

## **Golden Hope releases Progress Report on Timmins Gold Deposit**

**Toronto, ON – May 20<sup>th</sup>, 2009: GOLDEN HOPE MINES LIMITED. (GNH: TSX-V; GOLHF - PK):** Golden Hope Mines Limited is pleased to release its progress report on the Timmins Gold Deposit. The Report provides the first detailed summary of geology and exploration on the deposit, located in Southeastern Quebec, Canada.

The Report is available on the Company's website at [www.goldenhopemines.com](http://www.goldenhopemines.com).

This report further demonstrates the great potential of the deposit. There has been considerable progress since the 2006-2007 change of management at Golden Hope Mines.

- **2006:** Golden Hope Mines completed a down the hole hammer drill program demonstrating clots or nuggety nature of the mineralization requires + 50kg samples to adequately test the grade estimator for the Timmins mineralization,
- **2007:** Golden Hope Mines completed an airborne survey over 2 claim blocks, the Timmins area and the Lac Etchemin area, a diamond drill program defining the edge of the Timmins 1 mineralized intrusive using oriented diamond drill core and exposed significant widths of the Timmins 2 mineralized intrusive by trenching,
- **2008:** Golden Hope Mines completed a diamond drill programme over the Timmins T2 intrusion identifying two additional mineralized zones and demonstrating each zone's continuity with depth.

“We are delighted to release the first comprehensive report on the geology, mineralogy and potential of the Timmins Gold deposit since our team joined GNH. The deposit is showing increasingly great potential to become a major asset of the company. We will continue to aggressively explore and define this deposit as well as explore the other multiple favorable areas of our large claim group in the Chaudière – Bellechasse region of Quebec.” states Louis Hoël, President, Golden Hope Mines Limited.

Result highlights include:

- It is reasonable to expect the mineralized structures to extend beyond the stated depth of 1000m.

- 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 ‘cores’ of the mineralized 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).

The company will continue to define the Timmins Gold Deposit until data support a 43-101 compliant resource estimate. Additional bulk sampling and infill diamond drilling are planned.

Disclaimer:

- the potential quantity and grade is conceptual in nature
- there has been insufficient exploration to define a mineral resource
- it is uncertain if further exploration will result in discovery of a mineral resource

Hendrik Veldhuyzen, P. Geo, has managed field exploration since late 2006 and is acting as the qualified person (QP) for Golden Hope in compliance with National Instrument 43-101 and has reviewed the technical contents of this release.

### **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 two areas of interest are located in Quebec, Canada and Maine, U.S.A. The Bellechasse gold project in Quebec includes the Timmins 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](http://www.goldenhopemines.com).

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## **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](http://www.sedar.com).*