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International Wayside Gold Mines Ltd.

15th Floor - 675 West Hastings Street, Vancouver British Columbia, Canada V6B 1N2

Telephone: 604-669-6463
 Facsimile: 604-669-3041
 Toll Free: 1-800-663-9686
 Web: www.wayside-gold.com

TSX Venture Exchange
 Trading Symbol: "IWA"

News Release 05-14 CARIBOO GOLD PROJECT 2005 UPDATE PHASE ONE LOWHEE TARGET DRILLING COMPLETED

July 12, 2005

The Board of Directors of International Wayside Gold Mines Ltd. (the Company) is pleased to provide a 2005 exploration program update on the Lowhee Target at the Company's Cariboo Gold Project located near Wells/Barkerville in central British Columbia. Results have been received for 18 of 26 diamond drill holes. Specifications and results are detailed in Table 1. The Lowhee Target with drill hole locations can be viewed in the attached map or visit www.wayside-gold.com.

Target Description

The Lowhee Target lies along the east flank of Lowhee Canyon, just above the Lowhee hydraulic pit (Figure 1). The target extends over a distance of 4,800 feet (1,575m), mostly in the same stratigraphic position as the Bonanza Ledge gold deposit occupies. The Lowhee Target can be subdivided into four target areas based on geophysical anomalies and clusters of strong gold geochemical results, as follows:

- **Black Bull Area** – The target consists of the Black Bull quartz vein, which is up to 12 feet (3.9m) thick and extends for 210 feet (64m). It also includes a soil anomaly with up to 0.85 g/t Au.
- **Southern Lowhee Anomaly** – This anomaly consists of a soil Potential (SP) anomalies and gold in soil up to 0.7 g/t. It covers an area of 300 feet (91m) long and up to 300 feet (91m) wide.
- **Northern Lowhee Anomaly** – This anomaly consists of one main SP anomaly and gold in soil up to 4.2 g/t. The anomaly also measures 300 feet (91m) in length and up to 300 feet (91m) in width. A drill road cut exposed several quartz veins ranging from 1 cm to 13 cm thick. Several of the veins contained multiple ppm gold (figure 1), with a high of 58.9 g/t.
- **Butts Zone** – This area was the site of underground development by the Cariboo Gold Quartz Mine just prior to being shut down due to World War Two. The target was accessed from the 1500 level of the mine (now inaccessible), and by a decline shaft from the surface. A swarm of quartz veins, one set parallel to foliation and another set with an orthogonal strike and vertical dip, cut high metamorphic rocks in the side of Lowhee Canyon. The target extends for 300 feet (91m) along the side of the canyon. Gold can be panned from some of the outcrops. At least one third of the rock geochemistry samples have returned values over 1.0 g/t, with the high being 204 g/t Au.

Lowhee Target Diamond Drilling (to date) - 14,835 Feet (4,527 Meters)

Approximately half of the first pass drilling has been completed, as follows:

- Black Bull Vein Area - 3holes - 1,555 feet (474m)
- Southern Lowhee Anomaly - 13 holes - 6,824 feet (2,080m)
- Northern Lowhee Anomaly - 7 holes - 3,000 feet (914m)
- Butts Zone - 1 hole - 3,456 feet (1,053m)

Results

The Black Bull Vein yielded two minor intercepts, but no replacement sulfides were found.

The best intercept in the Southern Lowhee Anomaly came in hole LH-05-06, which intersected replacement pyrite with very similar character to the Bonanza Ledge mineralization. The hole cut a zone from 541 feet (177.5m) to 556 (182.4m) feet that carried 5% to 10% pyrite and assayed up to 0.81 g/t gold. Holes LH-05-03, 5, 7, 8 and 9 contained minor amounts of replacement pyrite. Hole LH-05-09 intersected a 2 foot (0.66m) silicified breccia that assayed 2.58 g/t gold. Hole LH-05-20 was drilled as an offset of hole LH-05-06, and the results are pending.

