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Rockland Expands Platinum-Palladium Claims, Labrador Trough, Quebec

For Immediate Release. Vancouver, British Columbia, March 13, 2014: Rockland Minerals Corp. (TSX.V: RL) (the "Company") is pleased to report that it has staked a total of 140 new mining claims covering 15,000 hectares adjoining to the southeast of the Company's Blue Lake Pt-Pd-Cu-Ni property, Labrador Trough, Quebec. The Company now controls a full 40km long by 3 to 8km wide group of contiguous claims, on one of the most under explored and prospective Pt-Pd belts in Canada.

The new staking covers the mineralized "middle and upper sill" units to the southeast of the Blue Lake Pt-Pd-Cu-Ni deposits (total Historical resources for the nine deposits outlined by ~550 drill holes and underground bulk sampling between 1950 and 1988, were estimated to be 4.37 million tonnes at 0.87% Cu, 0.52% Ni, 0.84 g/t Pt+Pd, per reports from La Fosse Platinum Group and T. Clark, 1991) with an approximate Pt:Pd ratio of 1:4. *A qualified person has not done sufficient work to classify the historical estimate as current mineral resources, and the Company is not treating the historical estimate as current mineral resources.*

A 16-hole 1,558 meter drilling program by Rockland in 2012 tested, and confirmed the location and continuity of massive sulfide intersections described in the La Fosse drill logs as well as replicated the significant assay values for Pt, Pd, Cu, and Ni. Best results from this program were 8.2m of 0.92g/t Pt, 4.1g/t Pd, 1.2% Cu, 0.27% Ni (including 1m of 4.03g/t Pt, 16.5g/t Pd, 2.94% Cu, 0.12% Ni).

Underground development in 1987 extracted a 22 tonne bulk sample from the Blue #1 lens, and a historical report on the results states: "The average grade from channel sampling in the Blue Lake decline is about 20% higher than the Cu + Ni grade calculated from drill core analysis. The decline also disclosed a layer of soft chloritic material 2"-18" thick, at the base of the massive sulphides. This material averages 0.12 g/t Pt and 6.02 g/t Pd (compared to 0.13g/t Pt and 1.02 g/t Pd in the massive sulphide)." This Pt-Pd rich chloritic selvage has been reported in all the noted massive sulfide lenses.

The new staking was guided by 2,377 line km of VTEM and magnetic data which was recently acquired by the Company. This data has been merged with 1,767 line km of ProspeCTEM and magnetic data flown by Rockland in 2010, covering the northern Retty Lake claim block. Both surveys clearly show anomalous EM responses in the area of the Blue Lake historical resources. More than 30 other anomalous EM targets, spatially associated with the mineralized middle and or upper sills, have been selected for follow up by airborne or ground gravity surveys. Co-incident gravity/EM targets will be high priority future drill targets.

This new land package known as “Blue Lake South” positions Rockland as the major player in this highly prospective part of the southern Labrador Trough. Rockland now controls the Retty Lake (100%), Blue Lake historical deposits (option with La Fosse Platinum) and Blue Lake South (100%).

Rav Mlait, President and CEO states: “We are seeing significant ramp up in the acquisition and search for platinum and palladium in the Labrador Trough. Recently we have seen the sale and purchase of the historic Gerido deposit, the entrance of Japan Oil, Gas and Metals National Corp. (JOGMEC) and an initial resource estimate completed at Nickel North Exploration’s Hawk Ridge Project, all in the Labrador Trough. The price of platinum and palladium shows long term strength while supply faces serious constraints arising from high geopolitical risk, labour strife and systemic operating cost issues in primary producer countries like South Africa, Russia and Zimbabwe. Rockland’s platinum, palladium holdings represent an excellent exploration and development opportunity near infrastructure in the southern Labrador Trough, Quebec.”

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

Please visit www.rocklandminerals.ca for new maps and further information.

We seek Safe Harbor.

On behalf of the Board of Directors
“Rav Mlait”

President and CEO
Rockland Minerals Corp.

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