

March 26, 2009
NFR:TSX.V
PR #09-06

**Northern Freegold Intersects 0.73 metres of 142.00 g/t Gold
within 3.60 m of 55.27 g/t Gold In Step-Out drilling to the West
in the Nucleus Zone at Freegold Mountain, Yukon**

Vancouver, BC: March 26 2009. Northern Freegold Resources Ltd. (NFR: TSX-V) is pleased to announce results from the final 12 drill holes in the Nucleus Zone and 10 holes from the Stoddart Zone at the district scale 166 sq km (64 sq mile) Freegold Mountain Project in the Yukon Territory. All 12 holes in the Nucleus were drilled to test the extent of mineralization on the western side of the Nucleus Zone. *Holes GRD08-111 and GRD08-113, drilled 200 m to the west of 2007 drilling, intersected significant high grade mineralization including 0.73 m of 142.00 g/t gold within 3.60 m of 55.27 g/t gold and 2.55 m of 49.70 g/t gold within 7.90 m of 25.33 g/t gold respectively. Hole 120, drilled another 150 m to the northwest of holes 111 and 113, and the furthest hole drilled to the west to date in the Nucleus, also intersected 0.87 m of 36.00 g/t gold.*

Highlights of Nucleus Western Holes

Hole No.	Length (m)	From (m)	To (m)	Interval (m)	Interval (feet)	Au (g/tonne)	Au (oz/ton)
GRD08-113	190.50	60.13	63.73	3.60	11.81	55.27	1.61
Incl.		60.79	61.52	0.73	2.40	142.00	4.14
GRD08-113		162.29	163.62	1.33	4.36	5.03	0.15
GRD08-111	208.79	29.65	37.55	7.90	25.92	25.33	0.74
Incl.		29.65	35.05	5.40	17.72	36.40	1.06
And		29.65	32.20	2.55	8.37	49.70	1.45
GRD08-111		54.22	55.34	1.12	3.67	5.16	0.15
GRD08-120	192.02	56.46	57.33	0.87	2.85	36.00	1.05
GRD08-100	312.42	239.30	245.05	5.75	18.86	4.98	0.15
Inc.		243.62	245.05	1.43	4.69	17.90	0.52
GRD08-102	265.96	106.24	107.40	1.16	3.81	7.46	0.22
GRD08-102		166.03	181.36	15.33	50.30	1.21	0.04
GRD08-102		257.56	258.68	1.12	3.67	12.90	0.38
GRD08-104	257.96	151.38	155.43	4.05	13.29	4.91	0.14
GRD08-104		205.00	207.06	2.06	6.76	4.30	0.13

Bill Harris, CEO & COO commented *"The intersection of bonanza grade values, as we step out to the west in the Nucleus Zone, continues to demonstrate that the area hosts incredibly rich gold mineralization within several different styles of mineralization over a 750 metre strike length. The intersection of high grade values in holes 111 and 113, as well as hole 120 and holes 68, 73 and 99 (previously released) indicates the potential to expand along strike in both directions."*

For further information, please contact Debbie James,
Investor Relations Manager at 877.893.8757 or 604.893.8757.
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Nucleus Zone

The Nucleus Zone is located in the western portion of the Freegold Mountain Project. A total of 53 holes were drilled in 2008 in the Nucleus Zone (13,287 m/45,352 feet). The Nucleus Zone was originally identified as a low grade bulk tonnage near surface gold target. The majority of past exploration drilling focused on targeting the low grade bulk tonnage gold mineralization that appears to be associated with north-south trending vein systems. High grade gold bearing quartz + chalcopyrite ± pyrite veins and gold bearing infill in breccias, and gold-rich ± copper skarns have now been also indentified in a different orientation within the Nucleus zone area. Data generated from oriented core analysis coupled with ongoing geological modeling of the Nucleus zone has revealed that the gold-rich ± copper skarns encountered to date appear to follow the east-west orientation of the foliation within the metasediments and that a set of gold bearing quartz + chalcopyrite ± pyrite veins also trend east-west, in addition to the previously targeted north-south trending vein systems.

