



For Immediate Release: Friday, March 30, 2007

HERITAGE OIL FILES STATEMENT OF RESERVES DATA

Calgary, Alberta, March 30, 2007 - Heritage Oil Corporation (TSX: HOC) today filed with the Canadian Securities Administrators its Annual Information Form ("AIF") which includes reserves data and other oil and gas information for the year ended December 31, 2006 as mandated by National Instrument 51-101 Standards of Disclosure for Oil and Gas Activities. The reserves data was assessed RPS Energy Canada Limited, trading as RPS Energy ("RPS Energy"), an independent geoscience consultancy firm.

RPS Energy estimated proved and probable reserves, net to Heritage, of 69.5 million barrels with a value of \$253.6 million (forecast prices discounted at 10%) at December 31, 2006. This value was 5% higher than at the previous year-end on an ongoing basis which excludes disposals made during the year.

Copies of Heritage's AIF may be obtained on the SEDAR website at www.sedar.com or by contacting Tony Buckingham or Paul Atherton at the numbers set forth below.

Heritage is an international oil and gas corporation with a diversified portfolio of properties, including a producing property in the Sultanate of Oman, a development property in Russia and exploration projects in the Republic of Uganda and the Democratic Republic of Congo. The Company is also pursuing opportunities in the Kurdistan region of Iraq and in other areas of Iraq.

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 Ana Augusta (ana@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" in the AIF and elsewhere in Heritage documents filed from time-to-time with the Toronto Stock Exchange and other regulatory authorities. Further, any forward-looking statement is made only as of a certain date and the Company undertakes no obligation to update any forward-looking statement or statements to reflect events or circumstances after the date on which such statement is made or reflect the occurrence of unanticipated events, except as may be required by applicable securities laws. New factors emerge from time to time, and it is not possible for management of the Company to predict all of these factors and to assess in advance the impact of each such factor on the Company's business or the extent to which any factor, or combination of factors, may cause actual results to differ materially from those contained in any forward-looking statement.