
**ONGOING DRILLING AT RAMBLER PROJECT EXTENDS
MING FOOTWALL ZONE (MFZ) BY 225 METERS**

St. John's – Rambler Metals and Mining, a company in which Altius holds a 30% interest, has today reported further significant drill results from its Rambler Project in Baie Verte, Newfoundland and Labrador.

A copy of the Rambler news release is provided below in its entirety. Rambler trades on London's AIM market under symbol RMM. Please visit www.ramblermines.com for additional technical details and maps.

**For further information, please contact
Brian Dalton or Chad Wells**

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8th September 2006

ONGOING DRILLING AT RAMBLER PROJECT EXTENDS MING FOOTWALL ZONE (MFZ) BY 225 METERS

London - Rambler Metals and Mining plc is pleased to report continuing significant drill results from its Phase II drilling program at the Rambler Copper-Gold Project in Newfoundland and Labrador, Canada. Three holes have been completed since the last report and all have returned significant results.

Hole RM-06-17, which was a significant step-out designed to test the MFZ approximately 225 metres up-plunge from the area of recent successful drilling results within this zone, has returned a positive result. The hole intersected 19.50 metres (64.0 feet) grading 2.28% copper followed by a separate 4.5 metres (14.8 feet) grading 2.14% copper 12 metres further down hole. Hole 17A, a directional offset hole from hole 17, is currently in progress.

The recently discovered high grade "Upper Ming Footwall Zone," which was initially encountered in holes 4f and 4g, has now also been intersected in directional offset hole 4h. The hole intersected 5.40 metres (17.7 feet) grading 5.36% copper and 0.7 g/t gold.

Hole 3e, a directional offset from hole 3 has returned 9.18 metres (30.1 feet) grading 2.66 % copper.

A table summary of significant assay results received during the period is included below.

Rambler Chairman Harry Dobson commented, "The up-plunge extension of the MFZ as indicated by Hole 17 has significant implications for the overall tonnage potential of the zone and we wait with anticipation for the results from additional holes in this area. The new Upper MFZ has also been extended and we will continue to trace this zone with a detailed offset hole pattern given the extremely high grades encountered."

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Drill Hole	From (meters)	To (meters)	Length (meters)	Length (feet)	Cu (%)	Au (g/t)	Zone
RM06-03e	934.65	943.83	9.18	30.1	2.66	0.1	MFZ
RM06-04h	967.10	972.50	5.40	17.7	5.36	0.7	UMFZ
including	968.60	970.60	2.00	6.6	11.55	1.58	UMFZ
RM06-17	752.90	772.40	19.50	64.0	2.28	0.1	MFZ
RM06-17	784.00	788.5	4.50	14.8	2.14	0.1	MFZ

Leslie Little, Company Secretary
 Rambler Metals & Mining Plc
 Tel No: 020-7661-8062

Guy Wilkes
 Ocean Equities
 T: 020 7786 4370

J. Geoffrey Thurlow, Ph.D., P. Geo., a Director of Altius Resources Inc., is the Qualified Person responsible for technical content of this release. Drill intercepts quoted are core lengths; true widths are estimated to be 90% to 95% of the intersected core lengths. National Instrument 43-101 compliance information regarding sampling and analytical protocols pertaining to the Rambler Project can be accessed via the following link: <http://www.ramblermines.com>

Exploration on the Rambler property is being conducted by Altius Resources Inc. under a service agreement with Rambler Metals and Mining plc. All drill holes have produced 47.6 millimetre diameter (1.875-inch) NQ diamond drill core. The drill core is descriptively logged on site, aligned, marked for sampling and then split in half, longitudinally, using a diamond saw blade. One-half of the core is preserved in core boxes for future reference. The samples comprising the other half of the core are bagged, sealed and delivered directly to the analytical laboratory by Altius personnel. Base metal-bearing samples are nominally 1 metre to 1.8 metres (3.28 to 5.90 feet) in length except where specific geologic parameters require that a smaller interval be sampled. Samples with suspected precious metal content are nominally one metre or less, depending on the geological circumstances.

The sawed samples are delivered directly to Eastern Analytical Ltd. in Springdale, Newfoundland by Altius personnel where they are dried, crushed and pulped and assayed. Samples are crushed to approximately -10 mesh and split using a riffle splitter to approximately 300 grams. The sample split is pulverized using a ring mill to approximately 98% minus 150 mesh. In addition to regular samples, blank samples and quarter-split samples are also submitted for crushing/pulping.

The sample pulps are picked up directly at Eastern Analytical by Altius personnel and returned to the project site at which point analytical standard samples and duplicate samples from previous batches are inserted into the sample stream. All sample rejects are also retrieved from Eastern Analytical by Altius personnel and securely stored by Altius.

The sample pulps are shipped by courier to Activation Laboratories Ltd. in Ancaster, Ontario for analysis. A typical analysis consists of three, industry-standard components:

- (1) an aqua regia digestion followed by a 34 element ICP analysis,*
- (2) a gold assay consisting of a one assay ton fire assay with finish by atomic absorption, and*
- (3) an assay of specific base metals by aqua regia digestion followed by atomic absorption spectroscopy for those elements which exceed the limits of ICP accuracy.*

About the Company

Rambler was established to invest in the base metal sector in politically stable jurisdictions. Its principal project is the Rambler copper-gold property, located on the Baie Verte Peninsula of Newfoundland and Labrador, Canada, which is at the delineation drilling stage. Rambler acquired the property from Altius Minerals Corporation in exchange for ordinary shares during 2005.

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Civic Address:
 Altius Minerals Corporation
 Suite 300, 53 Bond Street
 St. John's, NL, A1C 1S9, CANADA

Website: www.altiusminerals.com
Toll Free: 1.877.576.2209
Fax: 709.576.3441
e-mail: info@altiusminerals.com

Mailing Address:
 Altius Minerals Corporation
 P.O. Box 385
 St. John's, NL, A1C 5J9, CANADA

The Rambler property contains the former producing Ming and Ming West copper-gold mines. The Ming Mine last operated in 1982 and the Ming West Mine in 1996. Mining of the Ming Mine ceased when workings reached a neighbouring property boundary. Rambler Metals and Mines acquired the property after it had been successfully consolidated.

The Ming and Ming West Mines exploited relatively narrow zones of high-grade copper and gold mineralization. Sections of this mineralization remain in the lower part of the Ming Mine and it is open to depth.

In 2004, two holes were drilled to test the depth potential of the underlying Ming Footwall Zone (MFZ), which was partially outlined nearer to surface by the previous mining operator. These drill holes both returned wide zones of good grade copper mineralization and the MFZ became a priority for delineation drilling.

The first phase of drilling was carried out from April through December 2005 and involved the completion of widely spaced holes from which offset holes could be completed using directional drilling technology. The directional drilling program began in January of 2006 and holes are now being spaced at approximately 50 metre centres in order to delineate the mineralized areas.

A program of dewatering and rehabilitation of the Ming Mine underground infrastructure is currently at the permitting stage. This work is being undertaken with a view towards accelerating resource delineation and, hopefully, the resumption of mining operations on the property.

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Suite 300, 53 Bond Street
St. John's, NL, A1C 1S9, CANADA

Website: www.altiusminerals.com**Toll Free:** 1.877.576.2209**Fax:** 709.576.3441**e-mail:** info@altiusminerals.com**Mailing Address:**

Altius Minerals Corporation
P.O. Box 385
St. John's, NL, A1C 5J9, CANADA