

**GOLDEN HOPE MINES LIMITED:
EXPLORATION PROGRAM UPDATE TIMMINS GOLD DEPOSIT**

TORONTO, ONTARIO--(Marketwire - Aug. 10, 2009) - GOLDEN HOPE MINES LIMITED. (TSX VENTURE:GNH) (PINK SHEETS:GOLHF): Golden Hope Mines is pleased to announce the start of a bulk sampling program on its Timmins Gold Deposit in Southeastern Quebec.

Trenching is under way along the strike of the Timmins 2A and 2B mineralized zones confirmed by diamond drilling in 2007 and 2008.

Excavation of the overburden has exposed a complex of sub-vertical and sub-horizontal quartz veins that support the interpretations based on diamond drilling results.

The current work is designed to expose the T2 zones to allow bulk sampling.

Diamond drill results from previous programs confirmed mineralization of potential economic interest within the T2 zones.

Result highlights include:

2008 programme: (see press release January 29th, 2009)

Hole no.	From (m)	To (m)	Length (m)	Grade Au (g/t)
BD2008-92	132.0	140.0	8.00	3.477
BD2008-86	41	45	4	3.418
BD2008-88	46.0	50.0	4.000	2.317

2007 programme: (see press release December 3rd 2007)

Hole no.	From (m)	To (m)	Length (m)	Grade Au (g/t)
BD2007-66	48.62	55.07	6.45	7.51
Including	51.98	53.07	1.09	34.8
BD2007-67	37.86	56.64	18.78	1.85
Including	48.75	53.77	5.02	4.07

A detailed progress report was released May 20th 2009.

Result highlights include:

- It is reasonable to expect the mineralized structures to extend below deepest intersection of 230m to a depth of 1000m or more.
- Results of sampling diamond drill cores from Timmins 1 suggest an average grade in the order of 2 g/t. Bulk sampling in a 2007 trench returned an average of about 3.8 g/t and suggests the true gold content exceeds drill indicated values.
- The central portions of the mineralized T1 and T2 zones suggest a tonnage potential of 18,700 tonnes per vertical metre and 30,000 tonnes per vertical meter if adjacent less intensely-mineralized material is included (18.7 to 28 millions tonnes to a depth of 1000 meters).

Maps of the mineralized zones of the deposit as well as assay results of both bulks sampling and diamond drilling from the 2007 - 2008 seasons are available at www.goldenhopemines.com

Golden Hope also plans to drill the geochemical anomaly surveyed in late 2008 (see press release January 29th 2009) in the near future. The survey results were rated at 4.3 out of 6 for parameters indicative of gold mineralization in this target.

James Tilsley, P. Eng., Hendrik Veldhuyzen, P. Geo, have prepared and reviewed the technical content in this news release and are qualified persons (QP) for Golden Hope in compliance with National Instrument 43-101.

About Golden Hope Mines Ltd.

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, silver 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 and 2 and Ascot gold zones, the Coucou volcanic target and a number of newly claimed serpentinite geological environments. For further information on Golden Hope, 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 that could cause actual results to differ materially from those in forward-looking statements. These include market prices, exploitation

and exploration successes, 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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