BITTERROOT RESOURCES LTD.

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BITTERROOT INTERSECTS 4.2 METRES GRADING 75.4 GRAMS GOLD/TONNE

(13.8 feet grading 2.2 oz gold/ton), DISCOVERS "HW-1" HIGH-GRADE VEIN

Michael Carr, President of Bitterroot Resources Ltd. (BTT, TSX-V) reports that a 4.2 metre-wide vein/breccia interval grading 75.4 grams gold/Tonne (13.8 feet grading 2.2 oz gold/ton) in hole BTT-E57 is a highlight of additional high-grade drill results from the 100 percent-owned Mineral Creek gold project near Port Alberni, BC. Close-spaced definition drilling of the Ember vein has returned high-grade gold intersections (table 1) and discovered at least one new high-grade gold/silver mineralized vein called the HW-1 vein (table 2).

Drilling of the HW-1 vein returned a 0.3 metre-thick interval grading 137.5 grams gold/Tonne (1.0 feet grading 4.0 oz gold/ton) in hole BTT-E53. A second interval possibly from the HW-1 vein also returned high-grade silver mineralization (1,170 grams silver/Tonne over 0.13 metres, or 0.43 feet grading 34.1 oz silver/ton) in hole BTT-E35. The HW-1 vein is the sixth high-grade gold-bearing vein identified to date on the Mineral Creek property, in addition to the Linda, Ember, 900, 1050 and Mineral Creek zones.

Drilling completed in 2009 has defined the Ember vein over a strike length of 150 metres and an elevation range of at least 90 metres. The more silver-rich HW-1 vein has been drilled over a strike length of 50 metres and an elevation range of 45 metres. These enechelon veins demonstrate good continuity and pronounced nugget effect, which is typical of high-grade gold deposits. On the Mineral Creek property, high gold grades are often accompanied by visible gold grains. The Ember and HW-1 veins are both open along strike and down dip. The Linda, Ember and HW-1 veins appear to be associated with gold mineralization and historical small-scale underground workings in the Mineral Creek fault zone, which suggests there is good potential for the discovery of additional high-grade gold/silver-bearing structures on this part of the Mineral Creek property. Drill crews are currently in the process of completing the final hole (BTT-E68) of the 2009 exploration season and are expected to demobilize within a week.

Bulk Sampling

As a condition of the original property purchase agreement with the vendor, Mineral Creek Ventures Inc. is extracting a 5,000 tonne bulk sample, with the costs and proceeds split 50/50 with Bitterroot. Mining activities on the Linda vein are currently winding up for the winter. A 100-tonne stockpile of mineralized vein material is currently being crushed. This material will be milled and tabled to produce gold concentrates and sulphide-rich concentrates. A second table has been purchased to allow more efficient recovery of gold from sulphide concentrates. A dore bar containing 36 troy ounces of

gold and 8.3 troy ounces of silver was poured on November 3, 2009. Milling of crushed mineralized vein material and tabling of concentrates is expected to continue until mid-December.

Table 1
EMBER VEIN

DDH#	From (metres)	To (metres)	Interval (metres)	Estimated True Width (metres)	Au grams/Tonne	Ag grams/Tonne
BTT-E35	70.5	71.4	0.9	0.9	8.9	3.3
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BTT-E38	82.05	82.5	0.45	0.25	11.7	1.2
BTT-E39	96.1	96.75	0.65	0.45	101.0	29.3
BTT-E42	92.85	94.1	1.25	0.9	8.2	1.9
BTT-E43	42.7	44.15	1.45	1.1	3.1	4.1
BTT-E44	42.7	45.05	2.35	2	7.7	2.4
Including;						
BTT-E44	42.7	43.75	1.05		6.1	2.3
BTT-E44	43.75	44.25	0.5		9.5	3.5
BTT-E44	44.25	44.75	0.5		0.7	0.6
BTT-E44	44.75	45.05	0.3		18.2	4.1
BTT-E45	43.65	44.35	0.7	0.6	6.4	3.5
BTT-E45	46.55	46.7	0.15	0.1	15.8	7.2
BTT-E47	90.45	91	0.55	0.4	11.1	1.0
BTT-E49	68.8	69.5	0.7	0.65	8.8	2.0
BTT-E50	73.35	73.9	0.55	unknown	27.3	22.9
BTT-E52	99	99.7	0.7	0.4	7.5	1.0
BTT-E53	78.95	83.55	4.6	3.5	6.3	2.2
Including:						
BTT-E53	78.95	79.8	0.85		2.3	0.9
BTT-E53	79.8	80.65	0.85		1.9	0.9