Mineralization was encountered in all of the step out holes drilled to the west. Mineralization in this area occurs as sulphide-rich veins/veinlets composed of arsenopyrite ± gold ± chalcopyrite ± bornite ± magnetite. Results from the step out holes to the west are included in the table at the end of the release. These results, combined with historical drilling and step-out drilling to the east have *extended the mineralized zones up to 750 m long from east to west, and the mineralized zones remain open in both directions.*

Step out holes to the west intersected:

- **0.73 m of 142.00 g/t gold within 3.60 m of 55.27 g/t gold in GRD08-113**
- **2.55 m of 49.70 g/t gold within 7.90 m of 25.33 g/t gold in GRD08-111**
- **0.87 m of 36.00 g/t gold in GRD08-120**
- **1.43 m of 17.90 g/t gold within 4.75 m of 4.98 g/t gold in GRD08-100**
- **1.12 m of 12.90 g/t gold in GRD08-102**
- **4.05 m of 4.91 g/t gold in GRD08-104**

Step out holes to the east in the vicinity of the higher grade trend of the Nucleus Zone indicate the presence of gold-rich (abundant visible gold in some samples) +/-copper skarns in addition to hydrothermal vein style mineralization. The high grade skarns returned:

- **2.00 m of 45.25 g/t gold within 72.35 m of 2.50 g/t gold in GRD07-41**
(see press release dated July 19, 2007)
- **1.90 m of 86.71 g/t gold within 74.97 m of 4.26 g/t gold in GRD07-58**
(see press release dated Dec. 6, 2007)
- **3.25 m of 100.69 g/t gold within 37.80 m of 10.41 g/t gold in GRD08-68**
(see press release dated June 9, 2008)
- **1.27 m of 410.00 g/t gold within 9.36 m of 70.19 g/t gold in GRD08-99**
(see press release dated Jan.14, 2009)
- **0.96 m of 256.00 g/t gold within 4.00 m of 68.95 g/t gold in GRD08-73**
(see press release dated Jan.26, 2009)

Modeling of the geology and the petrogenesis of the mineralization is in process. A NI 43-101 compliant resource will be calculated on the Nucleus Zone in 2009 once results are interpreted and is expected within the second quarter of 2009. The new geological model will help define targets to expand mineralization which is open in all directions and to depth.

A plan map showing the drill hole locations is attached and also can be viewed at www.northernfreegold.com. Drill sections and a 3D visualization can be viewed at corebox.net.

Stoddart Zone

The Stoddart Zone is located 8 km from the Nucleus Zone. Two holes, testing a copper gold soil geochemical anomaly, drilled at the end of the 2007 program intersected **porphyry style mineralization** at the Stoddart Zone. A total of 10 holes totaling 2560 m (8,397 feet) were drilled in 2008 to expand upon the 2007 discovery of porphyry style mineralization. The table below highlights results from the 2008 program.

Hole No.	Length(m)/ Azimuth(°)/ Dip(°)	From m	To m	Thickness m	Thickness feet	Cu ppm	Cu (%) ¹	Mo ppm(%) ¹
08ST-04	234.10/	90.25	232.30	142.05	466.04	1072	0.11	*
Includes	320/	155.50	183.30	27.80	91.21	1596	0.16	*
Includes	-50	210.20	232.30	22.10	72.51	1740	0.17	115 (0.012)
08ST-05	318.51/	103.70	269.05	165.35	542.49	1042	0.10	*
Includes	320/	103.70	124.20	20.50	67.26	1903	0.19	*
and	-50	105.15	113.30	8.15	26.74	2949	0.29	*
Includes		181.30	202.90	21.60	70.87	2603	0.26	*
and		183.30	194.00	10.70	35.10	3455	0.34	*
Includes		236.95	269.05	32.10	105.31	1223	0.12	*
and		236.95	256.85	19.90	65.29	1333	0.13	*
08ST-06	275.80/	86.30	197.75	111.45	365.65	1098	0.11	*
Includes	320/	100.00	121.00	21.00	68.90	1690	0.17	*
Includes	-50	185.60	197.75	12.15	39.86	1835	0.18	*
08-ST-07	281.90/	99.06	221.25	122.19	400.89	1631	0.16	*
Includes	320/	99.06	118.54	19.48	63.91	2080	0.21	136 (0.014)
Includes	-50	140.76	187.60	46.84	153.67	2351	0.24	122 (0.012)
Includes		169.50	175.30	5.80	19.03	3860	0.39	181 (0.018)
and		176.00	184.85	8.85	29.04	4141	0.41	330 (0.033)
08-ST-09	313.95/	17.04	247.30	229.90	754.27	923	0.09	*
Includes	115/	104.30	121.00	16.70	54.79	2026	0.20	118 (0.012)
Includes	-40	165.90	173.85	7.95	26.08	2921	0.29	*
Includes		214.70	247.30	32.60	106.96	1825	0.18	*

