



For Immediate Release

Triangle Petroleum Increases Working Interest in Core Area to 87%

Calgary, Alberta – June 11, 2009 – Triangle Petroleum Corporation (the “Company” or “Triangle”) (TSXV: TPE; OTCBB: TPLM) today reported that it now holds a working interest of 87% in the 475,000 gross acre Windsor Block in Nova Scotia.

Triangle has executed a definitive agreement with Contact Exploration Inc. (“Contact”) to acquire Contact’s 30% working interest in the Windsor Block in exchange for agreeing to provide Contact a 5.75% non-convertible gross overriding royalty interest. Contact also received a cash payment of \$270,000 and Triangle assumed the liabilities related to Contact’s former working interest.

Howard Anderson, President of Triangle, indicates “We would like to thank Contact for their support and cooperation as a responsible joint venture partner. This transaction enables us to increase our focus on the search for a new joint venture partner to invest in our core shale gas project in the Windsor Block”.

About Triangle Petroleum Corporation

Triangle is an exploration company focused on an emerging Canadian shale gas project covering 475,000 gross acres (413,000 net acres) in the Maritimes Basin in Nova Scotia through Elmworth Energy Corporation, its Calgary-based operating subsidiary. Triangle’s common shares trade on the TSX Venture Exchange under the symbol TPE and on the OTC Bulletin Board under the symbol TPLM.

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