

LA QUINTA RESOURCES CORPORATION
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La Quinta Resources Signs Letter of Intent with Gryphon Gold on the Easter Gold Property, Nevada

November 4, 2009 Vancouver, B.C. - La Quinta Resources Corporation (LAQ-TSXV) is pleased to report that Nevada Eagle Resources, a wholly owned subsidiary of Gryphon Gold, has entered into a letter of intent with option to form a Joint Venture with La Quinta Resources (“LAQ” or the “Company”) related to Nevada Eagle Resources Easter property.

LAQ can earn a 65% interest in the Easter property over a 5 year period by spending US\$2 million in exploration expenditures and making payments to Gryphon of US\$190,000. First year terms include a US\$30,000 payment (received) to Gryphon and a work requirement of US\$100,000. Upon exercising the Option to form a Joint Venture at the end of year five, La Quinta shall issue 500,000 common shares to Gryphon. The Easter property has excellent potential for both bulk mineable (open pit) and high-grade underground mineralization, as indicated by historic mining, drilling and surface sampling.

The letter of intent provides that the parties must finalize the terms of the Joint Venture by January 24, 2010.

Numerous drilling programs were conducted over the past 27 years by several operators and 109 holes outlined an area of gold mineralization with a strike length of at least 6,450 feet and widths up to 90 feet. Homestake Mining JV partner World Wide Minerals reported (June 20, 1994) a near surface historic resource of 3.35 million tons grading 0.065 ounces per ton gold (218,000 gold ounces) to a depth of 200 feet¹. The only reported production figures are from 1933 when the Easter Mine produced thirty-eight tons of ore at an average grade of 0.951 oz. Au / ton and 3.942 oz. Ag / ton.

The Easter Project is underlain by a quartz-adularia vein stockwork system within Tertiary volcanic rocks of the Caliente Caldron Complex of southeastern Nevada. Previous drilling by other companies has returned historic drill intercepts 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)¹. Drilling has also shown the system is open below a vertical depth of 1,740 feet, several hundred feet below an indicated boiling zone (at a depth of 500 to 800 feet) and suggests the possibility of a second bonanza system underlying the near surface mineralization.

Trace element geochemistry for As (arsenic) and Sb (antimony) show relatively low values similar to other quartz-adularia epithermal vein systems such as the K2 deposit (>2,000,000 ounces gold) in Washington and the Midas deposit (>3,000,000 ounces au) in northern Nevada.

(1) 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.

La Quinta is pleased to announce the appointment of Mr. Walter Martin, M.Sc., Nevada Professional Geologist, as Vice President of Exploration –North America. Mr. Martin has 30

years experience in minerals exploration and development throughout the western United States. His past experience includes Senior Geologist positions with NewGold Inc., Placer Dome U.S. Inc. and Directorships with O'Hara Resources Ltd and Breckenridge Minerals Inc. Mr. Martin will be the lead geologist on this project.

La Quinta also announces the appointment of Mr. Greg Amor, CA, as Chief Financial Officer, replacing Mr. Dustin Henderson. Mr. Henderson remains an active Director of the Company.

To fund this acquisition and for general working capital purposes, La Quinta also announces a non-brokered private placement to raise up to \$1,200,000. This financing will consist of up to 24 million units at a price of \$0.05 per unit. Each unit consists of one share and one share purchase warrant. Each share purchase warrant shall entitle the holder to purchase an additional common share in the Company at a price of \$0.10 for a period of six months from closing and at price of \$0.15 for a subsequent six month period following closing. Finders fees of 8% (in cash or units) may be paid to qualified persons.

All of the transactions mentioned in this news release all subject to regulatory approval.

ON BEHALF OF THE BOARD

Glen R Watson
CEO and President

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This document includes forward- looking statements. 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. Important factors that could cause actual results to differ from these forward-looking statements include the potential that La Quinta’s Easter project will experience technological and mechanical problems, or geological conditions that may not result in commercial levels of mineral resources, and other risks.