



**Eagle Plains
Resources Ltd.**

News Release

Eagle Plains Grants Options to Directors and Employees

Cranbrook, B.C., 24 March, 2005: Eagle Plains Resources Ltd. (TSX-V:EPL) has granted incentive stock options to directors, officers and employees of the company for the purchase of a total of 925,000 shares at the exercise price of \$.65 cents per share, expiring March 24th, 2010.

**On behalf of the Board of Directors
Signed**

“Tim J. Termuende”

Tim J. Termuende, P.Geo.
President and CEO

For further information, please contact Andy Schwab at (800) 537-4099
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The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release. This news release may contain forward-looking statements including but not limited to comments regarding the timing and content of upcoming work programs, geological interpretations, receipt of property titles, potential mineral recovery processes, etc. Forward-looking statements address future events and conditions and therefore, involve inherent risks and uncertainties. Actual results may differ materially from those currently anticipated in such statements.