



**For Immediate Release: Friday, March 31, 2006**

**HERITAGE OIL FILES STATEMENT OF RESERVES DATA**

Calgary, Alberta, March 31, 2006 - Heritage Oil Corporation (TSX: HOC) today filed with the Canadian Securities Administrators its Annual Information Form which includes reserves data and other oil and gas information for the year ended December 31, 2005 as mandated by National Instrument 51-101 Standards of Disclosure for Oil and Gas Activities. The reserves data was assessed by ECL Canada with support from RPS Scott Pickford Limited, an independent geoscience consultancy firm.

Copies of Heritage's Annual Information Form may be obtained on the SEDAR website at [www.sedar.com](http://www.sedar.com) or by contacting Micael Gulbenkian or John McLeod at the numbers set forth below.

Heritage is an international oil and gas corporation with producing properties in the Republic of Congo and Sultanate of Oman, a development property in Russia and exploration projects in the Republic of Uganda. Through its subsidiary KPC, the Company has entered into two MOUs with the Government of the Autonomous Region of Kurdistan, Iraq. Heritage Middle East, which is focusing on Iraq, has established an office in Amman, Jordan, which it intends to relocate to Baghdad once the security situation permits.

The Company's Common Shares trade on the Toronto Stock Exchange under the symbol HOC.

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**If you would prefer to receive press releases via email contact Heather Colpitts ([heather@chfir.com](mailto:heather@chfir.com)) and specify “Heritage press releases” in the subject line.**

**FORWARD-LOOKING STATEMENTS:** Except for statements of historical fact, all statements in this news release – including, without limitation, statements regarding production estimates and future plans and objectives of Heritage – are forward-looking statements that involve various risks and uncertainties. There can be no assurance that such statements will prove to be accurate; actual results and future events could differ materially from those anticipated in such statements. Factors that could cause actual results to differ materially from anticipated results include risks and uncertainties such as: risks relating to estimates of reserves and recoveries; production and operating cost assumptions; development risks and costs; the risk of commodity price fluctuations; political and regulatory risks; and other risks and uncertainties as disclosed under the heading "Risk Factors" and elsewhere in Heritage documents filed from time-to-time with the Canadian securities regulatory authorities. The Company disclaims any intention or obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise.