

PRESS RELEASE

Ressources Appalaches Hires Dewatering and Underground Mining Staff for Dufferin Mine

Rimouski, October 26, 2012 – Ressources Appalaches (APP - TSX.V) announces the addition, to its Dufferin Mine project, of Mr. Wayne Ellis and of Mr. Jim MacLean respectively as its' Mine Health and Safety Coordinator and senior Miner for dewatering operations.

Both natives of Nova Scotia, Mr. Ellis and Mr. Maclean have acquired more than 60 years of combined progressive mining experience in underground and processing operations in diverse locations throughout Canada.

Alain Hupé, President and Chief Executive Officer of Ressources Appalaches states: “The appointments of Mr. Ellis and Mr. MacLean to the Dufferin Mine’s team will enable us to conduct underground dewatering and mining operations with our qualified and experienced staff. We remain committed and on track to resume gold production at Dufferin mine by 2013”.

Mine Health and Safety Coordinator

With over 35 years of progressive mining experience, Mr. Ellis is well-known for his result oriented domineer and ability to effectively communicate work objectives while promoting a problem solving culture in order to improve business performances. Mr. Ellis professional work experience and managerial skills gained at Gays River, Mooseland and Polaris mines, as well as his past involvement at Dufferin Mine is an invaluable asset to the Company.

Geology Matters Conference - Halifax - October 29 and 30, 2012

Ressources Appalaches hereby wishes to invite you to visit their booth and to meet Company management at the 36 annual Geology Matters conference co-hosted by the Nova Scotian Department of Natural Resources, occurring at the Westin Hotel in Halifax on October 29 and 30.

The Company will seize the opportunity of the conference to rebroadcast their corporate objective to become one of the next gold producing companies in Nova Scotia with the projected employment potential of creating 50 to 60 jobs. Ressources Appalaches is committed to continued growth and safety for the workers, environmental awareness surrounding its operations.

Allocation of Stock Options

In accordance with its compensation policy and stock option plan, on October 24, 2012, the Board of Directors of Ressources Appalaches granted 1,100,000 stock options to Directors and 600,000 stock options to employees and consultants with an exercise price of \$0.10 expiring on October 24, 2017. The Board of Directors also granted to a consultant 295,000 stock options with an exercise price of \$0.16 expiring on October 24, 2014.

About Ressources Appalaches

Founded in 1994, the goal of Ressources Appalaches has been to discover and develop deposits of base and precious metals in Canada, and more specifically in the Appalachian geological formation of Québec and Nova Scotia. Ressources Appalaches is now mainly focused on the development of the Dufferin gold mine in Nova Scotia.

The contents of this press release were prepared and checked by Alain Hupé, Eng. a Qualified Person as defined in NI 43-101. Neither the TSX Venture Exchange nor its Regulation Service Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts any responsibility for the adequacy or accuracy of this release.

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