Table 1
EMBER VEIN cont'd

DDH#	From (metres)	To (metres)	Interval (metres)	Estimated True Width (metres)	Au grams/Tonne	Ag grams/Tonne
BTT-E53	80.65	81.4	0.75		0.1	0.4
BTT-E53	81.4	82.45	1.05		0.0	3.2
BTT-E53	82.45	82.85	0.4		4.8	1.4
BTT-E53	82.85	83.55	0.7		33.2	6.3
BTT-E54	79.7	80.3	0.6	0.6	4.2	1.4
BTT-E55	91.55	91.8	0.25	0.25	12.6	7.6
BTT-E56	94.4	95.3	0.9	0.55	14.7	1.9
BTT-E57	75.05	79.45	4.4	4.2	75.4	9.6
Including:						
BTT-E57	75.05	75.65	0.6		233.0	45.1
BTT-E57	75.65	76.8	1.15		0.7	1.1
BTT-E57	76.8	78	1.2		3.0	0.2
BTT-E57	78	78.75	0.75		0.1	0.3
BTT-E57	78.75	79.15	0.4		467.0	33.4
BTT-E57	79.15	79.45	0.3		1.3	0.4

Table 2 HW-1 VEIN

DDH#	From (metres)	To (metres)	Interval (metres)	Estimated True Width (metres)	Au grams/Tonne	Ag grams/Tonne
BTT-E35	47.7	47.85	0.15	0.13	7.3	1170
						Checked 1135
BTT-E39	36	38.7	2.7	2.35	1.7	2.3
BTT-E45	31	36	5	2.5	1.4	4.5
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BTT-E49	28.65	30.45	1.8	1.8	3.3	3.7

Table 2 HW-1 VEIN con'td

DDH#	From (metres)	To (metres)	Interval (metres)	Estimated True Width (metres)	Au grams/Tonne	Ag grams/Tonne
BTT-E51	29.9	30.1	0.2	0.2	14.4	9.8
BTT-E53	28.8	29.35	0.55	0.3	137.5	29.8
BTT-E57	27.6	28.4	0.8	0.7	3	1.3
BTT-E58	28.15	28.8	0.65	0.6	2.6	3.4
BTT-E59	29.5	30.5	1	0.8	4.8	1.9

Mr. Michael Becherer, P.Geo is the Qualified Person responsible for the design and implementation of exploration programs on the Mineral Creek project. The drill core was logged and sampled by G.A. Price, P. Geo. Samples were assayed by ALS Chemex in North Vancouver, BC. Analysis consisted of procedures Au-AA 23 and ME-ICP41. If Au content was greater than 10 ppm, samples were re-assayed by procedure Au-GRA21. All drill hole intervals reported in this news release achieved 100 percent core recovery.

ON BEHALF OF THE BOARD OF DIRECTORS

Michael S. Carr

Director

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the contents of this news release.

FORWARD LOOKING STATEMENTS: This document contains statements about expected or anticipated future events and/or financial results that are forward-looking in nature and as a result, are subject to certain risks and uncertainties, such as general economic, market and business conditions, regulatory processes and actions, technical issues, new legislation, competitive conditions, the uncertainties resulting from potential delays or changes in plans, the occurrence of unexpected events and the company's ability to execute and implement its future plans. Actual results may differ materially from those projected by management. For such statements, we claim the safe harbour for forward-looking statements within the meaning of the Private Securities Legislation Reform Act of 1995.

