

September 26, 2011 - Vancouver, British Columbia. Appleton Exploration Inc. (TSX-V: AEX) (the "Company") announces that it has entered into an assignment agreement with Northrock Resources Inc. for the Manalo gold project in the Republic of Mali, West Africa. Appleton has agreed to assign its interest in Manalo to Northrock for US\$250,000 and 1,000,000 shares of Northrock Resources Inc., subject to approval of the TSX Venture Exchange.

Appleton continues to aggressively pursue additional opportunities.

In an unrelated matter, the Company has granted 200,000 stock options to a director of the Company. The options, which are subject to the terms and conditions of the Company's stock option plan, are exercisable prior to September 26, 2016, at an exercise price of \$0.10 per share.

On Behalf of the Board of Directors,

"R. Tim Henneberry"

R.Tim Henneberry, P.Geo.

President and CEO

For further information, please contact:
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Neither the TSX Venture Exchange nor its Regulations Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accept responsibility for the adequacy or accuracy of this release.