Two fans of holes were drilled in the Northern Lowhee Anomaly. In the first fan, all four holes contained scattered quartz-pyrite veins. Hole LH-05-15 also cut replacement pyrite associated with a quartz-pyrite vein, which together, yielded 10 feet (3.3m) of 2.58 g/t gold. In the second fan, holes LH-05-17 and LH-05-18 each contained replacement pyrite mineralization, from 15 to 20 feet (4.9 to 6.6m) thick, and ranging from 3 to 30% pyrite. Assays from these holes are pending.

Three diamond drill holes have been completed at the Butts Zone. Abundant quartz-pyrite veins were intersected, over intervals ranging from 100 feet (33m) to 300 feet (98m). Results are pending.

From the extensive drilling at Bonanza Ledge, it is believed that pyrrhotite is peripheral to gold mineralization. Many of the Lowhee holes have encountered pyrrhotite, and efforts are under way to see if it can be used as a guide to stronger mineralization. A gravity survey will be conducted in July to help identify new pyrite replacement deposits similar to Bonanza Ledge.

Ed Gates, BSc, MS, P.Geo has reviewed this news release as the qualified person required under National Instrument 43-101.

2005 Surface Drill Results (all results as weighted averages).												
DDH	North (ft)	East (ft)	Elev. (ft)	Az. (mine)	Dip	Depth (ft)	From (ft)	To (ft)	Width (ft)	Width (m)	oz/ton Au	g/t Au
Black Bull Area												
BB-05-01	2032	18133	4747	200	-45	536	175.8 217.5	177.7 220.3	2.1 2.8	0.7 0.9	0.08 0.03	2.60 1.05
BB-05-02	2155	18126	4773	132	-47	526	No significant results					
BB-05-03	2166	18119	4773	236	-44	493	No significant results					
Southern Lowhee Area												
LH-05-01	2263	17601	4769	206	-45	346	No significant results					
LH-05-02	2264	17601	4768	213	-57	696	No significant results					
LH-05-03	2282	17634	4771	4	-45	376	No significant results					
LH-05-04	2374	17394	4773	357	-45	646	No significant results					
LH-05-05	2502	17183	4782	206	-58	306	No significant results					
LH-05-06	2644	16994	4785	358	-46	616	Anomalous values up to 0.81 g/t Au					
LH-05-07	2646	16994	4787	55	-48	506	No significant results					
LH-05-08	2642	16991	4786	205	-80	431	No significant results					
LH-05-09	2804	16802	4788	216	-44	556	64.0	56.0	2.0	0.66	0.08	2.58
LH-05-10	3000	16598	4809	194	-44	556	No significant results					
LH-05-11	3002	16598	4809	194	-55	556	No significant results					
LH-05-12	3102	16396	4809	179	-44	676	No significant results					
LH-05-20	2653	16998	4787	355	-67	557	Pending					
Northern Lowhee Area												
LH-05-13	3289	15995	4809	208	-45	582	327.0	336.0	9.0	3.0	0.05	1.61
LH-05-14	3291	15996	4809	208	-67	716	256.0	260.7	4.7	1.5	0.15	5.14
							494.2	495.6	1.4	0.5	0.15	5.15
LH-05-15	3293	15997	4809	208	-90	557	437.0	447.0	10.0	3.3	0.08	2.58
LH-05-16	3298	16000	4810	33	-81	518	No significant results					
LH-05-17	3397	15774	4806	220	-43	575	Pending					
LH-05-18	3399	15775	4806	220	-67	736	Pending					
LH-05-19	3402	15777	4806	220	-90	687	Pending					
Butts Zone												
LH-05-21	4358	14421	4702	227	-44	670	Pending					
LH-05-22	4755	14064	4645	207	-44	708	Pending					
LH-05-23	4603	14256	4678	205	-44	707	Pending					

