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NEWS RELEASE

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BITTERROOT RESOURCES UPDATES THE LM MAGMATIC NICKEL-COPPER PROJECT

Bitterroot Resources Ltd. (*symbol BTT, TSX-V*) is providing an update on its recently completed winter drilling program on the LM Property in the Upper Peninsula of Michigan. The LM Property is being explored for conduit-hosted nickel-copper-platinum-palladium mineralization similar to Lundin Mining Corporation's Eagle and Eagle East orebodies, which are located 25 kilometres to the east. Disseminated, semi-massive and massive sulphide Ni-Cu-PGM mineralization has been intersected in 10 of the 26 holes completed on the LM Property.

The winter 2022 drilling program at LM was funded by Bitterroot Resources Ltd. (51%) and joint venture partner Below Exploration, Inc. (49%) and consisted of 1,448 metres of drilling in five (5) vertical core holes. The mineralized intervals are described in the table below.

The first three holes (LM 22-22, 23 and 24) intersected 3.10, 2.04 and 5.38 metres respectively, of disseminated or blebby nickel-copper sulphide mineralization along the basal contact of the LM intrusion.

Hole LM 22-25 intersected the deepest point yet observed on the basal contact of the intrusion. Peridotite clasts with disseminated and blebby sulphide mineralization were observed entrained in slightly younger unmineralized olivine gabbro. These clasts are believed to be eroded from disseminated mineralization deeper in the conduit. This hole also intersected weakly mineralized basal breccia with partially resorbed siltstone clasts derived from the surrounding metasediments. These features are indicative of a magma conduit environment similar to the Eagle East intrusion.

Hole LM 22-26 intersected the edge of the conduit and contained disseminated, blebby and minor semi-massive mineralization. Irregularly shaped "rip-up" clasts of massive sulphide (chalcopyrite, pyrrhotite and pentlandite) up to two centimetres across were observed in the mineralized interval. These sulphide textures are further evidence of a dynamic magma conduit environment. Photographs of the mineralized core samples in LM 22-26 are posted on the Company's website, www.bitterrootresources.com.

The down-plunge extent of the conduit and two other nearby magnetic targets are planned to be targeted following the completion of additional land acquisition activities.

LM Project - Summary of Sulphide-Mineralized Intervals

<i>Hole #</i>	<i>From (m)</i>	<i>To (m)</i>	<i>Interval (m)</i>	<i>Nickel (%)</i>	<i>Copper (%)</i>	<i>Au + PGM (g/tonne)</i>	<i>Type</i>
<i>LM 20-01</i>	253.80	259.10	5.30	0.58	0.62	0.33	disseminated
<i>LM 21-07</i>	270.07	273.00	2.93	0.78	0.83	0.25	disseminated
<i>and</i>	273.00	273.75	0.75	5.16	1.18	0.82	semi-massive
<i>LM 21-10</i>	260.50	262.75	2.25	0.78	0.80	0.40	disseminated
<i>and</i>	262.75	262.94	0.19	2.74	0.43	0.37	semi-massive
<i>LM 21-13</i>	247.68	250.36	2.68	0.33	0.38	0.10	disseminated
<i>and</i>	250.36	250.75	0.39	1.81	0.51	0.52	semi-massive
<i>LM 21-14</i>	235.79	236.06	0.27	1.96	0.01	0.01	semi-massive
<i>and</i>	236.06	236.86	0.80	4.81	0.78	0.25	massive
<i>LM 22-22</i>	256.27	258.86	2.59	0.55	0.48	0.24	disseminated
<i>and</i>	258.86	259.37	0.51	1.33	3.68	0.41	semi-massive
<i>LM 22-23</i>	258.32	260.36	2.04	0.08	0.08	0.03	disseminated
<i>LM 22-24</i>	240.40	245.78	5.38	0.28	0.42	0.05	disseminated
<i>LM 22-25</i>	163.20	165.15	1.95	0.09	0.08	0.02	Disseminated and blebby, in peridotite clasts
<i>and</i>	190.80	192.05	1.25	0.13	0.27	0.11	trace to disseminated
<i>and</i>	318.09	323.09	5.00	0.02	0.02	0.01	sparse blebs
<i>LM 22-26</i>	232.19	234.16	1.97	0.10	0.11	0.02	disseminated
<i>and</i>	234.16	235.16	1.00	0.33	0.35	0.10	blebby
<i>and</i>	235.16	235.52	0.36	1.23	0.75	0.13	blebby and semi-massive

Mr. Glenn W. Scott, CPG, is the Qualified Person responsible for the technical content of this disclosure.

ON BEHALF OF THE BOARD OF DIRECTORS

Michael S. Carr
Director

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