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COMPREHENSIVE PROGRAMS SIGNIFICANTLY ADVANCING HARMONY GOLD PROJECT

Robert G. Hunter, Chairman of Misty Mountain Gold Limited (TSE-MGL; VSE-MGL; NASDAQ-MGLCF) is pleased to provide an update on the progress of the Company's 100% owned Harmony Gold Project. The 440 square kilometre property covers one of the world's premier epithermal gold systems and includes the Specogna Deposit which contains a geological resource of over 3 million ounces of gold. Comprehensive programs are ongoing to advance the Specogna Deposit and explore near surface strike extensions and a deep-seated gold system.

Misty has completed a systematic diamond drilling program of the Specogna Deposit. This program consisted of a total of 34,627 metres of drilling in 147 holes and utilized large diameter core holes spaced on a 20 metre by 20 metre grid pattern. The extensive data base generated from this detailed drill program is providing a solid foundation for the current mine investigations.

At the Specogna Deposit, gold is distributed throughout a hydrothermal breccia unit that parallels the northwest striking Specogna Fault for at least 700 metres and also throughout stockwork quartz veining, and pervasively silicified sediments which extend laterally from the hydrothermal breccia for up to 210 metres. The Deposit dips moderately northeast for over 300 metres. Approximately three percent sulphides, mainly pyrite and marcasite, are disseminated throughout the Deposit. In addition to the relatively evenly distributed gold, bonanza gold zones occur scattered throughout the Deposit. Examples of these high grade zones include drill intercepts of 42 metres averaging 41 grams gold per tonne and 46 metres averaging 40 grams gold per tonne.

A wide spectrum of technical and environmental scoping studies are being conducted to evaluate the Harmony Gold Project. These activities include: environmental analyses; deposit modelling; resource estimates; various mine designs (underground methods and selective open pit methods); mineralogy; metallurgy; site facilities location; and infrastructure planning. These studies are scheduled to conclude in the next few months. Melis Engineering Ltd., Lakefield Research Limited, and Oxidor Gold Corp. are utilizing conventional processes including gravity recovery, flotation and bio-oxidation, as part of their scoping study of metallurgical options. Based on representative samples, gold recoveries in the 75 - 80 percent range can be expected.

Comprehensive baseline environmental information, including fisheries, wildlife, climate, hydrology, water quality and vegetation is currently under review and will be supplemented by additional studies as project planning proceeds. These studies will establish the utmost integrity of the data base for future mine permitting. Testing is also underway to determine acid generating or consuming characteristics of potential mine products, rock and soil types. In addition, geotechnical specialists Knight Piesold Ltd. and environmental specialists Triton Environmental Consultants Ltd. are studying numerous potential sites for placement of tailings and rock storage facilities. Environmental studies to date indicate that an environmentally sound project can be defined.



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Preliminary mineable resources calculated by Independent Mining Consultants Inc., utilizing a 1.2 gram gold per tonne cut-off, include 31 million tonnes grading 2.05 grams gold per tonne (2,062,000 ounces of gold) plus a lower grade stockpile of 17 million tonnes averaging 0.99 grams gold per tonne (541,000 ounces of gold). One option under consideration provides for direct mill feed of 7,500 tonnes per day yielding gold production of 140,000 ounces per year for 10 years. Beyond this, additional gold production will come from reclaiming stockpiles. The current mine design bottoms in excellent mineralization which continues to plunge down dip.

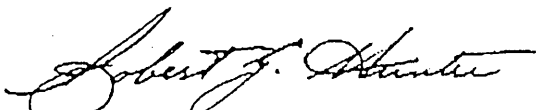
The scoping studies will be substantially completed in the next few months to provide a framework to develop a comprehensive Harmony Gold Project Prefeasibility Study. Consistent with the Company's policy, Misty Mountain Gold Limited will work closely with all stakeholders with specific attention to the First Nations community, as well as using independent specialist consultants to address all aspects and options for Project advancement. In most areas, the analyses will be at feasibility level. Funding for large diameter core drilling for infill, geotechnical, environmental, metallurgical and process engineering will comprise a significant portion of the Prefeasibility budget.

Successful completion of the Harmony Gold Project Prefeasibility Study is expected to lead to Misty Mountain Gold Limited's application for mine development certification which will commence the open environmental assessment review of the Harmony Project with government and all citizens of the region. Its successful completion would provide for the permitting of a significant and soundly planned gold mine development.

Concurrently with the advancement of the Harmony Project to Prefeasibility, two exploration targets are being prepared for drill testing this summer. The first target is potential bonanza deposits which may have developed at depths of more than 200 metres below the currently known Specogna Deposit in a deeper, throttled portion of the epithermal system. A second exciting target located 8 kilometres south of the Specogna Deposit is contained in a topographic high with a gold-in-soil anomaly and an airborne geophysical response of the same magnitude and size as those of the Specogna Deposit.

On a fully diluted basis, Misty Mountain Gold Limited has 11,446,389 shares outstanding. Misty also has tax pools of over \$60 million available to offset future potential income.

ON BEHALF OF THE BOARD



Robert G. Hunter
Chairman

The Toronto Stock Exchange and the Vancouver Stock Exchange have not approved nor disapproved the information contained in this news release.