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NEWS RELEASE

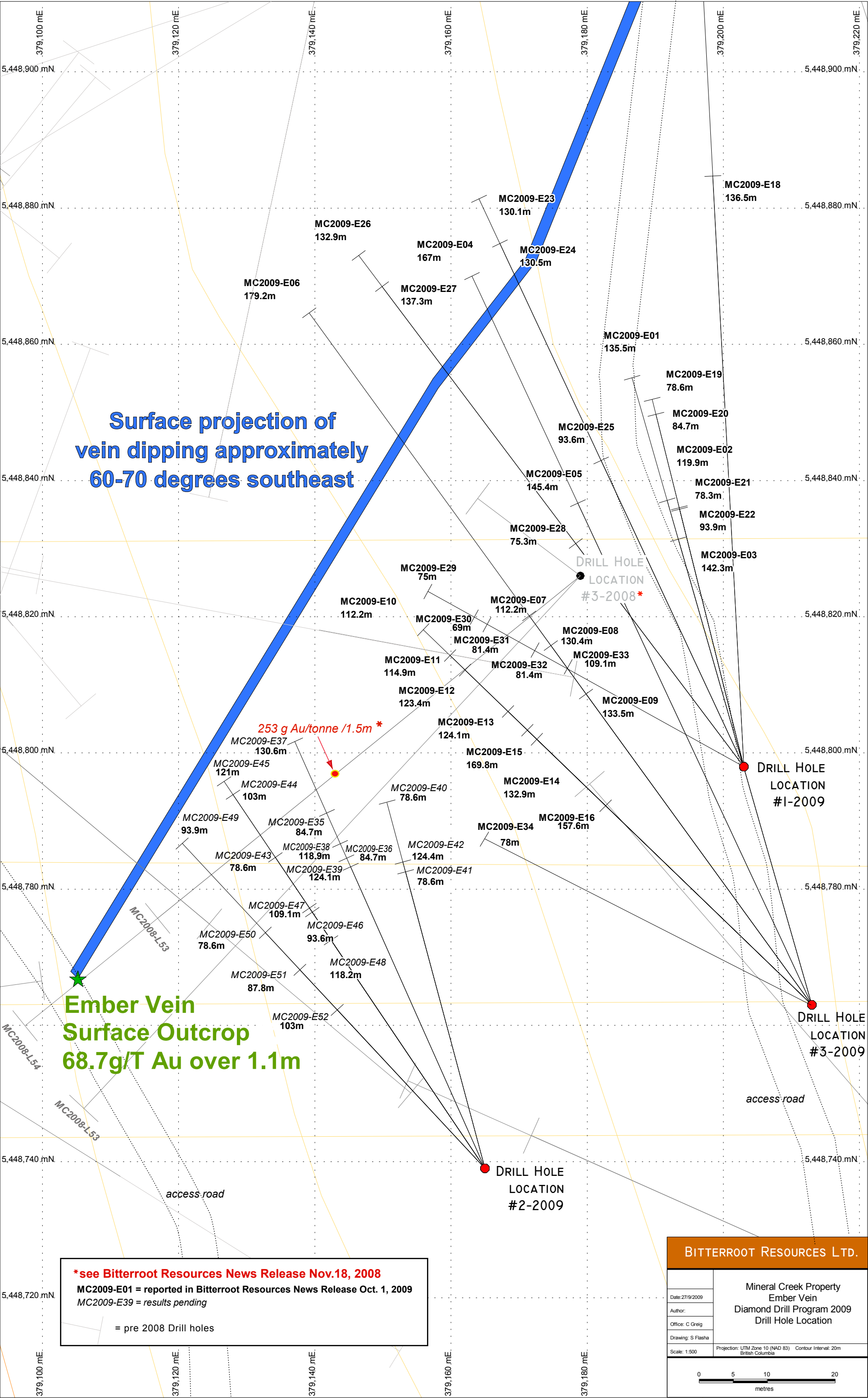
October 1, 2009

MINERAL CREEK GOLD PROJECT – UPDATE

Bulk Sample – During the spring and early summer of 2009, the bulk sample project operator Mipoz Geological Inc. (Mipoz) installed a 10 tpd ball mill, table and associated electrical equipment and began processing mineralized rock mined from the Linda zone at a rate of approximately 3-5 tonnes per day. Mipoz has since milled approximately 150 tonnes of stockpiled, crushed mineralized rock which had been mined in late 2008. This diluted mineralized rock graded approximately 0.5 to 0.75 oz/t gold. In August 2009, a dore bar weighing 30.9 troy ounces was poured from 40.4 troy ounces of concentrate. The dore bar assayed 77.77% gold and 18.47% silver. The bullion was subsequently sold for gross proceeds of C\$24,283. A significant amount of gold is yet to be recovered from approximately one tonne of sulphide-rich concentrates, which are currently being processed. Since completion of processing of the stockpiled rock mined in 2008, an additional 70 metric tonnes of undiluted mineralized rock and 140 metric tonnes of waste rock have been mined. Mipoz has also drilled off another 60 metric tonnes of mineralized vein material which is ready for blasting. Crushing activities have resumed following re-establishment of the water supply. Mining and crushing activities are expected to continue until the onset of winter weather. Bitterroot and Mineral Creek Ventures Inc. share the costs and proceeds from the first 2,500 tonnes of material mined from the Linda zone on a 50/50 basis, with the next 2,500 tonnes costs and proceeds shared on a 55% Bitterroot – 45% MCVI basis.

Exploration – Definition drilling of the Ember vein resumed on May 29. As of the date of this report, over 6,000 metres have been drilled in 58 core holes and drilling is still in progress. Drill spacing is relatively tight, with a horizontal and vertical distance of 10 to 15 metres between holes. The Ember vein has now been outlined along a strike length of 130m and along a dip-length ranging from 40m to 80m. The vein's thickness ranges from a few centimetres to two metres and gold grades vary from traces up to two hundred grams of gold