



NORTHERN
G O L D MINING INC.

Northern Gold Hits 20.0 Metres of 6.74 g/t Gold Including 5.0 Metres of 14.67 g/t which includes 1.0 Metre of 33.22 g/t on the Garrison Property east of Timmins

- **GAR-09-03A: 1.01g/t (.029oz/ton) over 28.0m (91.9ft) including 1.60g/t (.047oz/ton) over 12.0m (39.4ft) which includes 8.50g/t (.248oz/ton) over 0.5m (1.6ft)**
- **GAR-09-09: 6.74g/t (.197oz/ton) over 20.0m (65.6ft) including 14.67g/t (.428oz/ton) over 5.0m (16.4ft) which includes 33.22g/t (.969oz/ton) over 1.0m (3.3ft) and which includes 14.33g/t (.418oz/ton) over 1.0m (3.3ft)**

Toronto, Ontario (March 04, 2010): Northern Gold Mining Inc. (“Northern Gold” or “the Company”) (TSX-V: NGM) is pleased to announce results from the last three drill holes 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.

GAR-09-03A was designed to test the Shaft zones east of the Garrcon shaft. GAR-09-09 was designed to test the north zones. GAR-09-10 was far removed from the other ten drill holes and was testing possible extensions of the Garrcon shaft zones east of the Garrcon shaft.

GAR-09-03A was drilled south and collared 100 metres (330 feet) east of the Garrcon shaft. This hole was advanced 10 metres in front of GAR-09-03 which finished in mine workings on the 73 metre level. Multiple occurrences of visible gold were noted in the shaft zones.

GAR-09-09 was drilled north and was designed to test the north zones 30 metres above GAR-09-01. A broad high grade interval was intersected in the north A and DZ including one sample with visible gold. This high grade interval correlates with a 22.0 metre intersection in GAR-09-01 which graded 4.21grams per tonne gold (“g/t Au”).

GAR-09-10 was drilled south and collared 500 metres east of the Garrcon shaft. This hole was designed to test possible extensions of the Garrcon shaft zones along strike. Several low grade sections were intersected which roughly correlate with the Garrcon shaft zones.

The following table highlights the various high grade intersections in the three holes:

HOLE ID	FROM	TO	LENGTH (m)	GRADE	ZONE
GAR-09-03A	36.0	64.0	28.0	1.01g/t	Shaft B
Including	46.0	58.0	12.0	1.60g/t	
including	56.0	56.5	0.5	8.50g/t *VG	
GAR-09-03A	93.0	94.0	1.0	1.13g/t	
GAR-09-03A	129.0	130.0	1.0	1.60g/t	Shaft C

GAR-09-03A	142.0	143.0	1.0	1.05g/t	Shaft C
GAR-09-03A	159.5	161.5	2.0	3.03g/t *VG	South Zone
GAR-09-09	35.0	36.0	1.0	2.36g/t	
GAR-09-09	82.0	83.0	1.0	1.04g/t	North B
GAR-09-09	103.0	132.0	29.0	4.90g/t	North A+DZ
Including	112.0	132.0	20.0	6.74g/t	North A+DZ
Including	112.0	117.0	5.0	14.67g/t	
Including	115.5	116.5	1.0	33.22g/t *VG	
and	131.0	132.0	1.0	14.33g/t	
GAR-09-10	18.0	19.0	1.0	0.90g/t	
GAR-09-10	62.0	63.0	1.0	0.98g/t	
GAR-09-10	70.0	71.0	1.0	2.29g/t	

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

Eleven diamond drill holes totaling 2,333 metres were completed as a first step towards developing a resource calculation for the Garrcon 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 were observed as fine disseminations in ten of the eleven holes drilled. Collar location maps and select cross sections will be made available soon within the Garrison Gold Property page of Northern Gold's website, www.northerngold.ca.

To date, the Garrcon shaft zones have been drilled 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 previous drilling east of the shaft by Cominco in 1987. The shaft zones have also been successfully tested to vertical depths beyond 200 metres (650 feet) in C-06-07 by ValGold, where 3.48 g/t Au was intersected over 13.5 metres (275.5-289.0 metres) (Valgold, November 22, 2006).

Currently the Garrcon north zones have been drilled over a strike length of 265 metres (870 feet). The north zones may also extend to vertical depths beyond 320 metres (1050 feet) as indicated in ValGold drill hole C-06-05B, where 2.56g/t was intersected over 7.5 metres (418.0-425.5 metres) (Valgold, October 4, 2006). Both the north and shaft zones are open to depth.

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 extremely pleased with the results from our 2009 drill program. Our initial drill program has demonstrated that our NI 43-101 report's suggestion that there is the potential for a large tonnage open pit resource is attainable. Northern Gold is currently developing targets for Phase II drilling on the Garrison gold property with the goal of generating the first NI 43-101 compliant resource on the Garrcon by year end."

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 rock 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 Kirkland Lake mining camp of Northern Ontario.

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