

LYNDEN VENTURES LTD.

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

July 26, 2005
TSX-V: LVL.H

Lynden Ventures Reports Appointment of CFO

VANCOUVER, BC – July 26, 2005 – Lynden Ventures Ltd. (TSX-V:LVL.H) reports that Laurie Sadler has been appointed the Company's Chief Financial Officer. Mr. Sadler has been granted 50,000 incentive stock options exercisable at a price of \$0.51 per common share.

Mr. Sadler is a retired Chartered Accountant with extensive experience as a business advisor to public and private companies. Mr. Sadler was a founder and managing partner of the firm Sadler, Weismiller, Spencer, Chartered Accountants (1984-2001) and has a Masters of Business Administration from the University of Western Ontario.

In addition, Colin Watt, the Company's President, has also been appointed Chief Executive Officer.

ON BEHALF OF THE BOARD OF DIRECTORS
LYNDEN VENTURES LTD.

"Colin Watt"
President and CEO