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TSX-V: LRA

NEWS RELEASE

New Nickel Intercepts from the Araguaia Nickel Project in Brazil

Lara Exploration (“Lara” or the “Company”) (LRA-TSX.V) is pleased to report that Teck Cominco Brasil S.A. (“Teck Cominco”), a wholly-owned subsidiary of Teck Cominco Limited, has completed an infill diamond drilling program on the Vila Oito target on Lara’s Araguaia (“Araguaia”) nickel project in Pará State, Northern Brazil. The program comprised 42 vertical holes drilled on a 200 meter spaced grid, where previous wide-spaced drilling indicated significant lateritic nickel mineralization over an area of approximately 1.4 by 1.0 kilometers (see Lara press release of May 15, 2006). Teck Cominco has also initiated field testing and scout drilling of other priority geophysical anomalies on the Araguaia project..

Teck Cominco and Lara entered into an Option and Joint Venture Agreement in October 2007, covering 310,000 hectares of mineral rights in the Araguaia Belt held by Lara. Under the terms of this agreement, Teck Cominco can earn up to a 60% interest in the property by paying Lara \$600,000 in cash and incurring exploration expenditures of \$4,000,000 over a 36 month period (see Lara press release of October 1, 2007). The Vila Oito target is adjacent and contiguous to areas already being explored by Teck Cominco and approximately 100 kilometers to the south of the Serra da Tapa and Vale dos Sonhos nickel laterite deposits owned by Xstrata plc.

Vila 8 Drill program

Analytical results for 33 of the 42 holes (total of 965.03m) drilled at Vila 8 are available and summarized on Table 1. Nickel intersections are reported with a minimum of 2 meters width and with a lower cut-off grade of 0.9% nickel. This new drilling shows that the mineralization is reasonably consistent across the 1.4 by 1.0 kilometer area, with a well-defined NNE-SSW trend that extends onto Teck Cominco property to the northeast and south. Mineralization reaches over 20 meters in thickness and grades can be in excess of 1.5% nickel have been intersected in places.

Scout diamond drilling (four holes in total) on geophysical targets in the area from 1.0 to 1.5 kilometers north of Vila 8 did not intersect any significant nickel mineralization.

Table 1 – Vila Oito Drill Intercepts – 2007 Infill Program (Partial)					
Drill Hole	Target	From (m)	To (m)	Interval (m)	Nickel %
PCA-DD-0419	Vila Oito	8.5	16.5	8.0	1.375
PCA-DD-0420	Vila Oito	7.3	12.43	5.13	1.375
PCA-DD-0421	Vila Oito	No significant results			
PCA-DD-0422	Vila Oito	10.50	17.0	6.5	1.894
PCA-DD-0423	Vila Oito	16.00	27.9	11.9	1.069
PCA-DD-0424	Vila Oito	1.00	8.4	7.4	1.378
		13.4	19.0	5.6	1.176
PCA-DD-0425	Vila Oito	No significant results			
PCA-DD-0426	Vila Oito	No significant results			
PCA-DD-0427	Vila Oito	No significant results			
PCA-DD-0428	Vila Oito	1.90	9.77	7.87	1.217
PCA-DD-0429	Vila Oito	4.00	26.3	22.3	1.343
PCA-DD-0430	Vila Oito	21.00	23.2	2.2	1.344
PCA-DD-0434	Vila Oito	No significant results			
PCA-DD-0436	Vila Oito	No significant results			
PCA-DD-0438	Vila Oito	3.10	11.6	8.5	1.474
PCA-DD-0440	Vila Oito	4.10	11.2	7.1	1.375
PCA-DD-0442	Vila Oito	22.00	28.0	8.0	1.118
PCA-DD-0444	Vila Oito	No significant results			
PCA-DD-0446	Vila Oito	Results Pending			
PCA-DD-0448	Vila Oito	Results Pending			
PCA-DD-0449	Vila Oito	Results Pending			
PCA-DD-0450	Vila Oito	No significant results			
PCA-DD-0451	Vila Oito	Results Pending			
PCA-DD-0452	Vila Oito	No significant results			
PCA-DD-0453	Vila Oito	Results Pending			
PCA-DD-0460	Vila Oito	12.05	15.0	2.95	1.281
PCA-DD-0461	Vila Oito	1.11	4.41	3.3	0.948
PCA-DD-0462	Vila Oito	No significant results			
PCA-DD-0463	Vila Oito	No significant results			
PCA-DD-0464	Vila Oito	Results Pending			
PCA-DD-0465	Vila Oito	Results Pending			
PCA-DD-0466	Vila Oito	Results Pending			
PCA-DD-0467	Vila Oito	No significant results			

Drill Hole	Target	Results			
PCA-DD-0468	Vila Oito	No significant results			
PCA-DD-0469	Vila Oito	No significant results			
PCA-DD-0471	Vila Oito	No significant results			
PCA-DD-0472	Vila Oito	Hole abandoned and re-drilled			
PCA-DD-0472A	Vila Oito	0.00	24.3	24.3	1.241
PCA-DD-0473	Vila Oito	1.00	4.5	3.5	1.192
PCA-DD-0474	Vila Oito	4.10	13.79	9.59	1.227
PCA-DD-0475	Vila Oito	0.00	2.17	2.17	1.006
PCA-DD-0477	Vila Oito	1.8	15.0	13.2	1.321
PCA-DD-0445	N. Vila Oito	No significant results			
PCA-DD-0447	N. Vila Oito	No significant results			
PCA-DD-0485	N. Vila Oito	No significant results			
PCA-DD-0486	N. Vila Oito	No significant results			

Priority Geophysical Anomaly Testing

Teck Cominco has also completed field checking on eight of the priority geophysical targets previously identified by Lara in the area west of Conceição do Araguaia (see Lara press release of May 29, 2007). Soil sampling has been carried out on seven of the targets and scout drilling on two. Drill hole PCA-DD-0487 (see Table 2 below), which tested an area where disseminated nickel and copper sulphides were seen in outcrop, returned an interval of 4.5 meters at 1.21% nickel in saprolite, indicating potential for the discovery for further lateritic nickel resources.

Drill hole	Target	From (m)	To (m)	Interval (m)	Nickel %
PCA-DD-0484	Anomaly 50	No significant results			
PCA-DD-0487	S of Anomaly 49	20.5	25.0	4.5	1.21

Quality Control

Michael Bennell, Lara's Vice President Exploration and a member of the Australasian Institute of Mining and Metallurgy, 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.

Teck Cominco is the operator of the Project and employs a rigorous QA/QC protocol including the use of standards and blanks and insertion of duplicate samples at regular intervals. Samples are taken at nominal one meter intervals with breaks occurring at geological contacts. Sample preparation is made locally in a dedicated sample preparation facility operated by Teck Cominco near Conceição de Araguaia and samples are assayed using X-Ray Fluorescence methods at the commercial SGS-Geosol Laboratory in Belo Horizonte, Minas Gerais State.

About Lara

Lara is a well-funded junior exploration company with projects in Brazil and Peru. Lara's common shares trade on the TSX Venture Exchange under the symbol "LRA".

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For further information on Lara Exploration Ltd. please consult our website www.laraexploration.com or contact: Miles Thompson, President or Kim Casswell, Corporate Secretary at (604) 669-8777.

The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this release.