per tonne. Recent drilling of the Ember vein has intersected another quartz vein approximately 0.5 metres thick, which contains visible gold. This new hanging-wall vein is located approximately 30m south of the Ember vein. Visible gold has been noted in additional drill holes intersecting the Ember vein, results are pending. During the remainder of the 2009 field season, Bitterroot plans to complete the Ember vein definition drilling program and drill-test the area south of the Ember vein.

The accompanying map and tables show the drill hole locations and significant intersections to date. Assay results are pending for 24 additional drill holes.



Drill-location #1-2009 Ember Vein

DDH #	From (metres)	To (metres)	Interval (metres)	Estimated True Width (metres)	Au grams/Tonne	Ag grams/Tonne	Recovery (percent)
BTT-E01	98.8	101.8	3	2.9	2.33	4.12	100%
Including:							
BTT-E01	98.8	99.5	0.7		1.16	2.6	100%
BTT-E01	99.5	100.2	0.7		1.46	1.4	100%
BTT-E01	100.2	100.8	0.6		2.5	2.1	100%
BTT-E01	100.8	101.3	0.5		4.51	1.5	100%
BTT-E01	101.3	101.8	0.5		2.75	15.1	100%
BTT-E01	105.15	105.32	0.17	0.15	11.25	5.1	100%
BTT-E05	108.4	108.6	0.2	0.1	7.79	3.9	100%
BTT-E05	110.6	111.1	0.5	0.2	14.65	2.8	95%
BTT-E06	98.8	102.4	3.6	2.8	14.33	8.29	95%
Including							
BTT-E06	98.8	99.1	0.3		23.8	4	90%
BTT-E06	99.1	100	0.9		0	0	100%
BTT-E06	100	100.6	0.6		0.376	0.2	100%
BTT-E06	100.6	100.75	0.15		200	79.6	100%
BTT-E06	100.75	101.75	1		1.365	0.2	100%
BTT-E06	101.75	102.15	0.4		29.9	40.6	100%
BTT-E06	102.15	102.4	0.25		3.26	0.6	100%
BTT-E07	105.5	105.75	0.25	0.15	55.7	12.3	100%
BTT-E08	118.25	118.5	0.25	0.1	7.35	1.8	100%
BTT-E09	123.15	124.25	1.1	0.9	2.04	0.6	100%
Including							
BTT-E09	123.15	123.35	0.2		1.115	0.9	100%
BTT-E09	123.35	123.8	0.45		0.977	0.5	100%
BTT-E09	123.8	124.25	0.45		3.52	0.6	100%
BTT-E10	101.3	101.8	0.5	0.5	9.11	3.3	100%
BTT-E11	105.55	105.75	0.2	Est. 0.1	9.29	1.8	Est. 80%
BTT-E12	108.6	110.5	1.9	1.9	1.49	0.55	100%
Including							
BTT-E12	108.6	109.4	0.8		1.43	0.5	100%
BTT-E12	109.4	109.9	0.5		0.552	0.2	100%
BTT-E12	109.9	110.3	0.4		2.6	0.8	100%
BTT-E12	110.3	110.5	0.2		1.86	1.1	100%
BTT-E13	114.6	115.2	0.6	0.45	17.45	2.2	100%
BTT-E14	121.6	122.2	0.6	0.4	11.85	1.3	100%
BTT-E15	119.45	119.75	0.3	0.15	5.72	1.9	100%
BTT-E15	128.35	128.7	0.35	0.25	3.23	1.4	100%

