

## Terrier Lake Cu-Ni-PGM Update, Labrador Trough, Quebec

*For Immediate Release*, Vancouver, British Columbia, October 1, 2013: Rockland Minerals Corp. (TSX Venture: RL) (the "Company") is pleased to announce that Rockland's ongoing compilation of proprietary historical data in the Labrador Trough, Québec is showing the potential for mineralization expansion at the Company's **Terrier Lake Cu-Ni-PGM** claims located within the keel of the big Retty Lake Syncline, on-trend with Blue Lake, northeast of the town of Schefferville.

Rockland staked the Terrier Lake claims to protect the down-dip extension of the Terrier Lake Anticline, an analogous structure to the nearby Blue Lake Cu-Ni-PGM massive sulfides. Anglo American's staking adjacent to Rockland's outcropping Berry Lake Cu-Ni-PGM mineralization, in a similar structural setting to the east of Blue Lake, has again turned the spotlight on this area. **The Terrier Lake, Nancy Lake, Starr Lake and Lost Lake zones were intensely studied by Falconbridge Nickel Mines Ltd. in the mid 1970's. More than 25 miles of detailed horizontal-loop electromagnetic surveys were conducted over 4 grids which now lie within Rockland's Retty Lake claims at the nose of the big Retty Lake Syncline structure. Over a dozen targets identified by this field work remain undrilled.**

George F. Sanders, P.Geo, Director and Qualified Person responsible for the technical content of this News Release, states: **"These large synclinal structures permit Rockland to develop deeper Cu-Ni-PGM targets because the folding has preserved the "middle sill" and the "upper sill" from erosion. We are increasingly confident that the small, parasitic drag folds in these large synclines indicate the presence of Cu-Ni-PGM massive sulfides at depth. Folding was localized precisely where the sulfide accumulations were thickest, and sulfides tended to migrate into the noses of these fold structures during dynamic metamorphism. Intriguing comments abound in the Falconbridge report, particularly about the possibility of new structural interpretations of the Terrier Lake Anticline"**

Rav Mlait, president of Rockland states, "Over the course of 2013, Rockland has been working to compile large quantities of historical data that exists on our various property holdings in the Labrador Trough. This work provides us with critical knowledge to develop bigger and better targets for our exploration programs. Furthermore, these and other efforts have helped us **keep exploration and overhead costs low to help navigate through the tough market conditions that junior exploration companies have faced over the last couple of years. We believe the increasingly strong outlook for platinum group metals and our strong portfolio of properties in Quebec has positioned us for growth.**"

We seek Safe Harbor.

Rav Mlait, MBA  
President & CEO

### About Rockland:

Rockland Minerals Corp. ([RL – TSX.V](#)) is a Canadian exploration and development company, focused on developing the historic Blue Lake copper-nickel, platinum group metals (PGM) district and "Schefferville" Gold property in the prolific Labrador Trough area in north eastern Québec, Canada. Rockland is listed on the TSX Venture Exchange under the symbol "RL". To learn more about Rockland please visit [www.rocklandminerals.ca](http://www.rocklandminerals.ca) or contact Investor Relations at [604-551-7831](tel:604-551-7831). Follow Rockland on Twitter at <https://twitter.com/RocklandMineral>

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