

ROCKLAND RESOURCES LTD.

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Rockland Resources Announces Upcoming and Ongoing Work on Old Timer

Vancouver, British Columbia, March 19, 2021: Rockland Resources Ltd. (the "Company" or "Rockland") (CSE: **RKL**) reports on upcoming and ongoing activities on its Old Timer property located approximately 17 km southeast of the City of Nelson, within the Nelson Mining Division, British Columbia.

Highlights:

- Long-Wave Infrared survey - DIRT Exploration of Cape Town, South Africa have been engaged to complete a long-wave infrared survey (LWIR) over the Old Timer property and projected target extensions. LWIR is a remote sensing technique that is also referred to as thermal imaging, that can be used to map the distribution of certain minerals related to hydrothermal alterations (such as quartz, adularia, albite, kaolinite, orthoclase, Na- and Ca-montmorillonite, calcite, opal, chalcedony, gypsum, alunite, jarosite, and other sulfates).
- A comprehensive review of all past work done on the property including a magnetic survey, geological mapping, rock, soil and silt geochemistry and historic Minfile and assessment records. Eight zones of mineralization (Minfile showings) are known on the Old Timer Property.
- A detailed high-resolution Lidar survey is being planned to be flown over the property to enhance topographic control for sampling and future drill collar optimization and to assist in the development of a structural and geological 3-D model. Based on a review of the Lidar imagery follow-up site work will then be completed to ground-truth historic exploration pits or structures that are visible on the Lidar bare earth image, and these areas should be assessed by geological mapping and rock sampling. Similarly, areas of interest from the 2020 magnetic survey will need to be ground-truthed and assessed. Detailed soil sampling to trace known mineralized zones, as well as any new zones discovered in follow-up to the Lidar and magnetic surveys, is also being planned.

About Rockland Resources Ltd.

Rockland Resources is engaged in the business of mineral exploration and the acquisition of mineral property assets in Canada. Its objective is to locate and develop economic precious and base metal properties of merit and to conduct its exploration program on the Summit Old Timer Property. The Summit Old Timer Property consists of three (3) mineral claims covering an area of 1,915 hectares located approximately 17 km southeast of the City of Nelson, within the Nelson Mining Division, British Columbia. The Property has active 5 Year, Area Based exploration permit

(MYAB permit) which authorizes trenching and drilling. A bond has been posted with the B.C. Ministry of Energy, Mines and Petroleum Resources in conjunction with the permit.

Linda Caron, M.Sc. P.Eng is the Qualified Person under National Instrument 43-101 who has reviewed and approved the technical content of this news release.

For more information, please refer to the Company's prospectus dated February 3, 2021 available on SEDAR (www.sedar.com).

On Behalf of the Board of Directors

Mike England
CEO, President, Director

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Forward-Looking Statements:

This news release includes certain forward-looking statements and forward-looking information (collectively, "forward-looking statements") within the meaning of applicable Canadian securities legislation. All statements, other than statements of historical fact, included herein including, without limitation, statements regarding future capital expenditures, anticipated content, commencement, and cost of exploration programs in respect of the Company's projects and mineral properties, anticipated exploration program results from exploration activities, resources and/or reserves on the Company's projects and mineral properties, and the anticipated business plans and timing of future activities of the Company, are forward-looking statements. Although the Company believes that such statements are reasonable, it can give no assurance that such expectations will prove to be correct. Often, but not always, forward looking information can be identified by words such as "pro forma", "plans", "expects", "will", "may", "should", "budget", "scheduled", "estimates", "forecasts", "intends", "anticipates", "believes", "potential" or variations of such words including negative variations thereof, and phrases that refer to certain actions, events or results that may, could, would, might or will occur or be taken or achieved. In making the forward-looking statements in this news release, the Company has applied several material assumptions, including without limitation, that market fundamentals will result in sustained precious and base metals demand and prices, the receipt of any necessary permits, licenses and regulatory approvals in connection with the future exploration of the Company's properties, that the COVID-19 global pandemic will not affect the ability of the Company to conduct the exploration program on the Summit Old Timer Property, the availability of financing on suitable terms, and the Company's ability to comply with environmental, health and safety laws.

Forward-looking statements involve known and unknown risks, uncertainties and other factors which may cause the actual results, performance or achievements of the Company to differ materially from any future results, performance or achievements expressed or implied by the forward-looking statements. Such risks and other factors include, among others, statements as to the anticipated business plans and timing of future activities of the Company, including the Company's option to acquire the Summit Old Timer Property, the proposed expenditures for exploration work thereon, the ability of the Company to obtain sufficient financing to fund its business activities and plans, delays in obtaining governmental and regulatory approvals (including of the Canadian Securities Exchange), permits or financing, changes in laws, regulations and policies affecting mining operations, risks relating to epidemics or pandemics such as COVID-19, including the impact of COVID-19 on the Company's business, financial condition and results of operations, the Company's limited operating history, currency fluctuations, title disputes or claims, environmental issues and liabilities, as well as those factors discussed under the heading "Risk Factors" in the Company's prospectus dated February 3, 2021 and other filings of the Company with the Canadian Securities Authorities, copies of which can be found under the Company's profile on the SEDAR website at www.sedar.com.

Readers are cautioned not to place undue reliance on forward-looking statements. The Company undertakes no obligation to update any of the forward-looking statements in this news release except as otherwise required by law.