

LYNDEN VENTURES LTD.

3rd Floor, 157 Alexander Street
Vancouver, BC V6A 1B8
Tel: (604) 629-2991
Fax: (604) 602-9311
lynden@bed-rock.com
www.lyndenventures.com

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LYNDEN'S PARADOX BASIN WORK PROGRAM UNDERWAY

VANCOUVER, BC (March 20, 2006) – Lynden Ventures Ltd. (TSXV: LVL) reports that a rig is on site and re-entry operations have begun on the first of two initial wells identified within the company's Paradox Basin Project.

The re-entries provide an opportunity to test completion procedures in advance of new drilling, at a significantly reduced cost as compared to a new hole. Results and information from the re-entries will play a significant role in designing an exploration and development plan for the project.

The company holds an 80% working interest, subject to 25% back-in after payout, in oil and gas leases in the Paradox Basin. The leases are located in a conventional and unconventional oil and gas prospect area established by Lynden, its working interest partners, and the Texas based project operator. Lynden and its partners continue to acquire additional land within the prospect area.

The Paradox Basin, located primarily in southeastern Utah and southwestern Colorado, is the site of significant historical and on-going oil and gas production. Well known plays include the Greater Aneth field, which has produced in excess of 439 million barrels of oil and 384 billion cubic feet of gas and the Lisbon field, which has produced in excess of 51 million barrels of oil and 781 billion cubic feet of gas. Smaller fields, such as Desert Creek, Bug and Ismay have cumulative productions on the order of 1 to 10 million barrels of oil and 1 billion cubic feet of gas.

Much of the historical production in the Paradox Basin has been from Pennsylvanian sandstones and algal mounds, and to a lesser extent from Pennsylvanian carbonaceous shales. Lynden and the project operator believe that within the prospect area there are significant opportunities for bypassed production. The primary target in Lynden's Paradox Basin Project will be unconventional opportunities, however the more conventional pay zones of the Paradox Basin will also be targeted.

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.