



For Immediate Release

## Triangle Petroleum to Hold Annual Meeting of Stockholders on July 8

Calgary, Alberta – June 29, 2009 – Triangle Petroleum Corporation (the “Company” or “Triangle”) (TSXV: TPE; OTCBB: TPLM) is pleased to announce details of its Annual Meeting of Stockholders, which will be held in Calgary, Alberta.

The Annual Meeting of Stockholders will be held on Wednesday, July 8, 2009 at 11:00am MST in the boardroom at the Company’s head office in Calgary, Alberta, located at Suite 1250, 521 3<sup>rd</sup> Avenue SW. Among several proposals to be considered and acted upon will be the election of directors, adoption of a stock option plan and an amendment to the Company’s Articles of Incorporation.

Registered stockholders can access the Company's Proxy Statement and Form 10-K at [www.cstproxy.com/trianglepetroleum/2009](http://www.cstproxy.com/trianglepetroleum/2009). Online voting can be completed using control numbers that have been furnished to each stockholder by mail along with written instructions.

Mark Gustafson, Triangle’s Chairman and CEO, stated “We welcome all existing and potential shareholders to attend our AGM. The Company’s officers and technical team will be available to answer questions after the meeting.”

### **Important Information**

This communication does not constitute an offer to sell or the solicitation of an offer to buy any securities or a solicitation of proxy of any stockholder of Triangle Petroleum Corporation (“Triangle”). Triangle filed a definitive proxy statement on Schedule 14A with the Securities and Exchange Commission (the “SEC”) on May 22, 2009 in connection with its 2009 Annual Meeting of Stockholders (the “2009 Annual Meeting”). Triangle has furnished a notice to its stockholders, which provides access to the definitive proxy statement and voting instructions. INVESTORS AND STOCKHOLDERS OF TRIANGLE ARE URGED TO READ THE PROXY STATEMENT FOR THE 2009 ANNUAL MEETING IN ITS ENTIRETY BECAUSE IT CONTAINS IMPORTANT INFORMATION.

Investors and stockholders may obtain the proxy statement and other documents filed with the SEC free of charge at the website maintained by the SEC at [www.sec.gov](http://www.sec.gov) or by directing a request to Investor Relations Department, Triangle Petroleum Corporation, 521-3<sup>rd</sup> Avenue, SW, Suite 1250, Calgary, Alberta T2P 3T3.

Triangle and its directors and executive officers may be deemed to be participants in the solicitation of proxies in connection with its 2009 Annual Meeting. Detailed information regarding the names, affiliations and interests of Triangle's directors and executive officers is available in the definitive proxy statement for the 2009 Annual Meeting, which was filed with the SEC on May 22, 2009.

#### 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.

For more information please visit [www.trianglepetroleum.com](http://www.trianglepetroleum.com) or contact:

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Safe Harbor Statement. This news release includes statements about expected future events and/or results that are forward-looking in nature and subject to risks and uncertainties. Forward-looking statements in this release include, but are not limited to the Company's planned joint venture activities. It is important to note that actual outcomes and the Company's actual results could differ materially from those in such forward-looking statements. Factors that could cause actual results to differ materially include the possibility that additional investments will not be made or that appropriate opportunities for development will not be available or will not be properly developed. For additional risk factors about our Company, readers should refer to risk disclosure contained in our reports filed with the Securities and Exchange Commission and on SEDAR.