Intervals less than 20,000 ppm/m copper were not reported in this table

¹percentages were calculated from ppm , *Mo values < 100 ppm

A plan map showing the drill hole locations is attached and also can be viewed at www.northernfreegold.com. Drill sections and a 3D visualization can be viewed at corebox.net.

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As noted, intervals in the above table represent > 20,000 ppm/m copper. Holes 08-ST-08, 10, 11 and 12 did not return values that fall above this threshold, yet did intersect mineralized intervals including:

- 08-ST-08: 3.6 m of 1283 ppm (0.13%) Cu and 0.60 m of 7639 ppm (0.76%) Cu
- 08-ST-10: 2.6 m of 1445 ppm (0.14%) Cu
- 08-ST-11: 9.0 m of 1225 ppm (0.12%) Cu; 5.15 m of 1848 ppm (0.18%) Cu, and 3.05 m of 1538 ppm (0.15%) Cu
- 08-ST-12: 3.85 m of 1289 ppm (0.13%) Cu

Hole 08-ST-03 was drilled to twin hole 07-ST-01 to obtain oriented core to better constrain the geometry intersected in the previously drilled porphyry mineralization.

The Stoddart Zone is underlain by a mid-late Cretaceous feldspar porphyritic stock, surrounded by a halo of northerly to northeasterly-trending quartz feldspar porphyry dyke swarms, intruding Mesozoic syenite and granodiorite. The model for the Stoddart Zone is a bulk-mineable plutonic hosted, calcalkaline porphyry copper+/-molybdenum+/-gold model. The Casino copper-gold porphyry deposit located 80 km (50 mi) to the northwest contains measured and indicated resources of 8.03 million oz of gold, 4,376 million lb of copper and 475 million lb of molybdenum (www.westerncoppercorp.com).

The 2008 drilling was successful in further delineating the porphyry style exploration target originally discovered in 2007. Concurrent potassic alteration and mineralized veins (chalcopyrite, molybdenite and scheelite) in holes 08-ST-07 and 09 indicate the presence of a mineralized hydrothermal system which warrants further exploration.

The **Ridge Zone**, located only a kilometer away from the Stoddart Zone **intersected 14.50 m of 4.29 g/t gold, 61.5 g/t silver, 0.67% copper and 0.21% zinc in 2008 drilling** (see Dec.1, 2008 news release). The Stoddart Zone is located uphill from Guder and Seymour Creeks, where significant quantities of gold have been produced by placer mining.

Tinta Zone

The Tinta Zone, located 22 km to the east from the Nucleus Zone, is a gold-silver-copper polymetallic vein system. The 2008 program was focused on drilling the vein system such that a NI 43-101 compliant resource may be calculated at the Tinta Zone, upon full interpretation of results. A total of 17 holes totaling 3,807 m (12,487 feet) have been drilled. Drilling intersected **1.10 m of 36.18 g/t gold, 45.35 g/t silver, 0.41% copper, 0.74% lead and 0.11% zinc** (see March 19, 2009 press release). NFR will now proceed with a NI 43-101 compliant resource calculation for the Tinta Zone.

Freegold Mountain Project

The Freegold Mountain Project is a road accessible district scale property that covers 166 square km (64 square miles). Within the project expanse are at least 20 known mineralized zones, some with historical resource estimates (not compliant with NI 43-101). Northern Freegold has been actively drilling on five of those zones (2% of the total project area), two of which are currently having NI 43-101 compliant resource calculations completed (Nucleus and Tinta), and three of which are still at an exploration stage (Goldy, Stoddart, Ridge).

