

LYNDEN VENTURES LTD.

3rd Floor, 157 Alexander Street
Vancouver, BC V6A 1B8
Tel: (604) 684-0561
Fax: (604) 602-9311

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LYNDEN PROVIDES UPDATE ON HORSESHOE CANYON WELLS

VANCOUVER, BC (December 22, 2005) – Lynden Ventures Ltd. (TSXV: LVL) reports that it has been provided an operations update from its joint venture partner, Canadian Spirit Resources Inc. (TSXV: SPI), on the four natural gas from coal ("NGC") wells drilled in the Bittern Lake area of central Alberta in October 2005.

The first well, 12-06-47-22W4M ("12-06"), was completed in the Horseshoe Canyon formation on October 8, 2005 and produced commercial quantities of natural gas and small amounts of formation water during the initial flow-back period. Mechanical problems with dewatering equipment in the 12-06 well have resulted in significant delays.

The fracture stimulation of the 16-06-47-22W4M ("16-06") well, the second of four wells drilled in the area, is planned for January 2006 subject to availability of equipment. Replacement of the downhole pump at 12-06 and the installation of a pump at the 16-06 well is planned to coincide with the completion and stimulation of the 16-06 well.

Due to dewatering and delays in the availability of equipment, the completion, stimulation and tie-in of all four wells in this area is now not expected until the second quarter of 2006.

Lynden is earning a 50% participating interest in the joint venture lands by incurring C\$2.5 million of expenditures. Canadian Spirit Resources Inc. is the operator of the joint venture.

ON BEHALF OF THE BOARD OF DIRECTORS
LYNDEN VENTURES LTD.

"Colin Watt"
President and CEO

WARNING: This news release contains forward-looking information. The reader is cautioned that assumptions used in the preparation of such information, although considered accurate at the time of preparation, may prove incorrect. The actual results may vary materially from the information provided herein. Consequently, there is no representation by Lynden that actual results achieved will be the same as those forecast.