

Ring of Fire Resources Inc. Acquires Mineral Claims in Lucas, Duff & Tully Twps, Timmins, Ontario from Metals Creek Resources

Toronto, Ontario – November 30, 2011 Ring of Fire Resources Inc. (the "Company" or "ROF") (TSX-V: ROF, FRANKFURT: RG5, OTC.PK: HWKPF) announces that it has agreed to acquire from Metals Creek Resources Corp. ("Metals Creek")(TSX-V: MEK), a 100% title and interest in 10 mining claims blocks totalling 132 claim units (approximately 5,280 acres- 2,136.7 hectares) in Lucas, Duff and Tully Townships, which are contiguous to the Project 81 Lucas Township primary gold target recently acquired from AbiBow Canada Inc (now Resolute Forest Products) in the Timmins area of Northern Ontario. (See attached map)

The Lucas Township gold claims were the subject of exploration programs in the early 1960's, 70's and 80's and exhibited some very encouraging and interesting gold intercepts. There has been no significant mineral exploration work done in the project area since the 1980's. More details on the historic work and gold results will be presented in the very near term in a subsequent news release.

Deal Terms:

- Under its agreement with Metals Creek, ROF has agreed that the purchase price for the property would consist of 750,000 shares, 375,000 issuable at closing and 375,000 issuable on or before June 1, 2012 and \$50,000 in cash, with \$25,000 payable on closing and \$25,000 payable on or before June 1, 2012.
- In addition, Metals Creek would be granted a 2% Net Smelter Return royalty (NSR) or a 10% Net Profits Interest (NPI) at their election in connection with the property, with ROF having the right to buy back up to 1% of the NSR or 5% of the NPI (whichever is applicable) at a price of \$1,000,000

The transaction is an "expedited acquisition" under Policy 5.3 of the TSX Venture Exchange.

About Project 81

Project 81 is now over 70,000 hectares of crown and patented land package divided into 2 blocks. The patents include surface, mineral and timber rights, and hosts a number of mineralized zones on which historical exploration work has identified nickel and gold mineralization from work carried out in the 1960's to 1980's (these sample results are historical and non NI 43-101 compliant.) In addition, the holdings include a significant timber resource.

About Ring of Fire Resources Inc.:

Ring of Fire Resources Inc. is a Canadian based junior exploration company holding in excess of 70,000 hectares of property in the Timmins, Iroquois Falls and Smooth Rock Falls areas of Northern Ontario, upon which it plans to develop and implement an exploration program for the balance of 2011 and 2012. It also holds a portfolio of diversified exploration projects at various stages of exploration and drilling for Vanadium/Nickel/Copper/Chromium/PGM in the 'Ring of Fire' McFauld's Lake Area of Northern Ontario, Gold in the Wawa area of Northern Ontario, and Uranium in Northern Saskatchewan.

More detailed information is available on the website at www.ringoffireresources.com

Cautionary Statement:

Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release. No stock exchange, securities commission or other regulatory authority has approved or disapproved the information contained herein.

The foregoing information may contain forward-looking statements relating to the future performance of Ring of Fire Resources Inc. Forward-looking statements, specifically those concerning future performance, are subject to certain risks and uncertainties, and actual results may differ materially from the Company's plans and expectations. These plans, expectations, risks and uncertainties are detailed herein and from time to time in the filings made by the Company with the TSX Venture Exchange and securities regulators. Ring of Fire Resources Inc. does not assume any obligation to update or revise its forward-looking statements, whether as a result of new information, future events or otherwise.

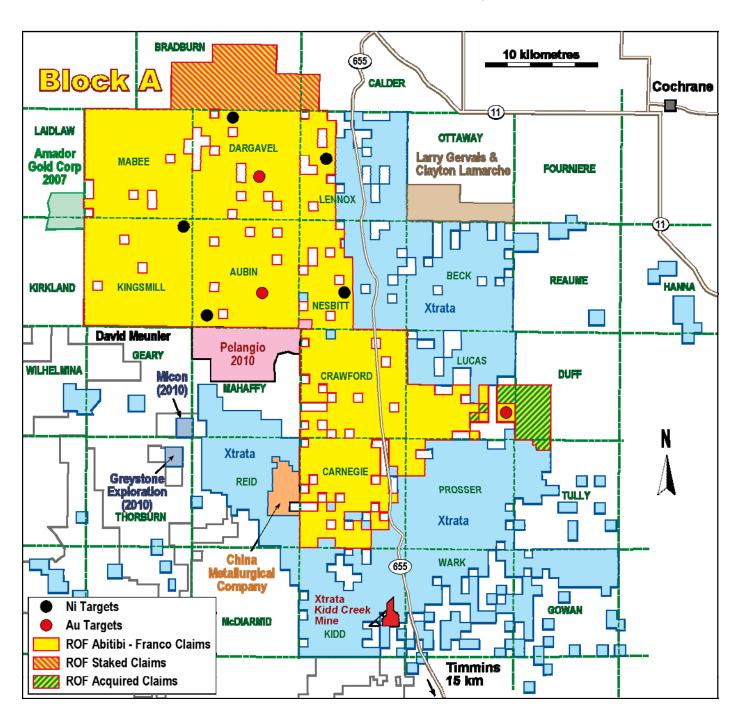
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