



NORTHERN
G O L D MINING INC.

Northern Gold Hits 84.2 Metres of 1.49 g/t Gold Including 37.2 Metres of 2.03 g/t and 1.0 Metre of 16.29 g/t on the Garrison Property east of Timmins

- **GAR-09-06: 1.49g/t (.043oz/ton) over 84.2m (276.2ft)**
- **GAR-09-06: 2.44g/t (0.071oz/ton) over 17.5m (57.4ft)**
- **GAR-09-06: 2.03g/t (.059oz/ton) over 37.2m (122.0ft)**
- **GAR-09-06: 11.56g/t (.337oz/ton) over 1.0m (3.3ft)**
- **GAR-09-06: 16.29g/t (.475oz/ton) over 1.0m (3.3ft)**
- **GAR-09-06: 15.61g/t (.449oz/ton) over 1.0m (3.3ft)**
- **GAR-09-07: 2.22g/t (.065oz/ton) over 9.6m (31.5ft)**
- **GAR-09-07: 3.24g/t (.095oz/ton) over 8.5m (27.9ft)**
- **GAR-09-07: 27.02g/t (.776oz/ton) over 0.5m (1.6ft)**

Toronto, Ontario (February 23, 2010): Northern Gold Mining Inc. (“Northern Gold” or “the Company”) (TSX-V: NGM) is pleased to announce additional drill results from holes six, seven, and eight of its diamond drilling program on the Garrison gold property. The Company is in the first year of an option agreement under which it is earning its interest in the Garrison gold property from ValGold Resources Ltd. (“ValGold”, TSX-V: VAL). For more information on the option agreement, please see the Company’s news release dated 14 September 2009.

Eleven diamond drill holes totaling 2,333 metres were completed as a first step in designing further drilling leading to a resource calculation on the Garrison Zone. The drill program involved step out and infill drilling on a minimum spacing of twenty-five to thirty metres. Multiple occurrences of visible gold have been observed as fine dissemination in nine of the eleven holes drilled, and visible gold was also observed in twenty-seven separate intervals in hole GAR-09-06 in the Shaft and South zones.

To date, the broad Shaft zones have been drilled at 30 metre intervals over a strike length of 195 metres (640 feet), but early indications are that the zones could extend as far as 500 metres (1600 feet) as indicated by drilling by Cominco in 1987. The Shaft zones have also been successfully tested to depths below 200 metres in C-06-07 (Valgold, November 22, 2006) which intersected 3.48 grams per tonne gold (“g/t Au”) over 13.5 metres (275.5-289.0 metres).

Split core samples from all eleven holes have been submitted for analysis and results have been received from the first eight holes. Northern Gold announced assay results from the first two diamond drill holes on 9 December 2009, including GAR-09-01: 22.0 metres grading 4.21 g/t Au,

including 11.2 metres grading 7.03 g/t Au; GAR-09-02: 56.1 metres grading 2.14 g/t Au, including 3.4 metres grading 16.9 g/t Au, and 1.2 metres grading 36.6 g/t Au; and GAR-09-02: 29.4 m grading 1.05 g/t Au. Northern Gold announced assay results from diamond drill holes three, four, and five on 25 January 2010, including GAR-09-03: 34.0 metres grading 1.05 g/t Au, GAR-09-04: 102.5 metres grading 1.38 g/t Au including 32.0 metres grading 2.25 g/t and 2.0 metres grading 12.33 g/t, GAR-09-05: 151.0 metres grading 0.88g/t and 83.0 metres grading 1.00 g/t Au.

GAR-09-06 and GAR-09-07 were designed to test the Shaft zones and South zone east of the Garrcon shaft. GAR-09-08 was designed to test the North zones.

GAR-09-06 was drilled southwards and collared 180 metres (590 feet) east of the Garrcon shaft. Multiple occurrences of visible gold were noted in the shaft zones. High grade intervals were encountered over a broad 84.2 metres (276 feet) down hole section.

GAR-09-07 was drilled southwards 25 metres below GAR-09-06 and collared 180 metres (590 feet) east of the Garrcon shaft. Visible gold was noted within 1.0 metre (3.3 feet) of bedrock surface and it appears that the hole was collared into the surface Shaft A zone. The surface shaft A zone occurs under 3 metres (10 feet) of overburden and presents a high priority surface stripping target. This hole intersected mine workings on the 73 metres (240 feet) level. High grade visible gold mineralization was noted 6.0 metres from the mine workings.

