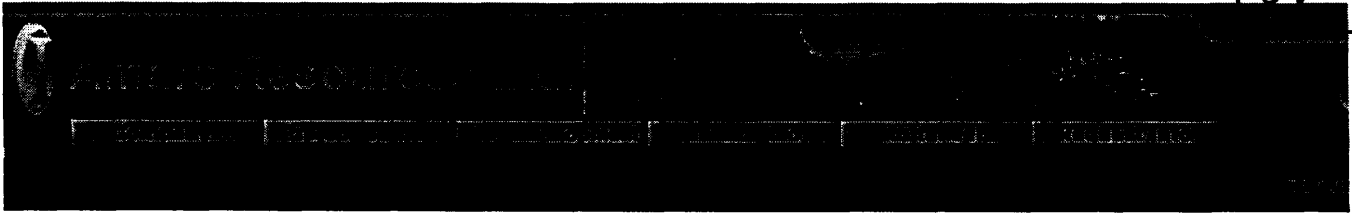


880265

TBS -> Acacia  
Kamad  
Homestake



**News Releases**

Mon Dec 20, 2004

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**Amarc Acquires Precious Metals/Massive Sulphide Properties Near Adams Lake In South-Central BC**

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TSXVEN:AHR

Last	0.62
\$ Chg	+0.05
Volume	20500
Day High	0.62
Day Low	0.57
Date	12-20-2004
Time	12:57
15 minute delay	

Ronald W. Thiessen, President and CEO of Amarc Resources Ltd. (TSX Venture: AHR; OTCBB: AXREF) is pleased to announce that Amarc has recently executed two option agreements, one with Eagle Plains Resources Ltd. ("Eagle Plains": TSX: EPL) and a second with an arms-length party to acquire two contiguous properties. The properties are located in south-central British Columbia, approximately 45 kilometres northeast of Kamloops.

Amarc and Eagle Plains have agreed in principle that Amarc may earn up to a 60% interest in Eagle Plains' 100% owned Acacia property by completing in stages \$2,500,000 in exploration expenditures, issuing to Eagle Plains 350,000 voting class common shares, a making \$125,000 in cash payments. Amarc may further increase its interest to 75% by carrying the project to feasibility. Amarc is required to spend at least \$100,000 on the property in 2005 to maintain its option.

The Acacia property is considered by Amarc management to have excellent potential to host precious metal enriched volcanogenic massive sulphide ("VMS") deposits. Typically, VMS deposits occur in clusters and/or stacked lenses and contain both base and precious metals. The 5,075 hectare Acacia property covers a stratigraphic assemblage that hosts a number of nearby base and precious metal deposits including past-producers such as the Samatous, Rea Gold, and Homestake mines. The property currently has at least three known target areas.

Amarc has also acquired the right to enter into an option agreement to acquire a 100% interest in the Homestake/Kamad Crown Granted mineral claims by issuing in stages 200,000 common shares and making cash payments of \$135,000 to an arms-length party. The Homestake/Kamad agreement will include a 2% Net Smelter Royalty payable from production on the property that is purchasable for \$1 million. The 120 hectare Homestake/Kamad property contains a known precious metal/VMS occurrence containing barite, silver, and base metals, and has been explored, intermittently, in the past by underground and surface workings.

Additional property acquisitions are planned in the months ahead as Amarc advances its focused effort to make major new mineral deposit discoveries in British Columbia. Amarc's exploration is guided by Hunter Dickinson management and senior staff, who have a record of major deposit discoveries in BC.

**ON BEHALF OF THE BOARD OF DIRECTORS**

Ronald W. Thiessen  
President and CEO

You can view the **Next** News Releases item: *Thu Dec 16, 2004, Amarc's Focused Search Continues For Major New Grassroot Discoveries In BC*

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No regulatory authority has approved or disapproved the information contained in this news release.

This release includes certain statements that may be deemed "forward-looking statements". All statements in this release