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**Encouraged by Early Results at Eastmain-Opinaca Area**

**VTEM Surveys Underway**

THOMSON FINANCIAL

Trading Symbol: ER – The Toronto Stock Exchange

July 21, 2005

Eastmain Resources Inc. (TSX:ER) reports that airborne magnetic and electromagnetic surveys have begun over its Eastmain-Opinaca area properties. Geotech Ltd. of Aurora, Ontario has been contracted to fly a total of 2,217.5 line-kilometres of VTEM technology covering the Reservoir, Azimut C and Azimut D properties, located within the James Bay district of Québec.

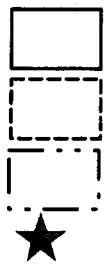
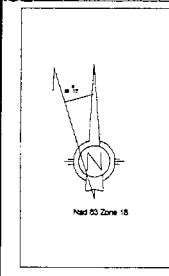
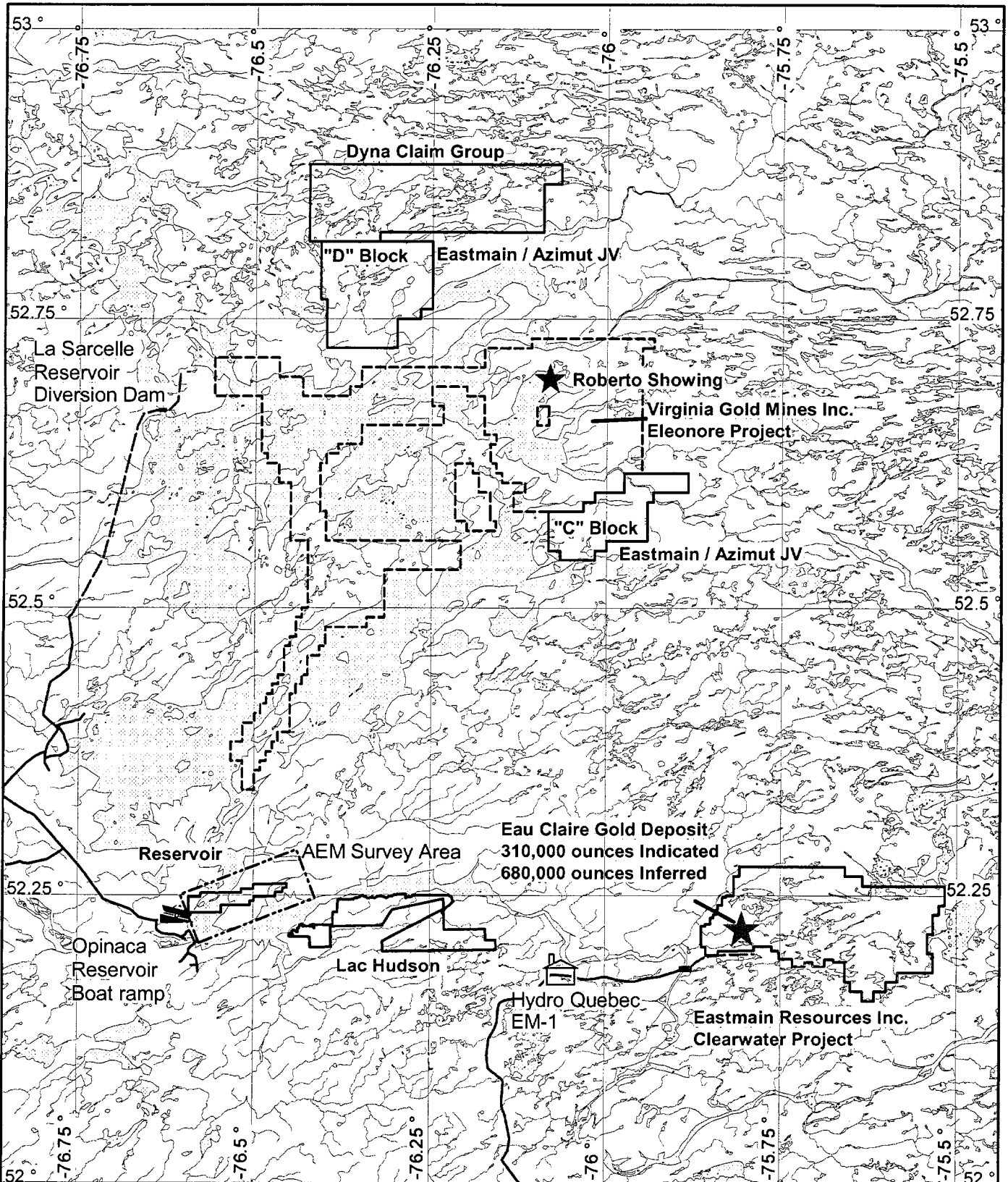
Geotech's helicopter-borne time domain electromagnetic system is a very low-noise system capable of superior depth penetration and high resolution. Dubbed the "Dream Catcher", Geotech's new technology has identified several anomalies left undetected by past surveys over known mineral belts. The VTEM system can reportedly detect weak anomalies often associated with gold ores in areas where there is minor finely disseminated sulphide mineralization.

Preliminary surface exploration performed by Eastmain at the Azimut-C property option has uncovered a number of rusty zones in altered sedimentary rocks containing minor finely disseminated pyrite, pyrrhotite and arsenopyrite. Altered sediments containing finely disseminated sulphides (pyrrhotite, arsenopyrite and traces of chalcopyrite) host Virginia Gold Mines' Roberto Zone discovery located approximately 14 kilometres to the northwest.

Eastmain is currently performing target definition work on the Azimut-C and -D properties. Soil sampling, reconnaissance mapping, prospecting and sampling are also planned for the Company's wholly owned Dyna and Road King projects. This work has been designed to assess the preliminary economic potential of the claim groups and to outline target areas for further exploration, which would include trenching and diamond drilling.

Previous work at Eastmain's Opinaca Reservoir property outlined a zone of copper-gold mineralization 1.8 kilometres long by 300 metres wide. Drill intercepts range from 1.79 grams per tonne (gpt) gold across 21 metres to 5.35 gpt gold across 6 metres. Drill hole C52-97-07 intersected 8.10 gpt gold, 23.5 gpt silver and 4.21% copper over a one-metre interval. Surface channel samples range to 5% copper, 36 gpt gold and 52 gpt silver (ALS Chemex Labs, Mississauga, ON). Anomalous quantities of copper and gold have been found in mafic flows, felsic porphyry, iron formation and sedimentary rocks similar to those hosting major gold horizons at Eléonore.

Surface work is being carried out by personnel of Eastmain Resources Inc. and J.A. Macleod Exploration under the supervision of Dr. Donald J. Robinson, P. Geo and qualified person. This meets the standards for exploration and development for mining properties according to National Instrument 43-101 and Companion Policy 43-101CP.



Eastmain Resources Inc. Property  
 Virginia Gold Mines Inc. Property  
 Reservoir AEM Survey Area  
 Gold Discovery

<b>Opinaca Property Location map</b>	
Date: 19/7/2005	
Author: FRK	
Office: North York	
Drawing:	
Scale: 1:500000	Projection: Longitude / Latitude (NAD 83)