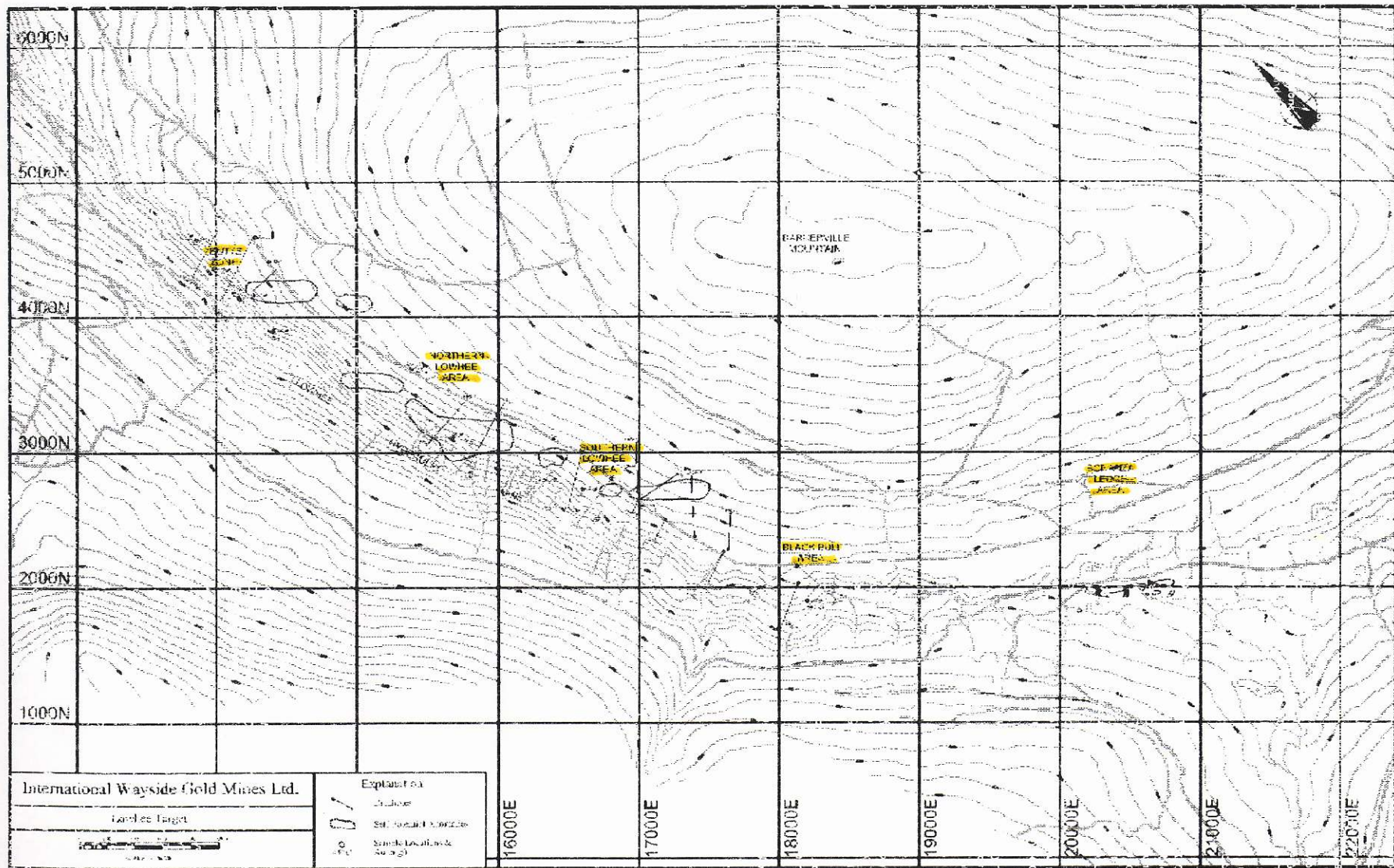
The Cariboo Gold Project's land holdings now cover 456 square kilometers (170 square miles) covering 57 kilometers (34 miles) in length and over 8 kilometers (5 miles) in width. In the Barkerville Camp, 79 creeks have reported placer gold production. Recorded production from the area was 3.8 million ounces of gold (2.6 million ounces from placer and 1.2 million ounces from lode mining).

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.



International Wayside Gold Mines Ltd.
 1000m Target

Explanatory
 Outline
 Sediment cover
 Sinks, faults & faults