

For Immediate Release
Calgary, Alberta

Monday, November 30, 2009
TSXV Trading Symbols: SAA.A and SAA.B
34,710,937 Class A Shares
986,700 Class B Shares

SOLARA ANNOUNCES THIRD QUARTER 2009 FINANCIAL RESULTS

CALGARY, ALBERTA – November 30, 2009. Solara Exploration Ltd. ("Solara" or the "Company") announces its third quarter results for the nine months ended September 30, 2009. The Unaudited Financial Statements and Management's Discussion and Analysis ("MD&A") for the quarter should be read in conjunction with the Audited Financial Statements and the MD&A for the year ended December 31, 2008, all of which are filed and now available for viewing on the System for Electronic Disclosure and Analysis ("SEDAR") at www.sedar.com.

About Solara Exploration

Solara Exploration is a publicly traded junior oil and gas company focused on the exploration, development and acquisition of oil and natural gas in Western Canada.

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