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NEWS RELEASE

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Avalon intersects encouraging copper mineralization at Red Hill and defines gold target at U6 Savant

Avalon Ventures Ltd., (TSX-V: AVL (the "Company")) is pleased to provide the following progress report on activities on its Red Hill copper-zinc-silver and U6 Savant gold projects.

Red Hill Copper-Zinc-Silver Project

Assay results from the six-hole, 1279 metre diamond drilling program completed in November, 2005 on the Red Hill copper-zinc-silver VMS prospect, Kamloops, B.C. have now been received and compiled. Six targets were tested in two separate areas situated 1.6 km apart: three on the Feedlot grid and three on the Red Hill grid. All six holes intersected broad intervals of highly altered felsic volcanic rocks containing disseminated and stringer sulphide mineralization.

The most encouraging assays were obtained from one hole drilled on the Red Hill grid which intersected two narrow bands of massive sulphide mineralization assaying **2.08% copper, 7.5 g/t silver over 1.35 metres and 0.56% copper, 0.79g/t silver over 2.95 metres**. These intersections are situated near a hole drilled in 1984 that reportedly intersected 2.58 metres averaging 0.59% Cu, 1.6% Zn, 1.91g/t Ag, and 0.39g/t Au. Potential extensions to this zone are untested.

Overall, the results of the program have confirmed the validity of the Company's new structural model and demonstrated good potential for economic copper-zinc-silver VMS deposits on the Red Hill grid. A follow-up program involving geophysical surveys and further diamond drilling is planned for 2006. Jean-Philippe Desrochers, P.Ge. is providing overall supervision of the work programs. Expenditures to date inclusive of acquisition costs total approximately \$280,000.

U6 Savant Gold Project

A program of detailed geological mapping, channel sampling and compilation of historical data was carried out in 2005 on the U6 Savant gold project located in the Savant Lake area of northwestern Ontario. The work was performed by consulting geologist Jean-Philippe

Desrochers, P.Geo. The results of the program confirmed the presence of an intrusion-related gold system and the structural controls on gold mineralization were determined.

Highlights from the channel sampling included values of **2.72 g/t gold over 0.9 metres and 3.15 g/t gold over 1.0 metres**. These results came from a showing located peripheral to an interpreted major structure which produced assays of up to **0.65 g/t gold over 36.0 metres with some narrow higher grade intervals assaying up to 10.2 g/t gold over 0.5 metres** in historical drilling.

The zone remains open to depth and along strike for delineating zones of economic grade gold mineralization, and has yet to be tested across its full width which is estimated to be in the order of 100 metres. A minimum 600 metre drilling program is planned to test this target in 2006. Expenditures to date on the project inclusive of acquisition costs total approximately \$45,000.

Both the U6 Savant and Red Hill properties are held under option from Teck Cominco Limited. To earn its interest in the U6 property, the Company must incur \$500,000 in expenditures on the property over four years including a firm commitment to fund a minimum \$50,000 work program in the first year. To earn its interest in the Red Hill property, the Company must incur expenditures totaling \$1,200,000 over four years including a firm commitment to fund a minimum \$50,000 work program in 2005. Under both agreements, Teck Cominco would retain a 2% NSR royalty interest and certain back-in rights to re-acquire up to a 70% interest in the property first by funding 2.5 times Avalon's expenditures to earn a 51% interest, then by completing a feasibility study on the property at its sole cost to earn an additional 14% interest and finally by arranging all production financing to earn an incremental 5% interest.

About Avalon Ventures Ltd.

Avalon Ventures Ltd. (TSX-V: AVL) is a Canadian junior mineral exploration and development company, with a primary focus on industrial minerals and rare metals with high technology applications. Avalon currently holds a valuable portfolio of advanced stage projects, including two projects at the feasibility stage, that have received considerable interest from around the world. To find out more about Avalon Ventures Ltd. (TSX-V: AVL), please visit our website at www.avalonventures.com.

This news release is available on the Company's official on-line investor relations site for investor commentary, feedback and questions. Investors are invited to visit the "Avalon Ventures" IR Hub at <http://www.agoracom.com/ir/avalon>. In addition, investors are invited to e-mail their questions and correspondence to AVL@agoracom.com or phone Don Bubar, P.Geo. President, at 416-364-4938.

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