	349.3	0.36	0.05	0.006	0.42
Including	125.0	178.0	53.0	0.67	0.04	0.005	0.73
Including	360.0	420.0	60.0	0.33	0.05	0.010	0.42
<b>SE11-24</b>	167.0	461.2*	294.2	0.20	0.03	0.009	0.27
Including	187.0	338.0	151.0	0.27	0.04	0.012	0.36
Including	388.4	461.2*	72.7	0.20	0.02	0.012	0.29
<b>SE11-26</b>	147.0	404.2*	257.2	0.19	0.03	0.010	0.27
Including	227.8	404.2*	176.4	0.21	0.03	0.014	0.31
Including	326.0	402.0	78.2	0.23	0.03	0.019	0.36

Table Notes: Intervals are core lengths; Cu Equivalent in % calculated using US\$2.50/lb Cu, US\$950/oz Au and US\$15/lb Mo and the formula: ((%Cu x 22 x Price Cu/lb) + (g/t Au x 0.03215 x Price Au/oz) + (%Mo x 22 x Price Mo/lb)) / (Price Cu/lb x 22). \* = end of hole. Metallurgical recoveries and net smelter returns are not considered.

Hole SE11-22 was collared between holes SE10-01, WJ08-89 and WJ08-85, along the interpreted southern portion of the higher-grade core area, and encountered copper-molybdenum mineralization from the top of the bedrock to the end of the hole at 474.3 m. The final 2.3-m sample interval assayed 0.24% Cu and 0.02 g/t Au (0.26% Cu Eq).

Hole SE11-24 was collared between holes WJ07-73 and WJ08-86 and approximately 200 m east of SE10-01 and 200 m west of SE10-08, along the interpreted southeastern portion of the higher-grade core area, and encountered copper-molybdenum mineralization from the top of the bedrock to the end of the hole at 461.2 m. A 50.5-m unmineralized porphyry dyke intrudes the mineralized rocks between 338.0 m and 388.4 m.

Hole SE11-26 was collared between holes WJ08-86 and WJ08-95, along the interpreted southeastern portion of the higher-grade core area, and encountered copper-molybdenum mineralization from the top of the bedrock to the end of the hole at 404.2 m. The final 78.2 m of the hole assayed 0.019% Mo.

Assay results for holes SE11-23 and SE11-25 have not yet been approved under the project's strict quality control/quality assurance procedures.

All 42 drill holes reported on the Southeast Zone to date are mineralized from the overburden/bedrock interface to the bottoms of the holes, with the exception of one reconnaissance hole (SE10-20), drilled approximately 800 m north of the northern-most mineralized hole (SE10-07) and for two occurrences of host rock displacement by narrow, younger basalt dykes. The current drilling program is testing mineralization to depths of about 400 m; however, the deepest hole to date (WJ08-82) is just over 700 m and ended in mineralization.

Fjordland President Tom Schroeter says: "Assay results from this ongoing infill and expansion drilling program continue to be very positive with the potential to increase the mineralized zone already defined in the Southeast Zone. We look forward to further positive results from this program, culminating in a 43-101 inferred resource before the end of 2011."

Core samples were analyzed by ALS Laboratory Group, a certified facility in North Vancouver, BC. Tom 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 is a mineral exploration company focused on the discovery of gold, copper and molybdenum deposits in British Columbia. Of the 28 properties Fjordland owns, the Woodjam North and Woodjam South properties (totaling 56,150 ha) are part of the Woodjam Joint Venture between Fjordland (60%) and Cariboo Rose Resources Ltd (40%); both properties are under separate option agreements to Gold Fields Horsefly Exploration Corporation. Fjordland also has a 100% interest in 7 properties known as "Tak" totaling 52,342 ha in the Woodjam area. Fjordland has a 100% interest in the 2,192 ha "Milligan" project, adjoining Thompson Creek Metals Company Inc.'s (NYSE: TC and TSX: TCM) Mt. Milligan copper-gold deposits on the west. The Tak-Milligan properties have been optioned to Capstone Mining Corp. (TSX: CS). Fjordland and Serengeti Resources Inc. (TSX-V: SIR) are 41%/59% partners exploring 12 properties (QUEST Project) totaling 56,670 ha in the Quesnel terrane north of Woodjam for precious and base metals. Fjordland has a 100% interest in 8 properties totaling 60,047 ha in the Iron Range area and has an option agreement on 7 properties totaling 21,222 ha with Kootenay Gold Inc. (TSX-V: KTN) in southeastern BC. Fjordland's shares trade on the TSX Venture Exchange under the symbol "FEX". For more information visit Fjordland's website at [www.fjordlandex.com](http://www.fjordlandex.com).

**About Gold Fields Limited**

Gold Fields is one of the world's largest unhedged producers of gold with attributable, annualized production of 3.6 million ounces per annum from eight operating mines in South Africa, Ghana, Australia and Peru. Gold Fields also has an extensive growth pipeline with both greenfield and near mine exploration projects at various stages of development. Gold Fields has total attributable Mineral Reserves of 77 million ounces and Mineral Resources of 225 million ounces. For more information visit the company's website at [www.goldfields.co.za](http://www.goldfields.co.za).

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