



For Immediate Release: Thursday, March 23, 2006

HERITAGE OIL PROVIDES UGANDA WORK PROGRAM UPDATE

Calgary, Alberta, March 23 – Heritage Oil Corporation (TSX: HOC) today announced that the Company will be drilling the Kingfisher-1 exploration well in its Block 3A permit in Uganda. The Kingfisher-1 well is expected to spud this summer and will be the first of an initial two well program in Block 3A. Two rigs are currently available in the area and much of the consumables are already in-country. The Kingfisher prospect extends out into Lake Albert, but can be conveniently drilled from the lakeshore. Heritage is the operator of Block 3A with a 50% interest, while Tullow Oil owns the remaining 50%.

The prospects for exploration drilling in the Lake Albert area have significantly improved due to the recent exploration success of Hardman Resources (Hardman) in Block 2, which lies immediately to the north of Heritage's permit. During the last three months, Hardman has drilled two wells and found oil in both. Hardman has reported that the first of these two wells, Mputa-1, recovered samples of black oil and had oil and gas readings over a gross interval of 220 meters. This well definitively proved the presence of all the components of a working petroleum system in the basin, namely mature source rock, good quality reservoir, a valid trap and sealing shale formations. Hardman's second well, Waraga-1, reportedly appears to be even more encouraging, as it recovered light oil samples which suggest an oil column of 45 meters. Hardman has reported it intends to production test its wells as soon as it can mobilize test equipment.

Micael Gulbenkian, Chairman & CEO said: "the Kingfisher prospect is a very large structural closure which, if sufficient reservoir pay is present in the section, has the capacity to contain large volumes of oil. The presence of oil in both the nearby Hardman wells which has proved a working hydrocarbon system within the basin and the apparent absence of carbon dioxide in the Hardman wells, all make the drilling of the Kingfisher prospect an exciting exploration opportunity."

He added: "Kingfisher appears to be optimally placed within the basin with respect to the assumed hydrocarbon-generating source rocks that are postulated to be present in the section of sediments beneath Lake Albert, which makes it additionally prospective as a drilling target. The Kingfisher prospect is one of a number of large prospects and leads mapped from 2D seismic data acquired over Lake Albert during the past two years."

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 re-locate to Baghdad when the security situation permits.

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

This press release is not for distribution to United States Newswire Services or for dissemination in the United States.

-30-

For further information please contact:

Investors Relations Contacts:

CHF Investor Relations

Cathy Hume

Tel +1 416 868 1079 x231

Email cathy@chfir.com

Heather Colpitts

Tel +1 416 868 1079 x223

Email heather@chfir.com

Heritage Oil Corporation

Swiss/European Contact Details

Micael Gulbenkian / Paul Atherton

Tel +41 91 973 1800 or +44 870 011 5555

Fax +41 91 973 1808 or +44 20 7629 3863

Email info@heritageoilcorp.com

Canadian Contact Details

John McLeod

Tel +1 403 234 9974

Fax +1 403 261 1941

If you would prefer to receive press releases via email contact Heather Colpitts (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 Toronto Stock Exchange and other 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.