



**NORTHERN**  
G O L D MINING INC.

## **Northern Gold Hits 32.5 Meters of 1.6 g/t Gold, 14 Meters of 3.1 g/t and 1 Meter of 16.7 g/t at Garrcon Project**

**August 4, 2010 (TORONTO, ONTARIO):** Northern Gold Mining Inc. (TSX-V: NGM) ("Northern Gold" or "the Company") announced today assay results from the first three diamond drill holes (holes 11, 12 & 13) in the 2010 Phase II diamond drilling of the Garrcon Project. The project is one of the Company's gold projects located within the Garrison Township gold property, which it holds under an option agreement from Valgold Resources Ltd.

The assay results reported are for the first three holes completed in the 10 hole, 2,399 meter Phase II program. Assays from the other seven holes are pending from the assay laboratory. Drill holes are designed to infill areas adjacent to and between previous drill holes in the Garrcon Shaft and North Zones in mineralization that may be amenable to bulk mining, previously identified in diamond drill holes over an east/west strike length of about 350 meters and a north/south width of approximately 200 meters. Drill hole spacing varies from less than 25 meters to about 125 meters.

**The following table highlights significant mineralized intersections in the holes:**

Hole ID	From (m)	To (m)	Length (m)	Grade	Zone
GAR-10-11	4.5	31.0	26.5	0.97 g/t	Shaft
Includes	4.5	20.0	15.5	1.37 g/t	Shaft
GAR-10-11	83.0	88.5	5.5	1.57 g/t	Shaft
GAR-10-12	3.9	233.0	229.1	0.61 g/t	Shaft
Includes	4.4	14.7	10.3	2.36 g/t	Shaft
Includes	4.4	5.4	1.0	16.67 g/t	Shaft
Includes	80.0	223.0	143.0	0.76 g/t	Shaft
Includes	80.0	101.0	21.0	1.32 g/t	Shaft
Includes	94.0	95.0	1.0	11.82 g/t	Shaft
Includes	190.5	223.0	32.5	1.59 g/t	Shaft
Includes	209.0	223.0	14.0	3.12 g/t	Shaft
GAR-10-13	32.0	43.6	11.6	1.25 g/t	North
Includes	35.0	43.6	8.6	1.57 g/t	North
GAR-10-13	56.0	61.0	5.0	1.13 g/t	North
GAR-10-13	132.0	134.0	2.0	1.20g/t	North

\*All lengths are downhole lengths as true widths have not been determined at this time

"The broad zones of gold mineralization intercepted continue to reinforce that the Garrcon Project has the potential to be developed into a bulk minable deposit," said Martin Shefsky, President of Northern Gold Mining Inc. Assay results of the remaining phase II drill holes will continue to be reported concurrently with detailed geological mapping, trenching, and systematic channel sampling of the newly discovered 1070 vein. Refinement of diamond drill targets to the east of the main Garrcon shaft zones will further test the size of this newly discovered vein system and add to the overall resource estimate."

Holes GAR-10-11 and GAR-10-12 were both drilled with a southerly azimuth and a dip of 45 degrees. Both holes are located along mine grid line 12+00 west and designed to reduce drill spacing along the line to approximately 30 meters. Both holes intersected mineralization as expected and continue to expand the known extent of mineralization within the Shaft Zone. The zone of gold mineralization intersected in GAR-10-12 had an average grade of 0.6 g/t over a down-hole length of 229 meters, continuing to support earlier indications that the Garrcon mineralization may be amenable to exploitation using bulk mining open pit techniques.

GAR-10-13 was drilled with a northerly azimuth and a dip of 45 degrees into the North Zone and was drilled along mine grid line 12+50W. The hole is designed to fill-in between drilling by previous operators and is stepping out from GAR-09-09 to the west about 50 meters. Gold mineralization is of similar appearance and grade to nearby holes, including GAR-09-09, and the closer spacing improves the reliability of assumptions of continuity for future resource estimates.

Diamond drilling was temporarily suspended after Phase II for 2.5 weeks and resumed on July 19, 2010 for Phase III infill and development drilling consisting of another 10 to 12 drill holes varying in length from 70 to 300 meters. These holes are designed to continue filling-in between previous holes to both improve the continuity and reliability of known information and add additional areas of mineralization for future resource estimation.

#### **About Northern Gold Mining**

Northern Gold is focused on developing two advanced stage projects on its gold property in the world renowned mining districts of Kirkland Lake and Timmins in Northeastern Ontario. The property is located within the Abitibi greenstone belt, along the Porcupine-Destor and the Munro Faults. The Garrison Township Property consists of the Jonpol Project and the Garrcon Project. The Garrison Township Property has historic mining infrastructure and producing mines are located in close proximity to the property. An indicated resource of 253,100 tonnes grading 7.77 g/t Au (containing 63,200 ounces of gold) and an inferred resource of 1.6 million tonnes grading 4.93 g/t Au (containing 246,540 ounces of gold), were disclosed for the JonPol project in a NI 43-101 report filed by Northern Gold on SEDAR on 21 October 2009. The Company is in the first year of an option agreement under which it may earn up to an 80% 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.

This press release has been reviewed and approved by Michael Gross M.S., P.Geol., Vice President Exploration for Northern Gold, who is the "Qualified Person" as defined by NI 43-101 for this project.

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