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July 23, 2007
TSXV: LVL

DR. ROBERT BERESKIN APPOINTED TO BOARD

VANCOUVER (July 23, 2007) – Lynden Ventures Ltd. (TSXV: LVL) announces the appointment of Dr. Robert (Bob) Bereskin to the company's Board of Directors.

Dr. Bereskin has over 25 years experience in the oil and gas industry and is currently an Adjunct Professor at the University of Utah. His consulting work over the last dozen years has focused on unconventional gas-bearing shale reservoirs in both the United States and Canada, where he has assisted with several international and domestic exploration / exploitation efforts. Before that, Dr. Bereskin was a manager / scientist with TerraTek Inc. for approximately twelve years, where he was able to investigate reservoirs around the world. Dr. Bereskin began his work in the oil and gas industry with a large, Denver based, exploration and production company, where he was involved in both frontier work in Nevada / Utah / Wyoming and development efforts in Utah / Wyoming.

Management believes that Dr. Bereskin's experience, in particular his extensive work with unconventional gas-bearing shale reservoirs, is well suited to the company's Paradox Basin Project and future advancement of corporate objectives.

In addition, the company has granted 790,000 incentive stock options to certain of its directors, officers, employees and consultants. The stock options are exercisable at a price of \$1.30 per common share for a period of five years.

About the Paradox Basin Project

Upon completion of the acquisition of the Southern Prospect Area (see June 6, 2007 news release), the Paradox Basin Project will include two contiguous oil and gas prospect areas covering in excess of 1,525,000 acres established by Lynden, its working interest partners, and the project operator, a middle tier Texas-based oil and gas company with substantial experience in the area.

The Paradox Basin Project lease holdings will cover in excess of 126,000 acres. The operator is targeting gas production from shales and other Paradox Basin lithologies. The operator's exploitation program is based on commingling production from multiple zones, which has been successfully done by other operators in the Paradox Basin. The operator is targeting 1 to 5 Bcfe per well.

ON BEHALF OF THE BOARD OF DIRECTORS
LYNDEN VENTURES LTD.

"Colin Watt"
President and CEO