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MMV.TSX-V

NEWS RELEASE
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Mineral Mountain Preps “Golden Sylvia Zone” For Drilling In the Copper Hill “Main Block” Gold Property Shining Tree Area, Ontario

Vancouver, British Columbia, October 21, 2010: Mineral Mountain Resources Ltd. (**MMV.TSX-V**) (“Mineral Mountain” or the “Company”) is pleased to report that it has launched an aggressive exploration program consisting of grid line cutting (completed), geological mapping (completed) and have signed a consulting agreement with JVX Ltd. to complete a 20-kilometre induced polarization survey over the Golden Sylvia Zone. The Golden Sylvia Zone is a 200m wide gold-bearing iron formation within the Copper Hill Main Block (“Main Block”). Mineral Mountain entered into an Option Agreement with Golden Harp Resources Inc. (**GHR.TSX-V**) (“Golden Harp”) to earn a 60% interest in Golden Harp’s 100%-owned, 90 km² Main Block gold property situated in Macmurchy Township in the Shining Tree Mining Camp in August, 2010.

The Copper Hill gold property adjoins the western boundaries of Goldeye Explorations’ (**GGY.TSX-V**) Tyrrell Twp. gold property and Benton Resources’ (**BTC.TSX-V**) Block A and is physically located approximately 7 km southwest of the new Minto gold discovery where, in a news release dated August 9, 2010, Creso Exploration Inc. (**CXT.TSX-V**) reported three impressive high grade gold drill intersections of 82.5 metres of 13.3 grams per tonne Au, 65.7 metres of 18.2 grams per tonne Au and 79.6 metres of 4.61 grams per tonne Au (drill hole MC-09-01) in the Shining Tree gold district.

The Main Block property covers two historic gold occurrences including the **Copper Hill Zone** and the **Golden Sylvia Gold Zone** and represents one of the largest prospective land packages in the Shining Tree Mining Camp including a total of approximately 504 claims units (91 claims). The property encompasses a north-westerly trending package of Archean rocks that host a variety of favourable geological settings prospective for gold. At least three significant regional gold bearing faults up to 20 km in strike length trend through the project and, as are interpreted to represent the western extension of the Cadillac-Larder Lake Break. The **Golden Sylvia Gold Zone**, which lies near the

eastern limits of the project area, is a partially defined, gold-rich banded iron formation that is open in all directions and represents a near surface bulk tonnage gold zone measuring 450 m in length by 200 m in width which has been drill tested to shallow depths of a little more than 100 m. Some of the better intersections include 2.57 grams per tonne over 14.23 metres (Hole DDHGS12) and 3.56 grams per tonne over 12.24 metres (Hole RCGS23).

Nelson W. Baker, P.Eng., is the qualified person responsible for this news release.

MINERAL MOUNTAIN RESOURCES LTD.

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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 for further information.