

LYNDEN VENTURES LTD.

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July 22, 2005
TSX-V: LVL.H

VANCOUVER, BC – July 22, 2005 – Lynden Ventures Ltd. reports that it has granted 400,000 incentive stock options to eligible recipients, exercisable at a price of \$0.51 per share for a period of five years.

The company also reports that, further to its news releases of May 11th and June 1st, it will issue purchase receipts under the private placement being undertaken as part of its reactivation to the TSX Venture Exchange. A total of 5.5 million purchase receipts will be issued at a price of \$0.50 each for gross proceeds of \$2,750,000 (an increase of \$150,000). These purchase receipts will be convertible, at no additional charge, into 5.5 million units, each unit consisting of one common share and one-half of one share purchase warrant. Each whole warrant will entitle the holder to purchase one common share at a price of \$0.75 each for one year following closing. If the reactivation does not occur by August 2nd or such later date as may be determined by the company, the purchase receipts will be convertible into units of a private company which will thereupon hold, rather than Lynden Ventures, the right to earn the 50% working interest in the Coal Lake, Alberta project.

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