

**Misty Mountain
Gold Limited**

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EXCEPTIONAL GOLD RESULTS CONTINUE AT HARMONY

Robert G. Hunter, Chairman of Misty Mountain Gold Limited (TSE-MGL; VSE-MGL; NASDAQ-MGLCF) is pleased to announce that the Company's ongoing drilling program at the Specogna Deposit continues to prove up an exceptional gold deposit. The Specogna Deposit is included within Misty's 100% owned, Harmony Gold Property, a 172 square mile mineral claim holding that covers one of the world's premier epithermal gold systems on Graham Island, Queen Charlotte Islands, British Columbia.

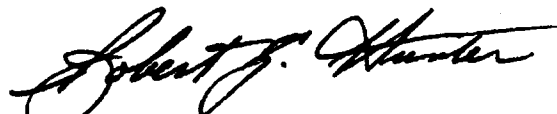
Misty is systematically drilling the Specogna Deposit on a 20 metre by 20 metre grid pattern with all holes being drilled towards the southeast. Results from holes 95-001 to 96-070 were reported earlier. The highlights of new intercepts received from holes 96-071 through 96-084 include 98 feet grading 0.49 ounces gold/ton, 118 feet grading 0.21 ounces gold/ton, 111 feet grading 0.12 ounces gold ton, 288 feet grading 0.11 ounces gold/ ton, 124 feet grading 0.25 ounces gold/ton, 217 feet grading 0.10 ounces gold/ton, 133 feet grading 0.11 ounces gold/ton, 321 feet grading 0.08 ounces gold/ton, and 200 feet grading 0.07 ounces gold/ton. Drilling is ongoing

Detailed results for holes 95-071 through 96-084 along with a Diamond Drill Hole Plan are attached to this release.

Misty is drilling-off the Specogna Deposit to enable mineable gold reserves to be configured and calculated. Drilling is planned to continue until the first quarter of 1997. In addition, metallurgical and environmental studies are underway in preparation for the commencement of feasibility studies.

On a fully diluted basis, Misty Mountain Gold Limited has 11,383,889 shares outstanding and funding of \$8.4 million. Importantly, Misty has tax pools of over \$60 million available to offset future potential income.

ON BEHALF OF THE BOARD



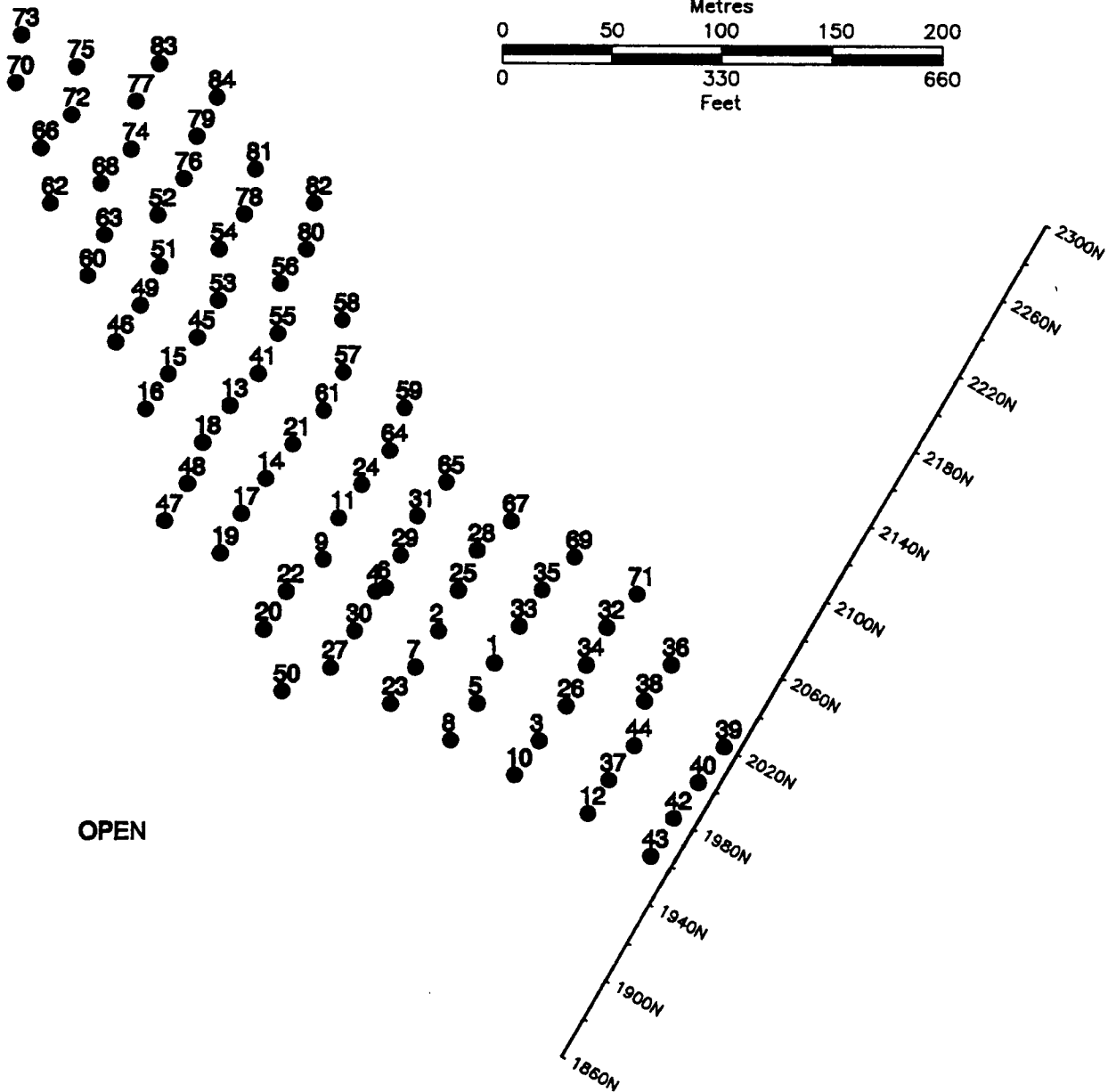
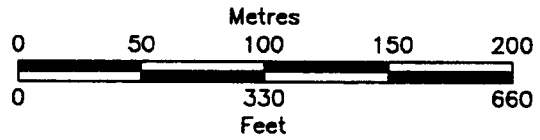
Robert G. Hunter
Chairman