GAR-09-08 was drilled northwards, and collared 15 metres west of and 50 metres below GAR-09-01, to test the North zones. Broad low grade results were noted in both North zones including small flecks of visible gold.

The following table highlights the various higher grade intersections in both holes:

HOLE ID	FROM	TO	LENGTH	GRADE	ZONE
GAR-09-06	68.0	152.2	84.2m	1.49g/t	Shaft B+C+ South Zone
including	68.0	85.5	17.5m	2.44g/t	Shaft B
	68.0	69.0	1.0m	11.56g/t *VG	
	76.5	77.5	1.0m	8.08g/t *VG	
and	115.0	152.2	37.2m	2.03g/t	Shaft C
including	115.0	116.0	1.0m	16.29g/t	
	151.2	152.2	1.0m	15.61g/t *VG	South Zone
GAR-09-07	4.4	14.0	9.6m	2.22g/t	Shaft A
including	6.0	8.0	2.0m	5.53g/t *VG	
GAR-09-07	17.0	18.0	1.0m	1.60g/t	
GAR-09-07	68.0	76.5	8.5m	3.24g/t	Shaft B
including	76.0	76.5	0.5m	27.02g/t *VG	
GAR-09-08	54.0	57.5	3.5m	0.70g/t	
GAR-09-08	125.0	138.0	13.0m	0.60g/t	North B
including	137.0	138.0	1.0m	2.14g/t	
GAR-09-08	153.0	154.0	1.0m	1.14g/t	
GAR-09-08	176.0	193.0	17.0m	0.75g/t *VG	North A
including	192.0	193.0	1.0m	1.72g/t	

Note: All widths are down hole thickness; *VG-visible gold observed in sample interval

Although there has been insufficient exploration to define a mineral resource on the Garrcon Zone, it is described in the NI 43-101 technical report filed on SEDAR by Northern Gold on 21 October 2009 as having the potential to host a bulk tonnage, open-pit operation with the potential for up to 30 million tonnes ranging in grade from 1 to 3 grams per tonne gold. The potential quantity and grade is conceptual in nature and as a result it is uncertain if further exploration will result in the discovery of a mineral resource. It is the goal of the company to work towards obtaining a resource calculation on the Garrcon Zone.

Northern Gold President and CEO Martin Shefsky states, “Northern Gold is pleased with the results from our 2009 drill program, and we are currently developing targets for Phase II drilling on the Garrison gold property. Because of the potentially low cost of exploration per ounce, Northern Gold is presently focused on proving a resource at the Garrcon prospect as it represents the best exploration value for our shareholders.”

Northern Gold Mining Inc. has implemented a quality assurance and control (QA/QC) program to ensure sampling and analysis of all exploration work is conducted in accordance with the best possible practices. The split drill core samples collected were sent to Swastika Laboratories in Swastika, Ontario, and analyzed using the appropriate gold fire assaying technique. Sample standards and blanks are inserted into the sample stream at regular intervals to ensure at least 1 standard or blank is included in each analytical run at the lab in order to ensure lab integrity. Approximately 5% of sample rejects and/or pulps will be sent to a different lab from the lab which ran the original assay for check assaying.

This press release has been reviewed and approved by Brad Leonard P.Geo., exploration manager for Northern Gold Mining Inc., who is the “Qualified Person” as defined by NI 43-101 for this project.

Northern Gold Mining Inc. is a Toronto based junior resource company dedicated to gold exploration in the Timmins-Kirkland Lake mining camp of Northern Ontario.

For further information please contact:

Northern Gold Mining Inc.

Martin R. Shefsky
President and CEO
Tel: (416) 366 - 7300
Fax: (416) 366 - 7301
E: mshefsky@northerngold.ca
Web site: www.northerngold.ca

Jeffery P. Boykin
VP Investor Relations/Regulatory Affairs
Mobile: (647) 269 - 7300
Tel: (416) 366 - 7300
Fax: (416) 366 - 7301
E: jboykin@northerngold.ca

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