Sahara Energy Ltd. News Release

For Immediate Release **December 5, 2006**
Calgary, Alberta **TSXV: "SAH"**

SAHARA ENERGY LTD. ANNOUNCES ANNUAL FILINGS UNDER NATIONAL INSTRUMENT 51-101 STANDARDS OF DISCLOSURE FOR OIL AND GAS ACTIVITIES FOR IMMEDIATE RELEASE

CALGARY, ALBERTA – December 5, 2006, Sahara Energy Ltd. ("Sahara" or the "Company") announces that it has filed its Form 51-101F1 – Statement of Reserves Data and Other Oil and Gas Information, Form 51-101F2 – Report on Reserves Data by Independent Qualified Reserves Evaluator or Auditor and Form 51-101F3 – Report of Management and Directors on Oil and Gas Disclosure under National Instrument 51-101 - Standards of Disclosure for Oil and Gas Activities. The filings can be accessed electronically under the Company's profile on the SEDAR filing system at www.sedar.com.

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

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FORWARD-LOOKING STATEMENTS Certain information set forth in this document, including management's assessment of Sahara's future plans and operations, contain forward-looking statements. By their nature, forward-looking statements are subject to numerous risks and uncertainties, some of which are beyond these parties' control, including the impact of general economic conditions, industry conditions, volatility of commodity prices, currency fluctuations, imprecision of reserve estimates, environmental risks, competition from other industry participants, the lack of availability of qualified personnel or management, stock market volatility and ability to access sufficient capital from internal and external sources. Readers are cautioned that the assumptions used in the preparation of such information, although considered reasonable at the time of preparation, may prove to be imprecise and, as such, undue reliance should not be placed on forward-looking statements. Sahara's actual results, performance or achievements could differ materially from those expressed in, or implied by, these forward-looking statements and, accordingly, no assurance can be given that any of the events anticipated by the forward-looking statements will transpire or occur, or if any of them do so, what benefits that Sahara will derive therefrom. Sahara disclaims any intention or obligation to update or review any forward-looking statements, whether as a result of new information, future events or otherwise.