

MINERAL MOUNTAIN RESOURCES LTD.
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TSXV: MMV

October 1, 2010

For Immediate Release

NR 2010-12

GRANT OF STOCK OPTIONS

(Vancouver, October 1, 2010) – Mineral Mountain Resources Ltd. (TSXV: MMV) (“the “Company”) announces that it has granted incentive stock options to directors, officers, employees and consultants of the Company, to purchase up to 1,050,000 common shares at an exercise price of \$0.38 per share until October 1, 2013.

About Mineral Mountain

Mineral Mountain intends to become a significant explorer and developer of precious metals with a particular focus on gold, silver and base metals. The Company’s business model is based on a strong management, a strong technical team, on the ability to raise the funds necessary to properly explore its projects and on establishing strategic partnerships. Our mandate is to explore in politically safe countries where infrastructure plays a significant role in reducing overall exploration and future development costs. Presently, Mineral Mountain has over \$4 million in its treasury.

Mineral Mountain has now identified three major gold projects that meet the Company’s objectives. In south eastern British Columbia, the Company has identified the 60,600-hectare Kootenay Arc Project as having a geological environment that could host hypogene, sediment hosted precious metal deposits similar to those found in the Carlin Trend of Nevada. To date, several kilometre-scale gold and silver anomalies have been defined by prospecting and systematic soil and stream sediment sampling within the project area. The 90 km² Golden Harp option in the emerging Shining Tree mining camp and the Straw Lake Beach Mine Property both are considered to have excellent bulk tonnage gold potential.

On behalf of the Board of Directors of MINERAL MOUNTAIN RESOURCES LTD.

Nelson W. Baker
President and Chief Executive Officer

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