

June 1st, 2010

RAMBLER METALS AND MINING PLC

**Environmental Approval Received for
Ming Copper-Gold Mine**

London, England & Baie Verte Newfoundland and Labrador - Rambler Metals and Mining PLC (TSX-V:RAB, AIM:RMM) ("Rambler" or the "Company") is pleased to announce it has received final environmental approval and project release from the Government of Newfoundland and Labrador for its Ming Copper Gold Mine on the Baie Verte Peninsula, Newfoundland, Canada.

On May 27, 2010 the Minister of Environment and Conservation informed the company that, under authority of Section 67(3) (a) of the *Environmental Protection Act*, the Lieutenant-Governor in Council has released the Ming Copper Gold Mine from further environmental assessment, subject to a number of terms and conditions.

George Ogilvie, President and CEO commented;

"The environmental release of the project from the Government of Newfoundland and Labrador represents another major step in the Company's development. The approval allows Rambler to start project development when the feasibility study is completed in Q2 2010. The timing of these plans will facilitate for production in 2011 when predicted demand for copper and gold is relatively strong with good medium and long term fundamentals. We would like to acknowledge the encouragement and support we have received for this project from the Province of Newfoundland and Labrador, the public and local businesses."

A copy of the release can be found on the Environmental Assessment Bulletin website of the Department of Environment and Conservation at <http://www.gov.nl.ca/env>.

The project will result in considerable socio-economic benefits accruing to the Province of Newfoundland and Labrador, creating employment, business opportunities and contributing substantially to the economy.

Project Update

The NI43-101 Feasibility Study is nearing completion and is due for delivery to the Company in calendar 2Q 2010. Completion of a satisfactory NI43-101 Feasibility Study will in turn result in Rambler being granted access to the second tranche of US\$2 Million funding under the terms of its agreement with Sandstorm Resources Ltd (TSX-V: SSL).

With the project released from further environmental assessment the Company can now apply for the various regulatory permits and licenses required to begin construction for the mine, mill and port infrastructure to facilitate the production of copper, gold and silver from the Ming Mine planned for 2011. The Company currently envisages beginning the construction campaign in August 2010. All of the major equipment for the mill expansion has now been ordered and is due for delivery to site in July and August 2010. The award of the necessary permits will grant Rambler access to the third and final tranche of US\$13M funding under the terms of its agreement with Sandstorm Resources Ltd (TSX-V: SSL).

At the time of this release the Company has a strong treasury position of C\$11 M held in cash or short term investments.

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About Rambler

Rambler was founded in 2004 when Altius Minerals Corporation ("Altius"), a Newfoundland and Labrador resource company, contributed to Rambler's asset base with an option to acquire and develop the Ming Mine. Following the acquisition of the Ming Mine, Rambler, listed on London AIM in 2005 and Toronto TSX-V in 2007.

The Ming property had been a former underground copper and gold producing mine that ceased production when the deposit reached a then third party property boundary. This neighbouring property was subsequently consolidated before being brought into Rambler's portfolio. Rambler now owns a 100% interest in the property.

The area where the mine is located is a former mining centre and subsequently good existing infrastructure including roads, fresh water, hydro, access to a working port while the town of Baie Verte, population 1,300 is located only 17km away.

Over the last several years Rambler has been exploring on the property leading to the publication of two NI43-101 resource statements, the discovery of new mineralized lenses and the extension of pre-existing mineralized lenses. Today all mineralization remains open in multiple directions while, importantly, the deposit has not been cut-off at depth. The underground workings have been dewatered and services including air, water and electrical re-installed.

In October 2009, Rambler purchased an operational gold hydrometallurgical mill, Nugget Pond, which is situated approximately 40km from the Ming Mine. Rambler intends to expand the mill so that it is capable of handling massive sulphides from the Ming Mine to produce a copper concentrate with gold and silver as by-products.

Rambler is about to embark on the construction phase of the project with the intention of bringing the Ming Mine into production in 2011.

Caution Regarding Forward-Looking Statements

Certain information included in this press release, including information relating to future financial or operating performance and other statements that express management's expectations or estimates of future performance constitute "forward-looking statements." Such forward-looking statements include, without limitation, estimates regarding timing of future development and production. Where the Company expresses or implies an expectation or belief as to future events or results, such expectation or belief is expressed in good faith and believed to have a reasonable basis. However, forward-looking statements are subject to risks, uncertainties and other factors, which could cause actual results to differ materially from future results expressed, projected or implied by such forward-looking statements. Such risks include, but are not limited to, interpretation and implications of drilling and geophysical results; estimates regarding timing of future capital expenditures and costs towards profitable commercial operations. Other factors that could cause actual results, developments or events to differ materially from those anticipated include, among others, increases/decreases in production; volatility in metals prices and demand; currency fluctuations; cash operating margins; cash operating cost per pound sold; costs per ton of ore; variances in ore grade or recovery rates from those assumed in mining plans; reserves and/or resources; the ability to successfully integrate acquired assets; operational risks inherent in mining or development activities, and legislative factors relating to prices, taxes, royalties, land use, title and permits, importing and exporting of minerals and environmental protection. Accordingly, undue reliance should not be placed on forward-looking statements. These forward-looking statements are made as at the date hereof and Rambler does not undertake any obligation to update publicly or revise any such forward-looking statements or any forward-looking statements contained in any other documents whether as a result of new information, future events or otherwise, except as required under applicable securities law. For a more detailed discussion of such risks and other factors, see Rambler's latest filings with Canadian securities regulators.