

PRESS RELEASE

10.79 g/t Au over 10.1 m and 350 g/t (11 oz/t) Au over 0.3 m at the Dufferin Mine

Rimouski, March 30, 2010 – Ressources Appalaches (APP-TSX-V) announces the results from the second series of eleven drillholes completed at the Dufferin Mine, Nova Scotia. These drillholes show grades reaching as high as 339 g/t Au (10.9 oz/t) over 0.4 metres, 350 g/t Au (11.2 oz/t) over 0.3 metres, and 10.79 g/t Au over 10.1 metres in drillholes F09-07, F09-16, and F09-23 respectively.

All of the drillholes reached their targets, with from two to eight gold-bearing veins in each hole. The Saddle-Reef type veins are regular and easy to follow throughout the deposit, both laterally and at depth. No major displacements have been observed. In addition to high gold grades caused by coarse particles of gold (nuggets), anomalous gold values of 0.2 to 1.0 g/t Au are observed in all of the veins (Saddle Reef Veins).

Of the 23 drillholes, total length 3,173 metres, including the ten drillholes whose results were announced earlier (Press Release of Feb. 2, 2010), only two failed to reach their target, because they intersected abandoned mine tunnels.

The first six Saddle-Reef type veins have now been systematically drilled at 75 to 150 metres intervals over a length of 650 metres and down to a depth of 210 metres. It should be noted that 15 veins have so far been identified, and that the deposit is open both laterally and at depth. The following table presents the main results from the second series of boreholes:

Drilling results (Series 2)

Drillhole #	From (m)	To (m)	Length (m)	Au (g/t)
F09-01	47.70	48.70	1.00	4.06
including	47.90	48.00	0.10	33.20
	55.40	56.40	1.00	2.94
	141.00	151.00	10.00	4.54
including	149.20	151.00	1.80	23.56
including	150.40	151.00	0.60	70.40
	170.30	181.00	10.70	1.79
including	177.00	181.00	4.00	4.58
including	177.15	177.45	0.30	34.10
	180.40	181.00	0.60	5.60
F09-02	27.30	28.30	1.00	10.65

Drillhole #	From (m)	To (m)	Length (m)	Au (g/t)
	84.40	84.65	0.25	3.54
	88.72	91.50	2.78	4.72
including	89.00	90.25	1.25	10.40
including	89.00	89.60	0.60	15.95
	133.00	134.20	1.20	7.81
including	133.30	133.90	0.60	15.45
	139.60	140.00	0.40	4.55
F09-03	23.80	24.40	2.09	2.09
including	24.00	24.20	0.20	5.87
	45.15	45.45	0.30	7.91
	72.50	73.20	0.70	1.94
	83.30	83.70	0.40	4.34
F09-07	36.30	37.20	0.90	2.07
	51.60	52.20	0.60	3.06
	74.00	82.00	8.00	1.20
	80.60	81.60	1.00	5.38
	85.20	85.40	0.20	8.49
	91.70	93.20	1.50	3.17
	143.30	143.70	0.40	3.82
	154.80	162.00	7.20	18.88
including	154.80	156.00	1.20	113.15
including	155.00	155.40	0.40	339.00
	186.60	187.70	1.10	1.08
F09-09	32.70	37.00	4.30	1.38
including	32.90	34.30	1.40	17.78
	70.60	72.00	1.40	3.42
	80.70	82.20	1.50	1.40
	126.70	128.10	1.40	2.82
	133.80	134.00	0.20	3.41
	155.00	159.90	4.90	2.16
including	155.00	156.00	1.00	4.51
	181.20	182.00	0.80	6.90
F09-16	49.00	52.00	3.00	35.10
	50.70	51.00	0.30	350.00
	92.00	98.50	6.50	5.54
including	92.00	93.50	1.50	21.94

Drillhole #	From (m)	To (m)	Length (m)	Au (g/t)
including	92.40	92.80	0.40	80.50
	111.00	112.20	1.20	25.50
including	111.40	112.00	0.60	50.60
	156.50	160.00	3.50	3.31
including	158.50	158.60	0.10	25.50
	196.00	196.90	0.90	2.31
	216.50	217.00	0.50	3.60
F09-17	163.00	166.30	3.30	3.63
including	165.00	166.30	1.30	6.60
	201.40	203.60	2.20	5.62
including	201.40	202.00	0.60	16.80
	223.30	225.60	2.30	2.83
including	224.80	225.60	0.80	7.53
F09-20	17.70	18.00	0.30	3.99
	24.30	26.90	2.60	1.46
including	24.30	24.60	0.30	9.34
F09-21	30.00	30.20	0.20	1.99
	35.10	35.35	0.25	2.60
	71.25	71.50	0.25	2.73
	75.20	75.50	0.30	3.31
F09-22	66.90	67.45	0.55	7.14
	105.00	111.00	6.00	1.74
including	105.20	106.80	1.60	6.06
including	105.20	105.50	0.30	31.80
F09-23	47.00	48.50	1.50	4.95
including	47.00	47.70	0.70	10.45
	87.30	92.50	5.20	6.05
including	87.30	88.90	1.60	19.33
including	87.80	88.40	0.60	51.10
	104.30	104.60	0.30	2.01
	108.50	108.80	0.30	3.13
	151.90	162.00	10.10	10.79
including	152.80	153.60	0.80	135.50
	187.90	190.00	2.10	2.46
including	187.90	188.50	0.60	5.58
	207.00	209.50	2.50	7.45

Drillhole #	From (m)	To (m)	Length (m)	Au (g/t)
including	207.00	208.50	1.50	12.31
including	207.50	207.90	0.40	45.70

In order to corroborate the analytical results, given the quantity and size of the gold particles (VG and nugget) seen in the drillcore, Appalaches is continuing to examine these results and will conduct further analyses to confirm the grade.

Analyses

The NQ-diameter drillcores were analyzed for gold in a laboratory of the ALS Laboratory Group. The samples were attacked by the fire assay method and analyzed by the atomic absorption spectrophotometer or gravimetric technique. The laboratory's analytic reference codes are: Au-AA26 and Au-SCR24. Half of the drillcore was retained, and all the boreholes are stored on the Dufferin Mine site in Nova Scotia.

About Ressources Appalaches

Ressources Appalaches owns about twenty mineral properties in various stages of development. The Company's objective is to become a gold producer: on April 9, 2009 it became the owner of the Dufferin Mine in Nova Scotia. Photos of the Dufferin Mine and its mining facilities are available on the Company's website at www.ressourcesappalaches.com.

The contents of this press release were prepared by Alain Hupé, Ing., a Qualified Person as defined in NI 43-101. Neither the TSX Venture Exchange nor its Regulation Service Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts any responsibility for the adequacy or accuracy of this release.

– 30 –

For additional information:

Alain Hupé
 Geological Engineer
 418-724-0901

Christian Guilbaud
 Investor Relations
 514-813-7862

info@ressourcesappalaches.com

This press release may contain certain forward-looking statements that include elements of risk and uncertainty. Consequently, actual results may differ substantially from those anticipated in such statements. These risks and uncertainties are described in the quarterly and annual reports, and in the documents submitted to the securities administration.