

## **PRESS RELEASE**

### **Ressources Appalaches Undertakes Preliminary Steps towards Production**

Rimouski, March 1, 2012: Ressources Appalaches (APP – TSX.V) is pleased to announce that it has undertaken the preliminary steps towards rehabilitating its Dufferin gold mine facilities with a view of resuming production as soon as possible.

Ressources Appalaches has embarked with the development towards production of the Dufferin gold mine with of the following activities:

- Repair and rehabilitation of buildings and general infrastructures has commenced with a detail electrical inspection by Russell Electrical of Nova Scotia.
- Gravity and flotation metallurgical test which is being undertaken by Met-Solve Laboratories Inc. of British Colombia.
- Contracted the services of MineTech International of Nova Scotia for a 43-101 compliant compilation report. This report will also include the 8,630 metres of additional drilling completed since 2009.
- Initiation of the call-for-tender process for the de-watering activities of the mine and reconditioning of the existing milling installations.

Alain Hupé, President and Chief Executive Officer of Ressources Appalaches states: “these steps are in line with Appalaches Ressources’ commitment to become a gold producer by 2013”.

In accordance with its compensation policy and stock option plan, on March 1, 2012, the board of directors of Ressources Appalaches granted 1,200,000 stock options with an exercise price of \$0.10, expiring on March 1, 2017 to its’ directors, employees and service providers.

#### ***About Ressources Appalaches***

Since it was created in 1994, the goal of Ressources Appalaches has been to discover and develop deposits of base and precious metals in Canada, and more especially in Québec and Nova Scotia. Appalaches’ primary focus is with the exploration and development of the Dufferin gold mine in Nova Scotia.

Photos of the Dufferin Mine and its facilities are available on the Company's website at: [www.ressourcesappalaches.com](http://www.ressourcesappalaches.com).

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