

LYNDEN VENTURES LTD.

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August 8, 2005
TSX-V: LVL.H

VANCOUVER, BC – August 8, 2005 – Lynden Ventures Ltd. reports that it has granted 450,000 incentive stock options to eligible recipients, exercisable at a price of \$0.75 per share for a period of five years. The stock option grant is conditional upon the closing of the Company's proposed joint venture with Canadian Spirit Resources Inc. and \$2,750,000 private placement.

All of the above is subject to the approval of the TSX Venture Exchange.

ON BEHALF OF THE BOARD OF DIRECTORS
LYNDEN VENTURES LTD.

"Colin Watt"
President and CEO