

LA QUINTA RESOURCES CORPORATION
400 – 409 Granville Street, Vancouver, BC V6C 1T2

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NEWS RELEASE

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LA QUINTA RESOURCES ANNOUNCES PERMIT APPROVAL FOR DRILL PROGRAM AT EASTER PROJECT

Vancouver, B.C. July 22, 2010 - La Quinta Resources Corporation (“La Quinta” or “The Company”) is pleased to announce that it has been approved to drill its Easter project located SE Nevada, under BLM project file number NVN-088774. The approval of the drilling program under a Notice of Intent followed a review by the Caliente office of the Bureau of Land Management and acceptance of reclamation bonding posted with State of Nevada Bond Pool.

La Quinta plans to drill approximately 3,200 ft of reverse circulation percussion drilling in 16 drill holes sited in the outcrop of the Main Vein at Easter. The outcrop is more than 1,500 ft long and as much as 200 ft above the valley floor with widths of the vein of 10 – 100 ft. This program is designed to sample the previously unsampled exposed part of the Main Vein in multidimensional aspect, as part of La Quinta’s systematic approach to quantifying mineralization at the Easter project.

Repairs have already been completed to the access road. Drill pad construction is to be completed by July 31. Drilling is slated to commence the first week in August by Harris Drilling.

The information contained in this news release has been reviewed, approved and deemed relevant by Walter Martin, C.P.G., a qualified person as defined under National Instrument 43-101.

About La Quinta Resources Corporation

La Quinta is a junior precious metals exploration company actively seeking mineral opportunities for the benefit of our stakeholders. Currently the Company is focused on exploring for gold and silver on its Easter Project and Black Jack properties in Nevada. The Easter Project is underlain by an epithermal quartz-adularia vein stockwork system hosted within Tertiary volcanic rocks of the Caliente Calderon Complex of southeastern Nevada. Numerous drill programs were conducted over the past 27 years by several operators. The resultant 121 holes were used to outline a 43-101 compliant resource of 2.6 million tons at 1.3 g/t gold (0.038 oz/t) and 14 g/t silver (0.4 oz/t) within 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). The Black Jack property, an early-stage exploration target in NE Nevada, consists of old mine workings that contain silver- gold-base metals veins hosted in Ordovician limestones that overlie nearby Cambrian shale. No resource has been identified on this property.

On behalf of the board

Glen Watson

CEO and Director

Investor Cubed Inc.:

Neil Simon

Telephone: (647) 258-3310, (888) 258-3323

Fax: (416) 363-7977 E-mail: nsimon@investor3.ca

La Quinta Resources Corp.

1(604) 803-5229 / 1(604) 684-4653 - Email: info@laquintaresources.com - Web Site: www.laquintaresources.com

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