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NEWS RELEASE

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Avalon intersects massive sulphides on Red Hill Copper-Zinc-Silver-Gold Project

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Avalon Ventures Ltd., (TSX-V: AVL) (the "Company") is pleased to announce that significant volcanogenic massive sulphide ("VMS") mineralization has been intersected during the Phase 2 diamond drilling program on the Red Hill copper-zinc-silver-gold VMS project located near Kamloops, B.C. Four holes totaling 1120 metres of drilling were completed to test a Time Domain EM ("TEM") geophysical conductor detected in a down-hole survey completed in May in hole #05-23 drilled in 2005 in the Red Hill sector.

Hole #06-24 tested the conductor approximately 30 metres north of hole #05-23 and intersected 19.5 metres of massive sulphide mineralization from 144.0 to 163.5m down the -71 degree inclined hole which is roughly the same depth as the intercept in hole #05-23. The mineralization consisted primarily of fine grained pyrrhotite and pyrite with minor chalcopyrite and was similar in appearance to the intercept in hole #23 which assayed 0.56% copper, 0.79g/t silver over 2.95 metres (see the Company's news release dated January 30, 2006).

A second hole (#06-25) drilled at a steeper angle (-82 deg.) from the same set-up intersected 5.5 metres of similar pyrrhotite-rich mineralization from 150.4 to 155.9m. This was followed by a second 1.8m wide zone of massive and semi-massive sulphides at a depth of 214.3 to 216.1m that consisted mainly of chalcopyrite mineralization with lesser pyrrhotite and pyrite. Hole #06-24 intersected a zone of disseminated to semi-massive pyrite-pyrrhotite-chalcopyrite from 199.2-201.5 m that may correlate with the lower zone in hole #25. Photographs of the mineralization intersected in holes 24 and 25 can be viewed at www.avalonventures.com/projects_red_hill.html.

Holes #06-26 and 27, drilled as a similar two-hole section 40 metres to the north of 24 and 25, intersected similar-looking intervals of dominantly pyrrhotite-pyrite massive to semi-massive sulphide mineralization over corelengths of 15.4 and 9.7 metres respectively at depths of between 150 and 185 metres, but the lower zone was not encountered in these holes. Core lengths are believed to approximate true widths. Split core samples will be submitted for assay this week and results are expected in 3-4 weeks.

The results of the drilling indicate that the sulphide mineralization forms a gently northwest-plunging elongated lens lying in a synformal fold closure as previously inferred from structural mapping work. The zone remains open down-plunge. The felsic volcanic rocks beneath the massive sulphide horizon are characterized by intense chlorite-epidote-sulphide alteration. The

rocks above the massive sulphides are sericitic rhyolite breccias with abundant disseminated pyrite. The lower contact of the zone in all four holes is marked by a fault zone, leading to the conclusion that the zone intersected is a faulted slice off of a larger body. Down-hole TEM surveys are planned for the summer to look for the faulted extension of the zone and any conductors detected will be tested in a Phase 3 drilling program planned for the fall.

The geology of the Red Hill property bears all the hallmarks of a classic copper-zinc-silver-gold VMS environment and the favourable geology extends over much of the 6000 acre property. Accordingly, the Company is also planning additional geophysical and geological surveys including remote sensing to map out major structural features and identify additional targets for copper-zinc massive sulphide mineralization.

Overall project supervision is being provided by by Dr. J-P. Desrochers, P.Geo., while the drilling program was supervised Dr. D. L. Trueman, P.Geo.

The Red Hill property is held under option from Teck Cominco Limited, with the Company having the right to earn a 100% interest, subject to a 2% NSR royalty, by spending $1.2 million on exploration work over four years. Under the option agreement, Teck Cominco retains certain back-in rights to re-acquire a 65% interest in the property first by funding 2.5 times Avalon's expenditures to earn an initial 51% interest, then by completing a feasibility study on the property at its sole cost to earn an additional 14% interest. Ultimately, upon delivery of a positive feasibility study, Teck Cominco can increase its interest to 70% by arranging the project financing required to bring a mine into production.

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 three 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. Shares Outstanding as at the date of this release: 47,502,598. Working Capital: $2.3 million.

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. Mr. Bubar is the Qualified Person responsible for the technical content of this news release.

The language used in this News Release may contain forward-looking statements that may involve a number of risks and uncertainties. Actual events or results could differ materially from the Company's forward-looking statements and expectations. The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this news release.