

For Immediate Release
Calgary, Alberta

Thursday, March 2, 2006
TSXV: "SAH"

10,766,000 Common Shares Issued and Outstanding

SAHARA ENERGY ANNOUNCES HIRING OF VICE PRESIDENT, EXPLORATION

CALGARY, ALBERTA – March 2, 2006. Sahara Energy Ltd. ("Sahara" or the "Company") is pleased to announce that it has hired Quentin C. Enns, P.Geol. as Vice President, Exploration of the Company. Mr. Enns graduated from the University of Regina with a B.Sc. in geology and is an active member of APEGGA, AAPG and CSPG. He has over 20 years of experience in the oil and gas industry and spent the last six years with a major integrated oil and gas company where he was responsible for the generation and supervision of over 1,000 prospects in Southern Alberta and Northeastern British Columbia. Prior to joining the major company, Mr. Enns was the founder and President of a private oil and gas company responsible for prospect generation in Central Alberta and Western Saskatchewan. He also provided well site supervision to a number of mid-size oil and gas companies and was involved in exploring for gas and heavy oil in Central Alberta and Saskatchewan. Mr. Enns' strong operational background and proven oil and gas experience in Saskatchewan and Alberta will assist Sahara in exploring and developing reserves on its properties.

With the hiring of Mr. Enns, the management team of Sahara consists of Peter Boswell, President and Chief Executive Officer, Michael Williamson, P.Eng., Vice President, Operations, Quentin C. Enns, P.Geol., Vice President, Exploration and Murray MacLean, C.A., Chief Financial Officer.

The Company also announces that the board of directors approved the granting of an additional 80,000 stock options (now aggregating 250,000 options) to Mr. Enns at a price of \$1.25 per share as part of his compensation package. The options are for a term of five years with vesting provisions.

Sahara Energy is a newly formed junior oil and gas company focused on the acquisition, exploration and development of oil and natural gas in western Canada.

For further information please contact:

Peter Boswell

President and CEO of Sahara Energy Ltd.

1440, 700 – 4th Avenue S.W.

Calgary, Alberta T2P 3J4

Telephone: (403) 232-1359

Fax: (403) 232-1307 or by email at

pete@saharaenergy.ca

ADVISORY: Certain information regarding the Company including management's assessment of future plans and operations, may constitute forward-looking statements under applicable securities laws and necessarily involve risks associated with oil and gas exploration, production, marketing and transportation such as loss of market, volatility of prices, currency fluctuations, imprecision of reserve estimates, environment risks, competition from other producers and ability to assess sufficient capital from internal and external source. As a consequence, actual results may differ materially from those anticipated in the forward-looking statements.

The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this release.