



Suite 2150 – 885 West Georgia Street
Vancouver, BC V6C 3E8
Tel: (604) 629-2991
Fax: (604) 602-9311

October 8, 2009
TSXV: LVL

OPTIONS GRANTED

VANCOUVER, BC (October 8, 2009) – Lynden Energy Corp. (TSXV: LVL) reports that the Company has granted 1,110,000 incentive stock options to certain of its directors, officers, employees, and consultants exercisable at a price of \$0.30 per share for a period of five years.

ON BEHALF OF THE BOARD OF DIRECTORS

LYNDEN ENERGY CORP.

“Colin Watt”

President and CEO