



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

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

info@rocklandminerals.ca

rocklandminerals.ca

Rockland Exploration Update

For Immediate Release, Vancouver, British Columbia, July 19, 2011: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to provide an update with regard to its exploration activities in Labrador Trough area of NE Quebec. So far during the current field season Rockland has drilled the Retty Lake Cu-Ni-PGE property, and has flown a detailed heli-mag survey over the most promising portion of the Schefferville Gold property to guide follow-up field mapping and sampling.

A total of 1,500 meters was drilled in the NW Retty Lake area with 10 holes that targeted known copper-nickel-platinum-palladium mineralization along a significant trend that is largely covered by Rockland claims. The target middle sill peridotite unit was intersected in all the holes, and significant disseminated chalcopyrite (copper mineral) was observed in broad zones of the host rock peridotite with highly favourable "net texture" of disseminated sulfides. The drill core was shipped via rail from Schefferville, QC and has arrived at the core processing facility in Chicoutimi, QC. It is now being logged, saw cut and sampled, and assay results will be released as soon as possible after each batch of samples passes strict quality assurance/quality control protocols.

Follow-up fieldwork is now well under way on the northern block of Rockland Minerals Corp.'s Schefferville gold property, using recently flown data from a low-altitude draped heli-borne magnetometer survey on a 50 m spaced grid. The focus of Rockland's 2011 geological fieldwork is on the Rusty Acres area, which has never been drilled. Here, several clusters of plus-one g/t Au historic surface samples in outcropping rusty, iron-formations are seen on the compilation map. A total of 367 surface samples have been taken so far, and have been shipped for assay.

George F. Sanders, P.Geol, a director of the Company, and the Qualified Person under National Instrument 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.

NEITHER THE TSX VENTURE EXCHANGE NOR ITS REGULATION SERVICES PROVIDER (AS THAT TERM IS DEFINED IN THE POLICIES OF THE TSX VENTURE EXCHANGE) ACCEPTS RESPONSIBILITY FOR THE ADEQUACY OR ACCURACY OF THIS RELEASE.