



7934 Government Road, Burnaby, B.C., V5A 2E2

Phone: (604) 551-7831 Fax: 604-676-2767

info@rocklandminerals.ca

rocklandminerals.ca

Rockland's Drill Turning at Blue Lake Cu-Ni-PGM, Labrador Trough, Quebec

For Immediate Release. Vancouver, British Columbia, July 9, 2011: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") reports that its summer 2012 drilling program has begun at the Blue Lake Cu-Ni-Pt-Pd Property, Labrador Trough, Quebec.

The drill program at Blue Lake will be designed to test historically important areas and new areas for Cu-Ni-Pt-Pd mineralization. Over recent months, Rockland's geological team has been systematically bringing all available historical information related to the Blue Lake project into the 21st century by digitizing and creating a modern database, creating an exploration platform to expand known mineralization to unlock the potential of this property.

The Blue Lake sulfide deposits are nickeliferous pyrrhotite ores, with a copper content twice that of nickel, containing significant platinum and palladium. The historical tonnage, established by hand-drawn block models in 1989 (before National Instrument 43-101), is 4.03 Mt at 0.85% Cu, 0.52% Ni and 0.84 g/t combined platinum plus palladium. The Blue Lake sulfide deposits have potential to be significantly expanded down-dip. The Blue Lake historical deposits are located within Québec Special Mining Lease BEP-93, one of five Special Mining Leases optioned to Rockland from La Fosse Platinum Group.

Rockland controls the best historical Cu-Ni-Pt-Pd showings in this part of the Labrador Trough, including Chance Lake, Glance Lake, and Berry Lake. All of these properties were repeatedly drilled during multiple exploration campaigns since the 1950's. The known copper-nickel-platinum-palladium mineralization in these areas can be extended by offset, down-dip drill exploration, which has the potential to add significant new tonnage to that already blocked-out at Blue Lake.

George F. Sanders, P.Geo, a director of the Company, and the Qualified Person under National Instrument 43-101 responsible for the technical content of this news release. Please visit our website for more information.

We seek Safe Harbor.

On behalf of the Board of Directors

"Rav Mlait"

President and CEO
Rockland Minerals Corp.

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