

# ABO PROPERTY

Northern Continental recently acquired the ABO Gold Project, located on Bear Mountain near the Village of Harrison Hot Springs, 130 kilometres by paved road from Vancouver, in southwestern British Columbia. The property consists of 76 mineral claims (4600 acres).

## HISTORIC WORK:

The property has had little work in the past 6 years; in fact the property was allowed to lapse in 2000 and was re-staked by Eagle Plains Resources Ltd.

The approximately seven million dollars in past work that has been completed on the ABO Gold Project is as follows:

- 46 surface and underground diamond drill holes (13,956 metres)
- 2 underground adits, with raises and sublevels
- 216 kilometres of airborne and surface geophysics
- Surface geological mapping
- Soil geochemistry on a grid
- 1053 tonne bulk sample
- Metallurgical study
- Reserve study

## RESOURCE ESTIMATE:

The original Resource Calculation was completed by Kerr Addison who worked the property in the 1980's and completed much of the underground drifting and drilling. Northern Continental retained Barry Price P.Eng. to re-evaluate the resource using National Instrument 43-101 guidelines. The Geological Technical Report on the ABO Gold Project was completed in December 2002 and provided the following estimate:

**INDICATED RESOURCE:** 1.8 million tonnes grading 2.79 g/t au containing 165,488 ounces of gold and

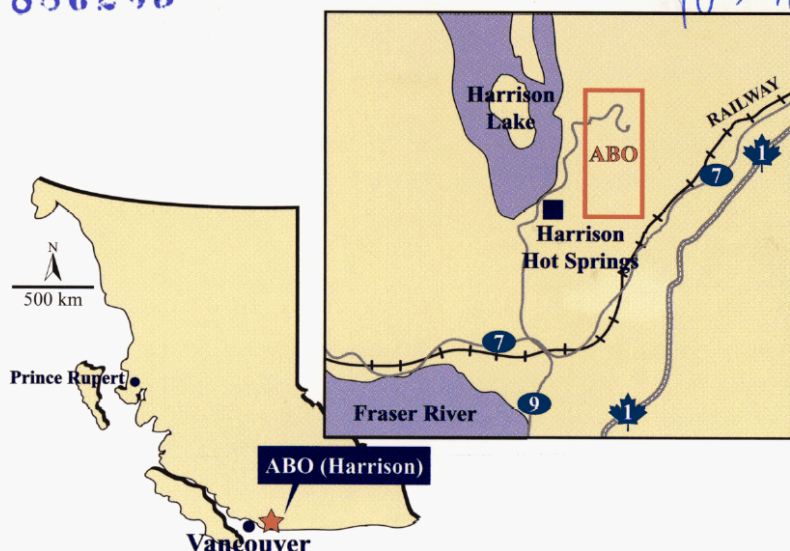
**INFERRED RESOURCE:** 613,000 tonnes grading 2.79 g/t au containing 55,000 ounces of gold.

This resource is located on two of the known mineralized quartz diorite intrusions (Jenner and Portal) shown in pink on the map. An example of drill results reported from the Portal Zone is 30 metres averaging 3.17 g/t au. An example of the drill results from the Jenner Zone intrusion is 64 metres grading 3.77g/t au.

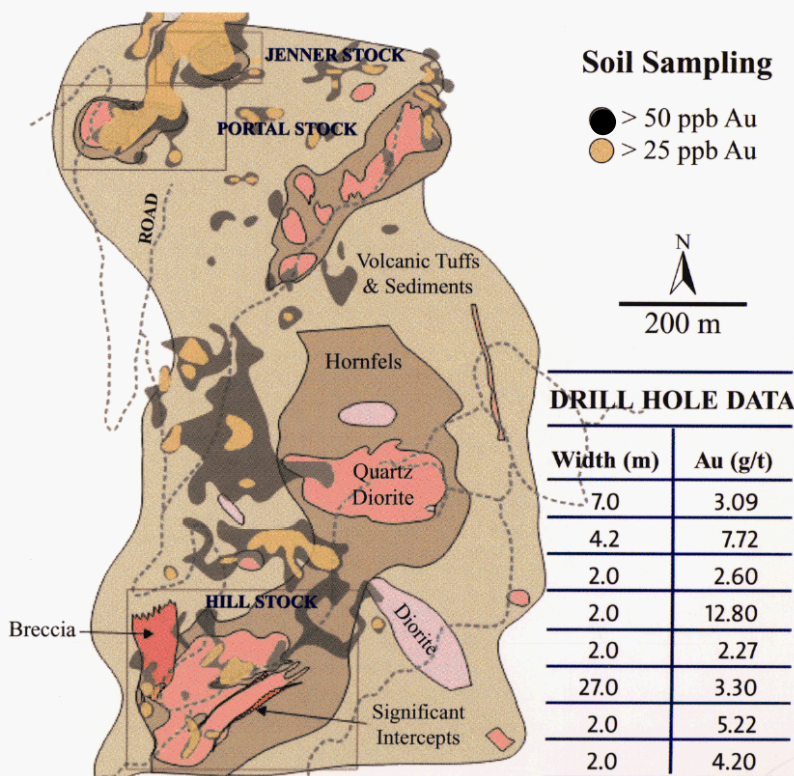
## GEOLOGICAL INFORMATION:

The Jenner and Portal zones are at the north end of the property. At the south end, another mineralized intrusion (Hill Zone) has a breccia pipe adjacent to the intrusion. The assay results from some of these holes are summarized in the table below. A fourth intrusion (Lake Zone) has some gold intersections but has had very little work on it.

