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TSX Venture Exchange

Trading Symbol: "NCR"

News Release 03-06**New gold mineralization discovered at Abo Gold Project
2003 work program underway**

April 22, 2003

The Board of Directors of Northern Continental Resources Ltd. (the Company) are pleased to provide an update on the progress of the 2003 exploration program on the **Abo Gold Project**, located 5 km north of Harrison Hot Springs, approximately 100 km east of Vancouver, British Columbia. Geologists and prospectors who have assisted include Godfrey Walton P.Geo., VP Exploration, Jean Pautler P.Geo., Wayne Pickett P.Geo., David Kuran P.Geo. and Gary Polischuk.

Two new zones of gold mineralization were discovered within the Hill Stock during the process of reopening more than fifteen kilometers of prior road access across the property. Grab samples of quartz vein mineralization from the northern margin of the Hill Stock, which has been extended an additional 100m (400 ft.) to the north, and returned assay values of 63.8 g/t (1.86 oz/t) Au with 184 g/t (5.37 oz/t) Ag and 31.8 g/t (0.93 oz/t) Au with 70 g/t (2.04 oz/t) Ag. The second zone occurs in the north-central Hill Stock, 150m (500 ft.) northeast of the collar of ABO 03-01. Quartz stringer mineralization, hosted by the diorite, returned assay values of 36.0 g/t (1.05 oz/t) Au and 51.8 g/t (1.51 oz/t) Ag. Neither zone has been drilled.

The northerly trending Breccia Zone along the western side of the Hill Stock, which returned values of 1.5 g/t (0.04) Au over 29m (94.25ft.) including 7m (22.75 ft.) of 3.5 g/t (0.10 oz/t) Au in drill hole BX88-129, has also been extended over 300m (1,000 ft.) to the south. Quartz stockwork mineralization, hosted by bleached, silicified and sericite altered argillaceous sedimentary rocks, and oxidized sulphide-rich mineralization, containing pyrite, pyrrhotite, chalcopyrite and sphalerite, was discovered southwest of the Hill Stock. Assay results are pending.

One drill hole has been completed and a second is in progress on the Hill Stock to test the strike extent of a zone that previously returned 27m (87.75 ft.) grading 3.3 g/t (0.10 oz/t) Au, including 8.8m (29 ft.) of 8.7 g/t (0.25 oz/t) Au in hole HL88-130. Core is currently being logged and complete results including assays, sections and location map are pending.

An amended Notice of Work is in progress to allow for the tracing of the new zones by trenching and diamond drilling.

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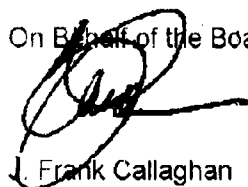
Nine zones or stocks, including the Jenner, Portal, Hill, Slide, Bear, Lake, Breccia, Bluff and Swamp have currently been identified on the property, seven of which require further exploration and drilling to define their resource. The Jenner and Portal Stocks are the only zones that have had sufficient drilling and underground work to be able to calculate a mineral resource. The combined mineral resource is classed as an indicated resource of 1.8 million tonnes grading 2.8 g/t (0.08 oz/t) Au, and an inferred resource of 614,000 tonnes of 2.79 g/t (0.08) Au, as reported by B.J. Price Geological in 2002 to National Instrument 43-101 standards (see the Company's web site www.northern-continental.com or www.sedar.com).

The gold mineralization on the property is hosted within quartz diorite stocks and, to a lesser extent, the adjacent dominantly sedimentary country rock. Mineralization is consistent with the intrusive hosted or related gold deposit model for the Tintina Gold Belt, an arcuate belt that extends through Alaska and the Yukon Territory and includes similar style deposits such as Fort Knox, Shotgun and Dublin Gulch.

The land package consists of 76 units (4600 acres). The **Abo Gold Project** is road accessible year-round. Hydroelectric power, natural gas and rail service are located within 3km of property boundaries. The Company has acquired all pertinent data from past exploration work, and is completing a preliminary compilation and review of available historic data.

The Company has acquired the option to earn a 60% interest in the property from Eagle Plains Resources Ltd. (see *News Release 02-07*). Numerous geophysical and geochemical anomalies have been delineated and will be aggressively explored by trenching and diamond drilling to expand the existing mineral resources, and to further delineate under-explored areas.

On Behalf of the Board of Directors



J. Frank Callaghan
President

This news release contains forward-looking statements regarding the timing and content of upcoming programs. Actual results may differ materially from those currently anticipated in such statements. The TSX Venture Exchange has neither approved nor disapproved of the information contained herein.