Drill-location #2-2009 Ember Vein

DDH #	From (metres)	To (metres)	Interval (metres)	Estimated True Width (metres)	Au grams/Tonne	Ag grams/Tonne	Recovery (percent)
BTT-E17	65	65.15	0.15	0.1	31.8	4.3	100%
BTT-E17	76.95	79.6	2.65	2	1.56	5.98	95%
Including							
BTT-E17	76.95	77.5	0.55		1.89	9.8	100%
BTT-E17	77.5	77.9	0.4		1.855	12.8	100%
BTT-E17	77.9	78.5	0.6		1.375	2.4	100%
BTT-E17	78.5	78.75	0.25		1.72	6.9	95%
BTT-E17	78.75	79.3	0.55		1.03	1.7	100%
BTT-E17	79.3	79.6	0.3		1.77	4.1	95%
BTT-E18	64.8	66.3	1.5	1	7.41	2.03	100%
Including							
BTT-E18	64.8	65.6	0.8		9.95	1.7	100%
BTT-E18	65.6	66.3	0.7		4.5	2.4	100%
BTT-E23	55.7	56	0.3	0.3	17.1	2	100%
BTT-E25	64.2	67.6	3.4	2.5	1.52	0.8	100%
Including							
BTT-E25	64.2	64.9	0.7		1.035	0.9	100%
BTT-E25	64.9	65.9	1		0.905	0.7	100%
BTT-E25	65.9	66.3	0.4		1.295	1.2	100%
BTT-E25	66.3	67.6	1.3		2.34	0.7	100%
BTT-E26	53.2	53.65	0.45	0.4	8.65	1.4	100%
BTT-E30	63.1	63.35	0.25	0.2	63.8	16.1	100%
BTT-E31	66.7	67.1	0.4	0.35	5.59	1.1	100%
BTT-E34	57.75	59.75	2	1.2	8.27	20.73	100%
Including							
BTT-E34	57.75	58.5	0.75		3.26	3.8	100%
BTT-E34	58.5	59	0.5		8.76	65.8	100%
BTT-E34	59	59.75	0.75		12.95	7.6	100%

Mr. Michael Becherer, P.Geo is the Qualified Person responsible for the design and implementation of exploration programs on the Mineral Creek project. The drill core was logged and sampled by G.A. Price, P. Geo. Samples were assayed by ALS Chemex in North Vancouver, BC. Analysis consisted of procedure Au-AA 23 and ME-ICP41. If Au was greater than 10ppm then samples were re-assayed by procedure Au-GRA21.

ON BEHALF OF THE BOARD OF DIRECTORS

Michael S. Carr

Director

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the contents of this news release.

FORWARD LOOKING STATEMENTS: This document contains statements about expected or anticipated future events and/or financial results that are forward-looking in nature and as a result, are subject to certain risks and uncertainties, such as general economic, market and business conditions, regulatory processes and actions, technical issues, new legislation, competitive conditions, the uncertainties resulting from potential delays or changes in plans, the occurrence of unexpected events and the company's ability to execute and implement its future plans. Actual results may differ materially from those projected by management. For such statements, we claim the safe harbour for forward-looking statements within the meaning of the Private Securities Legislation Reform Act of 1995.