



130 Adelaide St. W., Suite 1901, Toronto, Ontario M5H 3P5
Tel: (416) 364-4938 Fax: (416) 364-516
admin@avalonventures.com www.avalonventures.com

NEWS RELEASE

January 14, 2008

No. 08-02

Avalon Announces Annual General Meeting

Avalon Ventures Ltd. TSX-V: AVL (the “Company”) is pleased to announce that the Annual General Meeting of shareholders of the Company will be held on Thursday, January 31, 2008 at 4:30PM at the Toronto Board of Trade, 1 First Canadian Place, 4th Floor, Toronto, Ontario.

The Notice of Meeting, Information Circular and Proxy were mailed last week to all shareholders of record as at December 31, 2007. However, the Annual Report with audited financial statements and MDA was only mailed to registered shareholders. An electronic copy of the Annual Report may be viewed and downloaded from the Company’s website at http://www.avalonventures.com/resources/Financials/2007_AR.pdf and can also be accessed on SEDAR at www.sedar.com. Anyone wishing to have a hard copy of the annual report mailed to them directly is invited to contact the Company’s head office.

Shareholders in the Vancouver area are invited to meet with management during the Vancouver Resource Investment Conference, to be held at the Vancouver Convention and Exhibition Centre, January 20-21. Pre-registration is free at www.goldshow.ca.

About Avalon Ventures Ltd.

Avalon Ventures Ltd. (TSX-V: AVL) is a Canadian junior mineral exploration and development company, with a primary focus on rare metals and minerals that are in increasing demand for numerous emerging “green” technologies in alternative energy and fuel efficient cars as well as many new electronics and aerospace applications. Avalon currently holds a portfolio of five such projects, including four that are at, or close to, the feasibility stage. Shares Outstanding: 64,041,748. Cash resources: approximately \$16.4 million.

To find out more about Avalon Ventures Ltd. (TSX-V: AVL), please visit our website at www.avalonventures.com. This news release is available on the Company’s official on-line investor relations site for investor commentary, feedback and questions. Investors are invited to visit the “Avalon Ventures” IR Hub at <http://www.agoracom.com/ir/avalon>. In addition, investors are invited to e-mail their questions and correspondence to AVL@agoracom.com or phone Don Bubar, P.Geo. President, at 416-364-4938.

The language used in this News Release may contain forward-looking statements that may involve a number of risks and uncertainties. Actual events or results could differ materially from the Company's forward-looking statements and expectations. The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this news release.