



B E L L H A V E N

COPPER & GOLD INC.

FOR IMMEDIATE RELEASE

**BELLHAVEN RECEIVES EXTENSION TO ITS ENVIRONMENTAL
MANAGEMENT PLAN FOR THE CERRO QUEMA GOLD MINING PROJECT &
HAS GRANTED PERSHIMCO AN EXTENSION TO THE DUE DILIGENCE
PERIOD**

Panama City, Panamá – March 2, 2010. Bellhaven Copper and Gold Inc. (TSX-Venture: BHV) (“Bellhaven” or the “Company”) is pleased to announce that it has been notified by the environmental authority of the Republic of Panama (ANAM) that its application to extend the environmental management plan (PAMA-Programa de Adecuacion y Manejo Ambiental) has been approved for the continued development and construction of its 100% owned Cerro Quema gold project.

Julio Benedetti, President and CEO of Bellhaven commented as follows:

“The granting of this extension is a significant milestone for the continued development of Cerro Quema and allows us to work aggressively with our prospective joint venture partner, Pershimco Resources, Inc., (“PRO”) to get the mine into production”.

Additionally, and further to its news release of January 4, 2010, the Company is pleased to report that it has granted PRO a 90 extension for the signing of the definitive agreement. This extension provides PRO and its advisors with sufficient time to complete its due diligence review on the Cerro Quema gold project and establish key miles-stones for the transaction, which are anticipated to be addressed in the definitive agreement.

Alain Bureau, P. Eng, President and CEO of Pershimco commented as follows:

“Significant positive progress continues to be made in addressing key matters. Scott Wilson Roscoe Postle Associates Inc. has completed the site visit in Panama and is currently completing its high-level technical due diligence report, with recommendations leading to a NI 43-101 report that is required for the successful conclusion of the definitive agreement. Also, I am very pleased to state that with the granting of this PAMA extension we have now mobilized exploration equipment to the project and will shortly be sending a hydro-geologist



to study the possibility of using underground water to satisfy the potable water needs of the surrounding communities”.

On behalf of the board of directors,

Julio C. Benedetti, President, CEO
BELLHAVEN COPPER AND GOLD, INC.

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.

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About Bellhaven:

Bellhaven Copper & Gold Inc. is a Panama-based mineral exploration and development company with a portfolio of gold projects and gold and copper prospects in the Republics of Panama and Colombia. The company has 49.636 million shares issued and outstanding.

For more information, please visit the Company's web site at www.bellhavencg.com or call Patrick Abraham in Panama at 011-507-340-9500.