

News Release

Lara Starts Curionópolis Drill Program

November 4, 2009 (TSX Venture: LRA) - Lara Exploration Ltd. ("Lara" or "the Company") is pleased to report that it has initiated a 15-hole, 2,000 metre diamond drilling program to outline iron ore resources on its Curionópolis iron-oxide-copper-gold ("IOCG") project in the Carajás District of northern Brazil. The Company has also identified a number of gold and multi-element anomalies from a recently completed reconnaissance field program over its entire 21,164 hectare property package.

Lara's regional stream sediment sampling has identified several high-priority gold anomalies throughout the property and a five by two kilometre multi-sample, multi-element copper-gold-silver-molybdenum-bismuth-tungsten anomaly. This multi-element anomaly has many of the geochemical elements commonly associated with IOCG-related gold deposits and shows some geochemical similarities with Vale S.A.'s large copper-gold deposit at Breves in the same district.

The iron ore drilling program is being operated by Lara under the agreement with Vertical Mineração Ltda. ("Vertical"), a special purpose company owned by a group of Brazilian iron producers. Vertical obtained an option to acquire the Curionópolis iron ore targets from Lara for US\$1.4 million in cash payments, and US\$3 million in exploration work commitments and production royalties (see Lara news release of September 8, 2009 for details).

The Curionópolis Project lies adjacent to the Rio Novo (a joint venture between Teck Resources Ltd. and International Nickel Ventures Corp.) and the Serra and Rio Verde (Avanco Resources Ltd.) copper-gold projects and just to the south of the Serra Pelada gold-platinum-palladium deposit (Colossus Minerals Inc.).

Quality Control

Michael Bennell, Lara's Vice President Exploration and a member of the Australasian Institute of Mining and Metallurgy (AusIMM), is a Qualified Person as defined by National Instrument 43-101 Standards of Disclosure for Mineral Projects and is responsible for the preparation and verification of the technical information in this release.

About Lara

Lara is a well-capitalized prospect generator with a multi-commodity exploration portfolio in Brazil, Colombia and Peru. Lara's common shares trade on the TSX Venture Exchange under the symbol "LRA".

For further information on Lara Exploration Ltd. please consult our website www.laraexploration.com or contact:

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