

ROCKLAND RESOURCES SETS OPTIONS

Vancouver, British Columbia, January 30, 2026 - Rockland Resources Ltd. (the "Company" or "Rockland") (**CSE: RKL**) (**OTCQB: BERLF**) (**FSE: GB2**) announces it has set 2,000,000 options to directors, officers and consultants of the Company at a price of \$0.16 for a period of 3 years in accordance with the Company's stock option plan.

About Rockland Resources Ltd.

Rockland Resources is committed to unlocking value through focused mineral exploration and discovery. The company's flagship project is the historic Cole Gold Mines project in the prolific Red Lake district of Ontario. By leveraging geological expertise, disciplined exploration and strategic project development, Rockland Resources aims to deliver meaningful growth and long-term value to its shareholders.

We seek Safe Harbor.

On Behalf of the Board of Directors

Michael England, CEO & Director

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Neither the Canadian Securities

Exchange nor its Regulation Services Provider accepts responsibility for the adequacy or accuracy of this release.

FORWARD-LOOKING STATEMENTS: This news release contains forward-looking statements, which relate to future events or future performance and reflect management's current expectations and assumptions. Such forward-looking statements reflect management's current beliefs and are based on assumptions made by and information currently available to the Company. Investors are cautioned that these forward-looking statements are neither promises nor guarantees and are subject to risks and uncertainties that may cause future results to differ materially from those expected. These forward-looking statements are made as of the date hereof and, except as required under applicable securities legislation, the Company does not assume any obligation to update or revise them to reflect new events or circumstances. All of the forward-looking statements made in this press release are qualified by these cautionary statements and by those made in our filings with SEDAR in Canada (available at WWW.SEDAR.COM).