

La Quinta Welcomes a Technical Advisor to the Board

Vancouver, B.C. April 23, 2010 – La Quinta Resources Corporation (TSX-V: LAQ) (“La Quinta”), is pleased to announce the appointment of Peter Olander as a Technical Advisor to the Board of Director. Mr. Olander is a professional geologist specialized in the management of geologic and economic evaluations of potential investment opportunities in the mining and mineral exploration sectors, including acquisition of projects or business units demonstrating economic viability and evaluation of country risk.

Glen Watson, CEO of the Company stated: “La Quinta is very fortunate to have attracted such a talented mining professional to join our team as a Technical Advisor to the Board. We look forward to Mr. Olander’s assistance as the Company develops its gold and silver projects in Nevada.”

Pursuant to the Stock Option Plan as approved by shareholders at the last Annual General Meeting, La Quinta announces the granting of 50,000 incentive stock options to Peter Olander. The options vest immediately and are exercisable at CAN\$ 0.10 for a term of five years. The granting of the said options is subject to acceptance by the applicable securities bodies.

About La Quinta Resources Corporation

La Quinta is a junior exploration company actively seeking mineral opportunities for the benefit of all our stakeholders. Currently the Company is focused on exploring for gold and silver on its Easter Project and Black Jack property in Nevada. The Easter Project is underlain by a quartz-adularia vein stockwork system within Tertiary volcanic rocks of the Caliente Caldron Complex of southeastern Nevada. Numerous drill programs were conducted over the past 27 years by several operators and 121 holes outlined an area of gold mineralization with a strike length of at least 6,450 feet and widths up to 90 feet. Significant prior intercepts include up to 0.194 oz. Au / ton over 90 feet (including 0.549 oz. Au / ton over 15 feet) and 0.084 oz. / ton over 110 feet (including 0.534 oz. Au / ton over 5 feet).

A qualified person has not done sufficient work to classify the historic resource estimate as current mineral resources or to verify the analytical work as reliable. These do not meet current 43-101 standards and are presented here only as an indication of the amount of gold mineralization

On behalf of the board

Glen Watson

CEO and Director

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This document includes forward-looking statements. When used in this document, the words “potential”, “plan”, “could”, “estimate”, “expect”, “intend”, “may”, “should”, and similar expressions are intended to be among the statements that identify forward-looking statements. Although La Quinta believes that their expectations reflected in these forward-looking statements are reasonable, such statements involve risks and uncertainties and no assurance can be given that actual results will be consistent with these forward-looking statements.