

ALTA VISTA VENTURES LTD.

AVV – TSX.V
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Alta Vista optionee provides exploration update on Carol Project

Alta Vista Ventures Ltd. (AVV-TSX-V) is pleased to provide an updated on its 100% owned Carol project, located in the State of Sonora, Mexico. Alta Vista's optionee Tosca Mining released the following results from recent work at Carol, which lies 5 km northeast of the producing Piedras Verdes mine, Mexico's third largest copper producer, at more than 70 million lbs per year. Work was completed by Alta Vista on behalf of Tosca

Previous work at Carol by Alta Vista identified widespread polymetallic skarn-style mineralization has been outlined in two mineralized zones: Balde Norte that measures 700 metres by 180 metres and Balde Sur that measures 1,100 metres by 400 metres. 5 trenches were dug in Blade Norte and 12 trenches were completed in Blade Sur (see news release dated July 10, 2008).

This most recent work re-opened select portions of two of these trenches in Blade Sur, BS-06 and BS-08, to validate past results in preparation for a proposed drill program. Continuous chip channel sampling, conducted at one metre intervals, confirmed the presence of significant mineralization in both trenches as follows:

Trench	Width (m)	Average Grade			
		Cu (%)	Ag (g/t)	Zn (%)	Au (g/t)
BS-06	8.0	1.06	22.5	11.87	0.26
BS-08	11.0	0.38	22.4	0.48	0.08
and	8.0	0.48	16.5	0.62	0.07

Additionally, two grab samples taken from historic workings located in the immediate vicinity of trench BS-06 (one to the south and one to the north) returned significant high grade results as follows:

Sample	Width (m)	Average Grade			
		Cu (%)	Ag (g/t)	Zn (%)	Au (g/t)
BS-06 N	grab	7.00	94.3	34.00	0.61
BS-06 S	grab	3.70	30.3	19.00	0.67

These recent results confirm the quality of past work performed on the property, and will assist in targeting drill holes to investigate mineralization at depth. No previous drilling has been carried out on the property.

A 43-101 technical report on the Carol Project has recently been filed on SEDAR and can be viewed on the Company's website at www.toscamining.com

Samples from Carol were prepared and analyzed by IPL Inspectorate in their facilities in Mexico and Vancouver, respectively. Samples generally consisted of 1-3 kg of material. Gold, silver, copper, lead and zinc were analyzed as part of a multi-element ICP package using an aqua regia digestion. Over limit samples with greater than 1% Cu, Pb and Zn were re-analyzed using ore grade detection limits. Samples with greater than 20% Zn were re-analyzed a second time for using even higher parameters.

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For details on sample handling and quality control please visit: http://www.altavistaventures.ca/s/Sampling_QA_QC.asp.

Ian Foreman, P.Geo., president of Alta Vista Ventures and independent to Tosca, is the Qualified Person, as defined by NI 43-101, for the Carol Project and is responsible for the technical information in this news release.

On behalf of the Board,

“Ian Foreman”

Ian Foreman, P.Geo.
President

For additional information on Alta Vista Ventures please call the Company at 604-678-2531.

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