



FREEWEST RESUMES DIAMOND DRILLING ON ITS 100%-OWNED McFAULDS PROPERTY IN THE JAMES BAY LOWLANDS, NORTHERN ONTARIO

Montreal, Quebec, Canada, June 29, 2009 – Mackenzie I. Watson, President and CEO of Freewest Resources Canada Inc. (FWR-TSX.V) (the “Company”) is pleased to announce that the Company has resumed diamond drilling on its wholly-owned McFaulds property (the “Property”). Following a seven (7) week shutdown, a minimum of 3 drill rigs will be employed to complete a 20,000-metre diamond drilling program testing the Black Thor and Black Label chromite zones as well as several nickel-copper-platinum group element (PGE) targets. The Property, consisting of 1,036 hectares, comprises one of three properties in which the Company is currently exploring, on its own and in strategic joint-venture agreements in the emerging ‘Ring of Fire’ mineral district.

Two of the drill rigs will be employed to test the Black Thor chromite zone. Currently, Black Thor has been drill-tested over an intermittent 2600-metre strike length and to a maximum vertical depth of about 350 metres. It currently remains open-ended along strike and to depth. A residual gravity anomaly intimately associated with chromite mineralization, suggests a potential strike length of 3600 metres for the Black Thor chromite zone. Highlighting recent drill results at Black Thor, is an intercept returning **34.1% Cr₂O₃ over a core length of 174 metres** (see Freewest news release dated June 2, 2009). In addition to Black Thor’s robust widths of high-grade chromite mineralization, **favourable chrome to iron ratios (Cr:Fe) of up to 2.27** bolster the Company’s belief that the Black Thor chromite zone has excellent potential to develop into a world class chromite deposit.

The emphasis on Black Thor drilling will be to continue to expand the limits of chromite mineralization beyond the 2600 metres and also to fill-in the current 200-metre drill spacing at more detailed 100-metre centres, along the same strike length. The immediate goal of all of this, is to complete sufficient drilling at optimal spacing enabling the Company to complete a National Instrument 43-101 compliant mineral resource estimate as soon as practically possible.

The third drill rig will be employed to continue testing several quality geophysical targets believed to be favourable for nickel-copper-PGE mineralization. Several nickel-copper-PGE targets including the F2 zone, have returned strongly anomalous to ore-grade values of nickel, copper as well as platinum and palladium in drilling over narrow widths, occurring as remobilized sulphides within ultramafic rocks. The Company continues to believe that a source area for the remobilized sulphides or a larger mass of nickel-copper sulphides, is present on the Property. Substantial footage of the 20,000 metre diamond drilling program has been allotted to the search for nickel, copper and PGE.

Additional drilling will also be directed at continued testing of the Black Label chromite zone. Black Label has been traced over an intermittent strike length of 2100 metres and features drill intercepts of **35.4% Cr₂O₃ over 20 metres (BT-09-26) as well as 34.2% Cr₂O₃ across 20 metres (BT-09-30)**. Efforts will be made to complete some fill-in drilling along the 2100-metre strike length and to continue to define the limits of chromite mineralization for this zone. Results will be released as they become available.

Donald Hoy, P. Geo. (Ontario), Vice President of Exploration and a Director of Freewest Resources Canada Inc. is the Qualified Person (under National Instrument 43-101) on the McFaulds project and is responsible for the preparation of this news release.

Freewest is a well-financed mineral exploration corporation with over C\$8.0 million in working capital. It is actively exploring for gold, base-metals and chromite within eastern Canada. Corporate information can be accessed on the Internet at www.freewest.com. Freewest’s shares are listed on the TSX Venture Exchange under the symbol FWR.

For further information please contact:

Mackenzie I. Watson
President and CEO
Tel: (514) 878-3551 or 1-888-878-3551
Fax: (514) 878-4427
E-mail: info@freewest.com
Website: www.freewest.com

or

Bay Street Connect
Michael D'Amico
Investor Relations
Tel: (647) 500-6023

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