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New Cu-Ni-PGM Sulfide Zones Expanding Potential at Blue Lake, Labrador Trough, Québec

For Immediate Release. Vancouver, British Columbia, March 25, 2013: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to announce that Rockland's ongoing compilation of proprietary historical data is showing 2 highly prospective zones with significant Cu-Ni-PGM massive sulfide drill intercepts at Blue Lake, Labrador Trough, Québec. These 2 zones, Starr Lake and Berry Lake, lie within the Company's 100% owned Retty Lake claims a few kilometres on either side of the Blue Lake Project, where Rockland drilled 1, 568 metres in 2012. These are the immediate focus of Rockland's Blue Lake Expansion project, and are likely to host significant new Cu-Ni-PGM massive sulfide lenses. Blue Lake is well located approximately 50 km from the town of Schefferville, Quebec which has its own airport and railhead.

The Starr Lake zone lies approximately 4 kms NW of Blue Lake. In 1975, a diamond drill hole at Starr Lake cut 2.13 metres of massive sulfide containing 1.22% Cu and 0.73% Ni. It was not assayed for Pt-Pd. The Berry Lake zone lies approximately 4 kms NE of Blue Lake. A pair of holes drilled by Rockland Minerals in 2011 at Berry Lake, situated 200 metres apart, cut massive sulfide intercepts of 4.00 metres at 0.20% Cu, 0.62% Ni, 0.10 g/t Pt, 0.21 g/t Pd, and 4.40 metres 0.19% Cu 0.50% Ni 0.10 g/t Pt 0.19 g/t Pd. In both cases, Cu-Ni-PGM bearing massive sulfides were intercepted at the base of broad zones of disseminated Cu-Ni-PGM "net texture" sulfides ranging from a few metres up to 30 metres thick. A new graphic showing the location of these targets has been posted to rocklandminerals.ca.

George F. Sanders, P.Geo, a director of the Company, is the Qualified Person under NI 43-101 responsible for the technical content of this news release.

We seek Safe Harbor.

*On behalf of the Board of Directors
"Rav Mlait"*

President and CEO
Rockland Minerals Corp.

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