



Nuinsco Aggressively Advancing Canadian Nickel Assets
Moving ahead with plan to create pure nickel company

Toronto, July 20, 2006 – Nuinsco Resources Limited (“Nuinsco” or the “Company”)(TSX:NWI) today provided an update of recent developments and ongoing activities at its three advanced nickel projects in northern Manitoba and northwestern Quebec. Highlights include:

- **Minago:** Scoping study on track for completion in September.
- **Lac Rocher:** Drill program in progress, resource estimate expected in early Q4.
- **Mel:** Internal economic evaluation underway in preparation for fall scoping study.

“Nuinsco has three quality sulphide nickel projects in Canada, two of which host almost 33 million tonnes of measured and indicated resources representing close to half a billion pounds of in-situ nickel,” said Nuinsco’s Chief Executive Officer René Galipeau. “Our goal remains to realize the value of these assets by creating Canada’s next pure nickel company and aggressively advancing Minago, Mel and Lac Rocher toward production.”

Minago

The Minago project is a large, potentially open pittable sulphide nickel deposit located in the prolific Thompson Nickel Belt near Thompson, Manitoba. At a 0.4% cutoff grade, Minago has a measured and indicated resource of 29.8 million tonnes grading 0.64% nickel, and an additional inferred resource of 27.2 million tonnes at 0.67% nickel. The project is superbly located: paved Provincial Highway 6 traverses the eastern part of the property as does a high capacity powerline, while the rail line to the Port of Churchill is located nearby.

Recent drilling confirmed the strength and continuity of nickel mineralization, returning 551 metres grading 0.55% nickel, including 80.95 metres of 1.12% nickel and 197.6 metres averaging 0.82% nickel (see press release dated May 25, 2006).

Metallurgical testing is ongoing to confirm historic studies showing that a very high-grade, high-value, nickel concentrate can be produced at Minago. This work is part of a scoping study that is currently underway and scheduled for completion in September. With a positive scoping study in hand, Nuinsco intends to move directly to production of a feasibility study which will incorporate the results of a \$3 million reserve definition drilling program that will begin toward the end of the year.

Lac Rocher

The Lac Rocher property is located on the Frotet-Evans Greenstone Belt in northwestern Quebec. In January 1999 Nuinsco drilled three holes, including one that intersected disseminated sulphide mineralization and 3.2 metres of massive sulphide grading 10.8% nickel. Subsequent drilling further tested the discovery intrusion as well as other targets, identifying a larger halo zone in excess of 1% nickel surrounding the massive sulphide discovery.

Given the robust nickel market, the Company is completing a 2,000 metre drill program to delineate a National Instrument 43-101-compliant resource at Lac Rocher. Drill results are expected in early September and Nuinsco is targeting completion of a feasibility study this fall with the objective of mining and direct shipping the high-grade mineralization at Lac Rocher to a suitable smelter for processing.

Mel

Nuinsco is earning from Inco a 100% interest in the Mel project, located 25 kilometres north of Thompson, Manitoba. The Mel deposit hosts 2.74 million tonnes of measured and indicated resource grading 0.77% nickel.

In conjunction with Inco, Nuinsco is currently developing the exploration program for the 2006/2007 season. Concurrently, the Company is completing an internal economic study, and upon its completion in September plans to commence a third-party scoping study.

About Nuinsco Resources

Nuinsco is a growth-oriented, multi-commodity mineral exploration and development company that is prepared for production and focused on growth through uranium, nickel, copper, zinc and gold exploration and development in world-class mineralized belts in Canada and Turkey. Shares of Nuinsco trade on the Toronto Stock Exchange under the symbol NWI.

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