



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

Phone: (604) 808-2225 Fax: 604-676-2767

info@rocklandminerals.ca

rocklandminerals.ca

Rockland Minerals Returns Blue Lake Property

Vancouver, British Columbia, September 28, 2016 - Rockland Minerals Corp. (TSX.V: RL) (the “**Company**”) has terminated the Blue Lake option agreement with La Fosse Platinum Group Inc. effective immediately. The Company has returned the property in good standing. Rockland still retains exploration properties in the Province of Quebec, which include the 100% owned Retty Lake property and majority interest in the Schefferville gold project.

On behalf of the Board
“*Ned Goodman*”
President & 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.