



NEWS RELEASE

CANADIAN SPIRIT RESOURCES ANNOUNCES RESOURCE UPDATE

Calgary, AB April 18, 2006 - Canadian Spirit Resources Inc. (“CSRI” or the “Company”) (SPI-TSX Venture) announces the receipt of a preliminary report dated April 17, 2006, prepared by Sproule Associates Limited (the “Sproule Report”), which provides an updated assessment of the contingent gas-in-place resource potential of the Company’s properties in the Farrell Creek area of northeast British Columbia.

This Sproule Report is based on an assessment of available geological, petrological and reservoir parameters gathered from the six test holes drilled on Company land and from available and non-confidential public data and sources. This technical information was used to assess the quality and other properties of the reservoirs.

The Sproule Report estimates that the Company’s lands (approximately 40,000 acres or 62 sections) include contingent gas-in-place resources as follows:

<u>Formation</u>	<u>Contingent resource (gas-in-place)</u>
Gething coals	12-16 bcf per section
Gething shales	11-17 bcf per section
Gates and Moosebar shales	7-8 bcf per section

The Sproule Report estimates the contingent resource of gas-in-place for the Gething Formation coals in the range from 12 to 16 billion cubic feet (bcf) per section. The Sproule Report confirms the contingent resource estimate for the Gething coal made in November 2004 which was based on results from two test holes. The increase is a result of including additional rock types not evaluated in 2004 and from data obtained from the four additional test holes.

The Sproule Report also estimates the contingent resource of gas-in-place for the Gething Formation shales and assigns a range from 11-17 bcf per section. The Company has evaluated the data from the two producing test holes at c-83-H and b-92-H and believes that a portion of current production may be from the Gething Formation shales. The Gething Formation coals remain the principal resource target. However, the completion and testing regime associated with the planned pilot program at Farrell Creek will be modified to further evaluate the productive capability of the Gething Formation shales.

The principal objective of the Farrell Creek pilot program is to create sales production and cash flow by the end of the first quarter of 2007. In addition, the pilot program will include the use of innovative drilling and completion approaches designed to optimize natural gas production relative to the cost of bringing each well on-stream. Improvements in exploitation techniques and reductions in drilling and completion costs to improve economic return on capital are required to achieve the full potential of the contingent resource on the Company’s lands at Farrell Creek.

In addition to the Gething Formation coals and shales, the Sproule Report assigns a contingent resource estimate of gas-in-place to the Gates and Moosebar Formation shales from 7-8 bcf per section, based on coring and desorption tests. While the shales in the Gates and Moosebar Formations are of long-term interest, the Company's current planning and activity is focused on the effective exploitation of the contingent resource in the Gething Formation.

Sproule Associates has indicated that no estimate of recovery rates and no proved or probable reserves can be assigned to the Company's lands at this time due to the early stage of development at Farrell Creek. As soon as conditions permit, the Company will request that Sproule Associates prepare a formal reserve evaluation.

CSRI is a natural resources company focusing on the identification and development of opportunities in the unconventional gas sector of the energy industry. Since 2002, the mission of the Company has been to develop 1 tcf of natural gas over a five year period from unconventional resource plays in western Canada. Within three years, the Company has identified several large resource plays, assembled a unique, high working interest land position in over 42,000 gross acres (of which 40,000 are located in British Columbia) and is currently evaluating the productive capability of its principal resource property.

On behalf of the Board of Directors,
Canadian Spirit Resources Inc.

"Phil Geiger"

Phillip D.C. Geiger, President & COO

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