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NEWS RELEASE

February 26, 2007

No. 07-05

Avalon announces shipment of bulk samples from Warren Township and Separation Rapids projects, U6 Savant gold project update and grant of incentive stock options.

Avalon Ventures Ltd. TSX-V: AVL (the "Company") is pleased to provide the following progress report on its current bulk sampling programs on the Warren Township calcium feldspar and Separation Rapids lithium feldspar projects as well as an update on the U6 Savant gold project, all of which are located in northern Ontario.

Warren Township

Approximately 1000 tonnes of calcium feldspar ore which was extracted from the Warren Township property in January has now been crushed and loaded in railcars for delivery to the toll milling facility of Aerosion Ltd., located near Calgary, Alberta. The first cars are due to arrive this week and processing of the ore is scheduled to begin within the next two weeks. Costs incurred to date are generally consistent with previously-disclosed budget forecasts.

It is estimated that shipments of product to the customer, a major U.S. glass manufacturer, will begin in late March and be completed by the end of April, 2007. The furnace trial at the customer's plant would be carried out over the following two months with results expected in July or August.

Separation Rapids

Approximately 40 tonnes of crushed lithium feldspar ore from the 300 tonne sample extracted in 2006 was shipped last week to the Company's customer in the United Kingdom for use in its product development program. Freight costs were borne by the customer. The customer's product is understood to be a unique, new, non-combustible construction material with many potential commercial applications, for which the Company's lithium feldspar product is well-suited. Further shipments of lithium feldspar ore are anticipated in 2007 as the customer's market development program advances. This application represents a particularly attractive market since the ore does not require any processing, other than primary crushing, prior to shipping..

Other potential market applications for the Company's lithium minerals products in the glass and ceramics sector have begun to re-surface as manufacturers search for efficiencies to reduce

consumption of fossil fuels, energy costs and greenhouse gas emissions. New requests for small product test samples for these potential markets have recently been received and preparation of these samples is presently being arranged.

U6 Savant Gold Project

All assay results from the fall diamond drilling program were finally received and compiled in January. Highlights from the six holes drilled included intersections of 4.63 g/t Au over 1.89 metres, including 10.67 g/t Au over 0.49 metres and 3.7 g/t Au over 3.3 metres, including 9.6 g/t Au over 0.6 metres. These intersections appear to correlate along a northeast structural trend that is open for expansion. Complete assay results and hole locations may be found on the Company's website at http://www.avalonventures.com/key_projects/base_metals/u6_savant/.

Expenditures to date on the project total approximately \$207,000, sufficient to maintain the option with Teck Cominco Limited in good standing for another year. Further drilling to delineate this encouraging new gold zone, as recommended by the Company's consultants, is contemplated for later this year subject to drill availability.

Incentive Stock Options

The Company also announces that it has granted an aggregate 125,000 incentive stock options to two consultants and a new employee. The options will be exercisable at a price of \$1.30 per share for a period of two years in the case of the consultants and five years in the case of the new employee. The five year options will vest at the rate of 25% every twelve months following the date of grant of the options while the two year options will vest at the rate of 25% every three months from the date of grant. Any shares issuable on exercise of the options will be subject to a four month hold period beginning on the date of grant of the options.

About Avalon Ventures Ltd.

Avalon Ventures Ltd. (TSX-V: AVL) is a Canadian junior mineral exploration and development company, with a primary focus on rare metals and minerals with high technology applications or offering environmental benefits. Avalon currently holds a portfolio of five such projects, including three that are at the feasibility stage. 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: 51,325,123. Cash resources: \$2.8 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.Ge. 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.