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

MISTY MOUNTAIN GOLD LIMITED
DIAMOND DRILL HOLE RESULTS
HARMONY GOLD PROJECT - SPECOGNA DEPOSIT
OCTOBER 3, 1996

Hole No.	From (metres)	To (metres)	Interval		Gold Grade	
			(metres)	(feet)	(oz/ton)	(g/tonne)
96-071	26.17	50.00	23.83	78.1	0.072	2.48
96-072	52.00	150.00	98.00	321.5	0.081	2.76
96-073	50.95	112.00	61.05	200.3	0.056	1.91
	incl. 80.00	112.00	32.00	105.0	0.064	2.18
96-074	85.61	180.00	94.39	309.7	0.078	2.66
	180.00	210.00	30.00	98.4	0.496	17.00
	210.00	246.00	36.00	118.1	0.211	7.22
96-075	87.13	128.00	40.87	134.1	0.070	2.41
	262.00	296.00	34.00	111.5	0.118	4.03
96-076	36.00	174.00	138.00	452.8	0.095	3.24
	incl. 86.00	174.00	88.00	288.7	0.116	3.99
96-077	60.00	280.00	220.00	721.8	0.091	3.13
	incl. 136.00	264.00	128.00	419.9	0.125	4.28
	incl. 170.00	208.00	38.00	124.7	0.253	8.68
96-078	6.10	66.00	59.90	196.5	0.073	2.50
	incl. 45.72	62.76	17.04	55.9	0.106	3.64
	108.00	112.50	4.50	14.8	0.133	4.58
96-079	96.00	162.20	66.20	217.2	0.100	3.43
	incl. 137.50	160.24	22.74	74.6	0.141	4.82
96-080	45.97	62.15	16.18	53.1	0.050	1.72
	178.00	196.00	18.00	59.1	0.073	2.51
96-081	24.08	60.35	36.27	119.0	0.069	2.35
	96.11	103.95	7.84	25.7	0.220	7.54
	245.52	260.00	14.48	47.5	0.125	4.30
96-082	22.00	58.23	36.23	118.9	0.062	2.14
	187.65	234.00	46.35	152.1	0.084	2.88
96-083	12.00	268.00	256.00	839.9	0.050	1.71
	incl. 44.00	56.00	12.00	39.4	0.115	3.96
	incl. 102.90	164.00	61.10	200.5	0.074	2.53
96-084	45.94	134.30	88.36	289.9	0.079	2.71
	incl. 94.05	134.30	40.25	132.1	0.107	3.67
	192.00	206.00	14.00	45.9	0.200	6.84

OPEN



OPEN

Misty Mountain Gold Limited
Diamond Drill Hole Plan
Specogna Deposit - Harmony Project