

## **MINERAL MOUNTAIN RESOURCES LTD.**

201-1416 West 8<sup>th</sup> Avenue  
Vancouver, B.C. V6H 1E1  
T: 604-714-0001 F: 604-714-1119

**MMV.TSX-V**

NEWS RELEASE  
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### **Mineral Mountain Increases Kootenay Arc Land Position To Over 89,000 Hectares (220,000 acres) and Launches a Systematic Exploration Program Over Entire Holdings**

#### **Highlights**

- **The Kootenay Arc property hosts a favourable environment for sediment-hosted gold deposited along the continental margin of ancestral North America (Carlin-style).**
- **Regional metallogeny of the Kootenay Arc also confirms the property is prospective to host significant Pb-Zn-Ag-Au-Cu mineralization as carbonate replacement (CRD) and high grade Au-Ag “veins” ranging from 1 to 10 metres in width and traced intermittently for several kilometres.**
- **The Kootenay Arc property straddles a very fertile setting to host a significant precious metal deposit.**

**Vancouver, British Columbia, July 19, 2010:** Mineral Mountain Resources Ltd. (MMV.TSX-V) (the “Company”) is pleased to announce that it has expanded its Kootenay Arc property holdings to over 89,000 hectares (220,000 acres) now covering a 70 km long by 15 km wide, arc-shaped belt of the Lardeau and Milford Groups stratigraphy in the Kootenay Terrane. The Company is also pleased to report that it has mobilized a crew immediately to the property to begin a systematic exploration program consisting of a property wide stream sediment survey, reconnaissance and focused geochemical sampling, prospecting, targeted geological and structural mapping prior to diamond drilling later in the fall.

The Kootenay Arc trend which has been documented over a distance of 400 km and its regional metallogeny suggest the area is prospective to host significant Pb-Zn-Ag-Au-Cu mineralization as carbonate replacement (CRD), volcanic-sediment hosted massive sulphide (VSHMS) to sediment hosted massive (SHMS-Sedex) and high grade Ag-Au-

Pb veins types. During the early 1900's, minor production in the property area came from 12 high grade silver-galena veins and massive stratabound zones up to **\$3400 per tonne (at present metal prices)**. Many showings occur within the property area along five parallel mineralized trends. The showings consist of veins ranging from 1 to 10 meters in width with many of these veins grading up to several hundred ounces of silver and up 0.58 opt gold.

In 1997, a study completed by the British Columbia Geological Survey (BCGS) concluded that the Kootenay Arc sediments deposited along the continental margins of ancestral North America have similar geological similarities to Nevada and may host Carlin-type mineralization. The presence of several past and present placer gold operations within the Kootenay Arc property provides ample evidence for a fertile polymetallic environment.

A mineral occurrence map and claim location plan are posted on the Mineral Mountain website [www.mineralmountain.com](http://www.mineralmountain.com).

The technical content of this news release has been reviewed and approved by Nelson W. Baker, P.Eng., a director of the Company and a Qualified Person as defined by National Instrument 43-101.

### **About Mineral Mountain**

Mineral Mountain intends to become a significant explorer and developer of precious metals with a particular focus on gold and silver. Our business model is based on a strong management team and strategic partnerships. Right from the onset, our strategy has been to build an experienced, well-balanced management team with expertise in finance, business management, exploration and later mining. Our strong management has led us to an initial solid financial position with a healthy treasury allowing us to grow the Company through exploration and project acquisitions.

Our 89,000 hectare Kootenay Arc Project, situated southeast of Revelstoke, British Columbia, is quickly emerging as a high-quality, very fertile setting to host a significant polymetallic +/- precious metal deposit. This underexplored part of the Kootenay Arc is also considered to be highly prospective for sediment-hosted gold deposits similar to those found in the Carlin Trend of Nevada.

**MINERAL MOUNTAIN RESOURCES LTD.**

*Nelson W. Baker, Director*

For further information, please contact

Brad Baker, VP Corporate Development

Telephone: (604) 714-0111 Email: [bradbaker@shaw.ca](mailto:bradbaker@shaw.ca)

The TSX Venture Exchange has not reviewed and does not accept the responsibility for the adequacy and accuracy of this news release.

This release includes certain statements that may be deemed to be "forward-looking statements". All statements in this release, other than statements of historical facts, that address events or developments that the Company expects to occur, are forward looking statements. Forward looking statements are statements that are not historical facts and are generally, but not always, identified by the words "expects", "plans", "could" or "should" occur. Although the Company believes the expectations expressed in such forward looking statements are based on reasonable assumptions, such statements are not guarantees of future performance and actual results may differ materially from those in forward looking statements. Factors that cause the actual results to differ materially from those in forward-looking statements include gold prices, results of exploration and development activities, regulatory changes, defects in title, availability of materials and equipment, timeliness of government approvals, continued availability of capital and financing and general economic, market or business conditions. The Company cautions the foregoing list of important factors is not exhaustive. Investors and others who base themselves on the Company's forward-looking statements should carefully consider the above factors as well as the uncertainties they represent and the risk they entail. The Company believes that the expectations reflected in those forward-looking statements are reasonable, but no assurance can be given that these expectations will prove to be correct. Please see the public filings of the Company at [www.sedar.com](http://www.sedar.com) for further information.