



7934 Government Road, Burnaby, BC V5A 2E2

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

info@rocklandminerals.ca

rocklandminerals.ca

Rockland Staking Expands Cu-Ni-PGM Holdings, Labrador Trough, Quebec

For Immediate Release. Vancouver, British Columbia, January 13, 2014: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to report that it has staked a total of 51 new mining claims covering approximately 2500 hectares to the south and southeast contiguous with the Company's Blue Lake Cu-Ni-PGM property, Labrador Trough, Quebec. The Company now controls all of the down-dip extension of the "middle sill" Blue Lake massive sulfide deposits, and picks up a new area to the southeast containing "upper sill" Berry Lake-style Cu-Ni-PGM massive sulfides intercepted in two historic shallow diamond drill holes.

This new staking completes coverage of the favourable pyritic black shales units along an exceptionally sulfur-rich timeline which played a critical role in forming the Blue Lake (historical) deposit. Where the peridotite sills came in contact with these horizons, sulfur contaminated the ultramafic magma, and Cu-Ni-PMG mineralization formed.

The Company's staking now consolidates the Terrier Lake Anticline extension to the south and east, and the district-wide down-dip projections of outcropping Cu-Ni-PGM mineralization in both the Retty Lake Syncline and the Berry Lake Syncline structures. Offset drilling of known Cu-Ni-PGM massive sulfide occurrences will likely intercept more sulfide lenses at similar grades and tonnages to the Blue Lake massive sulfides, and significantly increase the Cu-Ni-PGM resource in the district.

Rockland Minerals Corp is a Canadian mineral exploration company, focused on developing its Quebec properties which include the Blue Lake copper-nickel-PGM property and the Schefferville Gold property.

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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