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The district scale Freegold Mountain Project is situated within the Dawson Range portion of the Tintina Gold Belt, characterized by plutonic rocks of the ca 100 million year old Cretaceous Dawson Range Batholith and Early Jurassic metaplutonic rocks, intruding Devonian-Mississippian metavolcanic and metasedimentary rocks of the Yukon-Tanana terrane. The Dawson Range is a well-mineralized belt over 100 km long, extending from Mount Freegold northwesterly to the Casino copper-gold porphyry deposit. This belt is transected by the west-northwest trending Big Creek Fault, which provides the locus for many mineral occurrences including placer gold deposits, porphyry gold-copper mineralization, gold veins and breccias. The Freegold Mountain Project covers a 35 km long section of this belt.

Quality Control and Assurance. The holes were drilled by a skid mounted diamond drill with NTW core size (5.6 cm/2.2 inches in diameter). Core sample lengths ranged from ~30 cm to 220 cm. All core samples from diamond drilling are split and sent to EcoTech Laboratory in Whitehorse for sample preparation and then to EcoTech Laboratory in Kamloops for analysis. Blanks, commercial standards and duplicate core samples are included in each batch.

To determine Au levels at the ppb level (detection limit 5-1000 ppb) 30 g samples are fire assayed then digested in aqua regia solution and analyzed by atomic absorption. Over-limit values are re-assayed by fire assay and then digested with aqua regia and then re-analyzed by an atomic absorption instrument (detection limit 0.03 g/t). Other elements are analyzed by a 29 elements package (ICP-AES analysis). Additional check-analyses will be carried out by ALS-Chemex in North Vancouver.

Intervals reported in this release do not necessarily represent true widths of mineralization. The technical information disclosed in this release has been reviewed and approved by Dr. Fabrizio Colombo, P.Geo.

Northern Freegold is a well-financed rapidly advancing Canadian-based precious metals exploration and development company, which brings local expertise and strong management to focus on the development of economic mineral resources on the district-scale Freegold Mountain gold and copper project in the Yukon and the Burro Creek gold and silver property in Arizona.

Northern Freegold Resources Ltd.

On behalf of the Board of Directors

Signed "Susan P. Craig"

Susan P. Craig
President

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release. This news release may contain forward-looking statements including but not limited to comments regarding the timing and content of upcoming work programs, geological interpretations, receipt of property titles, potential mineral recovery processes, etc. Forward-looking statements address future events and conditions and therefore, involve inherent risks and uncertainties. Actual results may differ materially from those currently anticipated in such statements.

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Nucleus Western Holes

<i>Hole No.</i>	<i>Length (m)</i>	<i>Azimuth (°)</i>	<i>Dip (°)</i>	<i>From (m)</i>	<i>To (m)</i>	<i>Interval (m)</i>	<i>Interval (feet)</i>	<i>Au (g/tonne)¹</i>	<i>Au (oz/ton)²</i>	<i>Cu ppm(%)³</i>
GRD08-100	312.42	272.05	-50	14.40	16.30	1.90	6.23	1.29	0.04	*
GRD08-100				35.50	38.81	3.31	10.86	2.46	0.07	1406(0.14)
<i>incl.</i>				35.50	37.50	2.00	6.56	3.74	0.11	2198 (0.22)
GRD08-100				47.24	49.23	1.99	6.53	1.11	0.03	*
GRD08-100				51.99	53.95	1.96	6.43	2.30	0.07	1025(0.10)
GRD08-100				71.63	73.42	1.79	5.87	2.75	0.08	2561 (0.26)
GRD08-100				116.05	118.04	1.99	6.53	1.25	0.04	2068 (0.21)
GRD08-100				121.42	122.73	1.31	4.30	1.06	0.03	1169 (0.12)
GRD08-100				130.77	132.50	1.73	5.68	1.07	0.03	*
GRD08-100				147.63	153.00	5.37	17.62	1.25	0.04	*
GRD08-100				218.80	226.43	7.63	25.03	0.53	0.02	*
GRD08-100				239.30	245.05	5.75	18.86	4.98	0.15	*
<i>incl.</i>				243.62	245.05	1.43	4.69	17.90	0.52	2107(0.21)
GRD08-100				248.00	249.05	1.05	3.44	1.52	0.04	1371 (0.14)
GRD08-102	265.96	272.05	-50	8.52	22.29	13.77	45.18	0.51	0.01	*
GRD08-102				36.64	43.17	6.53	21.42	1.40	0.04	1276(0.13)
GRD08-102				106.24	107.40	1.16	3.81	7.46	0.22	*
GRD08-102				147.83	148.98	1.15	3.77	1.39	0.04	*
GRD08-102				154.52	160.33	5.81	19.06	1.48	0.04	1811(0.18)
GRD08-102				166.03	181.36	15.33	50.30	1.21	0.04	*
GRD08-102				257.56	258.68	1.12	3.67	12.90	0.38	1115(0.11)
GRD08-104	257.96	272.05	-50	25.12	29.99	4.87	15.98	0.59	0.02	*
GRD08-104				60.71	64.80	4.09	13.42	2.43	0.07	*
GRD08-104				97.84	99.79	1.95	6.40	1.02	0.03	*
GRD08-104				151.38	155.43	4.05	13.29	4.91	0.14	*
GRD08-104				205.00	207.06	2.06	6.76	4.30	0.13	*
GRD08-106	245.35	272.05	-50	20.00	23.90	3.90	12.80	0.73	0.02	*
GRD08-106				47.65	49.15	1.50	4.92	2.50	0.07	*
GRD08-106				131.50	132.90	1.40	4.59	1.82	0.05	*
GRD08-106				154.40	157.90	3.50	11.48	0.95	0.03	*
GRD08-106				176.10	177.35	1.25	4.10	4.80	0.14	*

