

Northern Superior Resources Inc.



1988 Kingsway, Unit G
Sudbury, Ontario, Canada
P3B 4J8

Tel: (705) 525- 0992

Fax: (705) 525- 7701

NEWS RELEASE

Northern Superior Resources Signs Letter of Intent to Acquire the Croteau Est Gold Property, Chibougamau Gold District.

Sudbury, Ontario, July 20, 2011. Northern Superior Resources Inc. (TSXV:SUP) (“Northern Superior” or the “Company”) is pleased to announce that on July 19th, 2011 it signed a letter of intent with GL Geoservices Inc. and Marc Bouchard of Chapais, Quebec (collectively the “Optionors”) who granted Northern Superior an option to acquire 100% of the Croteau Est gold property. The Croteau Est gold property is comprised of 17 claims covering approximately 935 hectares and is located within the Chibougamau Gold District of Quebec.

Dr. T.F. Morris, President and CEO of Northern Superior states: “We are pleased to have the opportunity to acquire a 100% interest in a gold property located on a regional deformation corridor (Faribault). Drill-ready targets have already been identified on the property including the new Patrick and Dédé gold showings, from which the Optionors collected highly deformed and altered (ankeritized quartz veined and pyritized) basalt samples that returned up to 15g/t Au. These sites are presently being prepared for a diamond drilling program.”

To exercise the option Northern Superior is required to spend \$1.7 million on exploration on the property over four years: \$200,000 in year 1, \$300,000 in year 2, \$400,000 in year 3 and \$800,000 in year 4. Northern Superior must also make cash payments to the Optionors totaling \$350,000: \$35,000 upon signing the Letter of Intent, \$35,000 by the end of years 1, \$40,000 by the end of year 2, \$80,000 by the end of year three and \$160,000 by the end of year 4. In addition, Northern Superior must issue to the Optionors, \$280,000 worth of common shares of the Company: \$40,000 at the end of year 2, \$80,000 by the end of year 3 and \$160,000 by the end of year 4. The number of common shares issuable shall be based on the market price of the Company’s shares at the time of issuance. Upon exercise of the option, the Optionors shall retain a 1.0% NSR on any commercial production with Northern Superior having the right to buyback 0.5% of the NSR for \$1.5 million, at any time.

The parties have agreed that and further claims which are staked within 1.5 km of the property, shall form part of the option and any production therefrom shall be subject to the NSR. The parties intend to negotiate and execute a formal option agreement as soon as possible. The transaction is conditional upon Northern Superior obtaining board and TSX Venture Exchange approval.

The acquisition of this property falls within the Company’s overall strategy of acquiring highly prospective ground for gold identified from the Company’s extensive geoscientific data base.

About Northern Superior Resources Inc.

Northern Superior is a junior exploration company focused on exploring for gold and diamonds in the Superior Province of the Canadian Shield. The Company is actively exploring for gold within two important gold districts: the Stull-Wunnumun in Ontario and the Chibougamau in Quebec. The Company has a number of 100% owned properties (see Company web site, www.nsuperior.com) within these districts that were identified and developed from the Company's extensive geoscientific data base and from which additional gold exploration projects are being generated. The Company is currently seeking to option-out a number of these properties.

Northern Superior is a reporting issuer in British Columbia, Alberta, Ontario and Quebec, and trades on the TSX Venture Exchange under the symbol SUP. For further information contact:

Thomas F. Morris PGeo., PhD., FGAC
President and CEO
Tel: (705) 525 -0992
Fax: (705) 525 -7701
e-mail: info@nsuperior.com
www.nsuperior.com

For Investors

Forward looking statements: This news release includes certain "forward-looking information" within the meaning of Canadian securities legislation and "forward-looking statements" within the meaning of the United States Private Securities Litigation Reform Act of 1995 (collectively, "forward looking statements"). Forward looking statements include predictions, projections and forecasts and are often, but not always, identified by the use of words such as "seek", "anticipate", "believe", "plan", "estimate", "forecast", "expect", "potential", "project", "target", "schedule", "budget" and "intend" and statements that an event or result "may", "will", "should", "could" or "might" occur or be achieved or other similar expressions and includes the negatives thereof. All statements other than statements of historical fact included in this release, including, without limitation, statements regarding potential mineralization, exploration results, interpretation of results, the timing and success of exploration activities generally, the timing and results of future resource estimates, and future plans and objectives of Northern Superior or Rainy River are forward-looking statements that involve various risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Forward looking statements are based on a number of material factors and assumptions. Important factors that could cause actual results to differ materially from Northern Superior's expectations include exploration risks, changes in project parameters as plans continue to be refined, results of future resources estimates, future metal prices, availability of capital and financing on acceptable terms, general economic, market or business conditions, uninsured risks, regulatory changes, defects in title, availability of personnel, materials and equipment on a timely basis, accidents or equipment breakdowns, delays in receiving government approvals, unanticipated environmental impacts on operations and costs to remedy same, and other exploration or other risks detailed herein and from time to time in the filings made by the Company with securities regulators. Although the Company has attempted to identify important factors that could cause actual actions, events or results to differ from those described in forward looking statements, there may be other factors that cause such actions, events or results to differ materially from those anticipated. There can be no assurance that forward looking statements will

prove to be accurate and accordingly readers are cautioned not to place undue reliance on forward looking statements.

Neither the 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.