880233



The Hill Zone intrusion at the southern part of the map has numerous significant intersections that are associated with quartz veins in the quartz diorite. These drill holes have not been estimated in the resource calculation. Further drilling in this area is warranted. Once continuity is indicated, then a resource re-evaluation will be necessary. Access to the 2 main areas underground will secure year round drilling enabling the company to obtain sufficient data to improve the resource calculation. The quartz veins that host the free gold have a shallow dip and are associated with bismuth and tellurium. There are trace amounts of sulphides in the ore. The metallurgical testing indicates that 95% gold recoveries are easily obtainable.



## Soil Sampling

- > 50 ppb Au
- > 25 ppb Au

## DRILL HOLE DATA

Width (m)	Au (g/t)
7.0	3.09
4.2	7.72
2.0	2.60
2.0	12.80
2.0	2.27
27.0	3.30
2.0	5.22
2.0	4.20

Northern Continental Res.

Apr. 04 (Calgary)

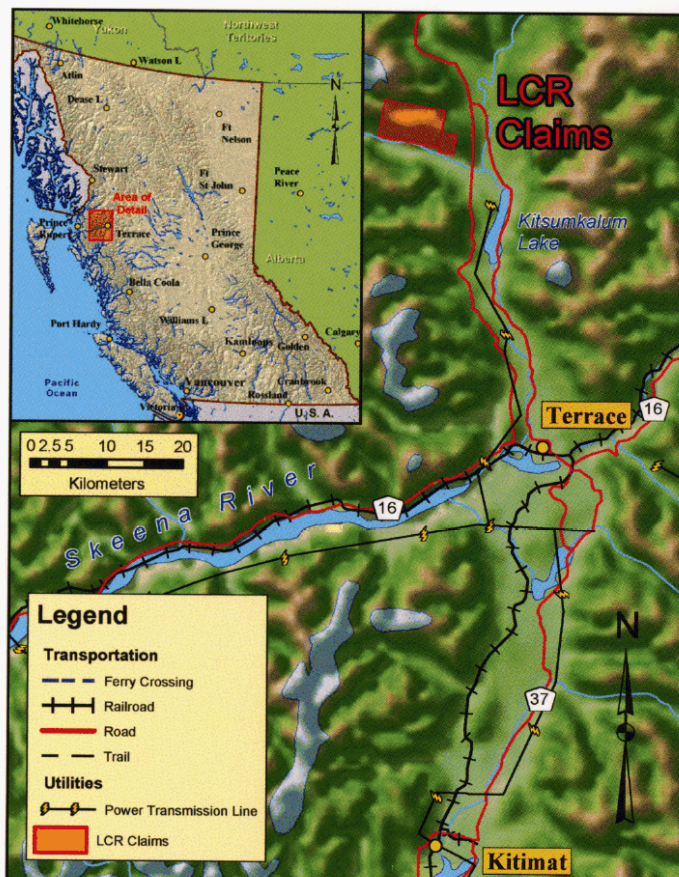


# LCR PROJECT

Northern Continental Resources signed a letter of intent with Eagle Plains Resources, announced January 15, 2004, to earn up to a 75 percent interest in the LCR mineral claims located 40 kilometres north of Terrace, in west-central British Columbia. The road-accessible claims consist of 180 units (10,900 acres) and are located two kilometres north of EPL's 100-percent-owned Kalum project, with existing hydroelectric lines situated five kilometres to the east.

The LCR claims overlie an area with geological and geochemical similarities to Eagle Plains' Kalum property. A prominent airborne geophysical anomaly is associated with a 1.5-kilometre-by-4.5-kilometre Cretaceous-aged granitic intrusive stock hosted by Bowser basin sedimentary rocks. B.C. Government sampling of streams draining the intrusive body show enrichment in gold, silver, copper, arsenic and other elements associated with intrusive-hosted gold deposits such as Pogo and Fort Knox. Very limited historical exploration has been completed in the area. The most recent was undertaken by Amax Exploration in 1980 who were exploring for porphyry copper-molybdenum deposits. Its work reported that "abundant quartz veins occur over an area of at least 1,500 by 1,000 metres" with sulphides reported in about 20 per cent of the veins. None of the Amax samples were analyzed for gold.

Eagle Plains and Northern Continental plan an aggressive program on the LCR property during 2004. An airborne geophysical program will be completed in the spring of 2004, concurrently with a survey on the larger Kalum claim-block.



## CORPORATE INFORMATION

### DIRECTORS

Charlie O'Sullivan, Chairman  
Frank Callaghan, President  
Ken Maddison  
Alan Crawford  
Frank Bradley, CFO

### HEAD OFFICE

15th Floor, 675 West Hastings St.  
Vancouver, British Columbia  
Canada V6B 1N2  
Tel : 604-669-6463  
Fax : 604-669-3041  
Toll Free : 1-800-663-9688

### SHARE INFORMATION



TSX VENTURE EXCHANGE  
Trading Symbol "NCR"

Shares Outstanding - 18,907,964