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Nucleus Western Holes (cont'd)

<i>Hole No.</i>	<i>Length (m)</i>	<i>Azimuth</i>	<i>Dip</i>	<i>From (m)</i>	<i>To (m)</i>	<i>Interval (m)</i>	<i>Interval (feet)</i>	<i>Au (g/tonne)¹</i>	<i>Au (oz/ton)²</i>	<i>Cu ppm(%)³</i>
GRD08-107	220.50	272.05	-50	66.55	68.58	2.03	6.66	3.67	0.11	*
GRD08-107				114.30	116.29	1.99	6.53	1.48	0.04	*
GRD08-107				147.68	149.70	2.02	6.63	1.39	0.04	*
GRD08-109	280.42	272.05	-50	33.00	35.05	2.05	6.73	2.12	0.06	*
GRD08-109				170.11	170.69	0.58	1.90	1.31	0.04	*
GRD08-109				238.70	240.25	1.55	5.09	1.11	0.03	*
GRD08-111	208.79	182.05	-50	29.65	37.55	7.90	25.92	25.33	0.74	*
<i>includes</i>				29.65	35.05	5.40	17.72	36.40	1.06	*
<i>and</i>				29.65	32.20	2.55	8.37	49.70	1.45	*
GRD08-111				54.22	55.34	1.12	3.67	5.16	0.15	*
GRD08-113	190.50	182.05	-70	60.13	63.73	3.60	11.81	55.27	1.61	9913(0.99)
<i>incl.</i>				60.79	61.52	0.73	2.40	142.00	4.14	276000(2.76)
GRD08-113				70.57	74.13	3.56	11.68	0.79	0.02	1576(0.16)
GRD08-113				162.29	163.62	1.33	4.36	5.03	0.15	*
GRD08-115	216.41	182.05	-60	155.25	158.50	3.25	10.66	0.75	0.02	*
GRD08-117	201.18	272.05	-70	37.78	38.33	0.55	1.80	1.37	0.04	1370(0.14)
GRD08-117				86.06	87.88	1.82	5.97	1.27	0.04	*
GRD08-117				171.67	173.00	1.33	4.36	1.26	0.04	*
GRD08-117				199.00	201.18	1.50	4.92	3.87	0.11	*
GRD08-119	187.45	182.05	-70	33.15	34.70	1.55	5.09	2.50	0.07	2509(0.25)
GRD08-119				99.00	101.00	2.00	6.56	3.65	0.11	*
GRD08-119				103.09	107.00	3.91	12.83	1.28	0.04	*
GRD08-120	192.02	2.05	-70	56.46	57.33	0.87	2.85	36.00	1.05	*

Results less than 2.5 g/t/m gold were not reported in this table, unless the grade was > 1 g/t gold

*Values <1,000 ppm Cu

¹Au composite intervals were calculated from Au ppb if Au values <1,000 ppb; if Au values were > 1,000 ppb fire assay g/tonne values were used

²Au oz/ton values were converted by dividing Au g/tonne value by 34.2857

³Percent values were calculated from ppm results; if Cu value was >10,000 ppm lab reported % values were used

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