

TSX VENTURE: GNH
PINKS SHEETS: GOLHF

Toronto, Ontario: March 01, 2010

Golden Hope Mines Ltd. announces Bulk Sample Results on its Bellechasse-Timmins Property

Toronto, Ontario: Golden Hope Mines Ltd. is pleased to announce its bulk sample results on the T1 portion of the Bellechasse-Timmins mineralized zone.

The simple average of values for samples from within the mineralized portion of the T1 zone exposed at surface is approximately 3g Au/metric tonne (2.998) using a 0.5g/t cut-off. The mineralized area exposed at surface has a strike length of about 100 metres and a maximum width of approximately 48m.

The results from each of the trenches are presented in the table below;

Zone	Trench	Sample Number	From (m)	To (m)	Length (m)	Bulk Sample Results (g/ t Au)
T1	09A	09A #1	0	3	3	0.446
		09A #2	3	5	2	2.616
		09A #3	5	7	2	2.762
		09A #4	7	9	2	8.122
		09A #5	9	11	2	10.56
		09A #6	11	13	2	5.588
		09A #7	13	15	2	1.196
		09A #8	15	17	2	2.502
		09A #9	17	19	2	5.879
		09A #10	19	21	2	8.75
		09A #11	21	23	2	2.384
T1	09D	09D #1	0	3	3	0.418
		09D #2	3	5	2	0.415
		09D #3	5	7	2	0.477
		09D #4	7	9	2	0.548
		09D #5	9	11	2	6.923
		09D #6	11	13	2	2.074
		09D #7	13	16	3	1.231
T1	09D1	09D1 #1	0	2	2	1.622
		09D1 #2	2	4	2	1.074

T1	09D2	09D2 #1	0	2	2	11.98
		09D2 #2	2	4	2	3.578
		09D2 #3	4	6	2	2.735
		09D2 #4	6	8	2	0.307
		09D2 #5	8	10	2	0.127
		09D2 #6	10	12	2	0.181
		09D2 #7	12	14	2	0.426
		09D2 #8	14	16	2	0.084
		09D2 #9	16	18	2	0.145
		09D2 #10	18	20	2	0.312
		09D2 #11	20	22	2	0.607
		09D2 #12	22	24	2	0.357
		09D2 #13-14	24	28	2	0.962
		09D2 #15	28	30	2	0.083
		T1	09E	09E #1	2	4
09E #2	4			6	2	0.174
09E #3	6			8	2	0.594
09E #4	8			10	2	0.722
09E #5	10			12	2	3.057
09E #6	12			14	2	1.664
T1	09F	09F #1	0	2	2	0.387
		09F #2	2	4	2	0.996
		09F #3	4	6	2	1.344
T1	09G	09G #1	2	4	2	0.426
		09G #2	4	6	2	0.774
		09G #3	6	8	2	0.531
		09G #4	8	10	2	0.309

These results help to define the limits of mineralization at surface and give valuable information to assist in the correlation of gold values from existing diamond drilling and down-hole hammer work.

The Company and its geological team are encouraged by this information which supports earlier work and historical results suggesting reliability of grade estimators improves with sample size.

The T1 mineralized zone has been intersected 300m below surface where diamond drilling shows brecciation of the diorite, frequency of quartz veining, and gold distribution similar to that observed near surface in shallower diamond drill intersections.

Brecciation is confined to the competent intrusive rocks. Mineralization does not extend appreciably into the host sediments. Exposure of the mineralized diorite of the T1 zone at surface is limited by intruded sediments both to the southwest and to the northeast.

Geological and geochemical data suggest mineralization within the diorite extends beneath the sediments in both directions.

Parallel mineralized zones that lie to the southeast have been traced for more than 300 metres along strike and are open in both directions, suggesting a similar strike potential for the T1 zone.

Additional data are posted on the Company website at www.goldenhopemines.com.

James E. Tilsley, P.Eng. is acting as the qualified person (QP) for Golden Hope Mines in compliance with National Instrument 43-101 and has reviewed the technical contents of this release.

About Golden Hope Mines Limited:

Golden Hope Mines Limited is a mineral exploration company that seeks to grow shareholder value through the acquisition, exploration and development of potentially large-scale gold and base metal projects suitable for underground and/or open-pit mining. The company's focus is in Quebec, Canada. The Bellechasse gold project in Quebec includes the Timmins 1, Timmins 2 and Ascot gold zones, the new FSG volcanic environment targets and a number of recently claimed ultra basic/serpentine bodies. For further information on Golden Hope Mines Limited please visit www.goldenhopemines.com.

Forward-Looking Information:

This release includes certain statements that may be deemed "forward-looking statements". All statements in this release, other than statements of historical facts, that address future production, reserve potential, exploration drilling, exploitation activities and events or developments that the company expects are forward-looking statements. Although the company believes the expectations expressed in such statements are based on reasonable assumptions, such statements are not guarantees of future performance and actual results or developments may differ materially from those in the statements. Factors could cause actual results to differ materially from those in forward-looking statements. These include market prices, exploitation and exploration successes, and continued availability of capital and financing, and general economic, market or business conditions. Investors are cautioned that any such statements are not guarantees of future performance and actual results or developments may differ materially from those projected in the forward-looking statements. For more information on the company, investors should review registered filings at www.sedar.com.

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