



For immediate release: October 6, 2005

TIMBERWEST ANNOUNCES SALES PROCESS FOR ELK FALLS LUMBERMILL

Vancouver (BC) – TimberWest Forest Corp. has conducted a strategic review of its operations and has determined that its Elk Falls sawmill on Vancouver Island located at Campbell River, although an important component of its overall business, may have a more logical owner. On this basis, the Company today is announcing its decision to begin a sales process for this asset.

Elk Falls is one of the best performing whitewood mills on the BC coast. It has a strong management team and a skilled, highly motivated workforce. Recent capital additions by TimberWest have been successful but the mill requires another infusion of new capital for continued success.

“Given the cyclicity and capital-intensive nature of the sawmilling business, our capital structure is not the best structure in which to hold this type of asset,” said Paul McElligott, President and CEO of TimberWest Forest Corp. “Our corporate focus is the timberland business and conversion assets are difficult for us to own and operate. Our future growth plans are focused on timberlands.”

A Confidential Information Memorandum is available to qualified bidders by calling Bev Park, VP Finance and CFO. Ms. Park’s contact details are listed below.

Corporate Profile

TimberWest Forest Corp. is uniquely positioned as the largest owner of private forest lands in western Canada. The Company’s 334,000 hectares, providing a sustainable annual harvest of 2.5 million m³ of logs, are located on Vancouver Island and predominantly support the growth of Douglas fir forests, a premium species used for structural purposes. TimberWest runs fully-contracted harvesting operations. With approximately 70% of the Company’s logging now being done in second-growth stands, TimberWest leads the industry in the harvest of second-growth timber. Third party auditors have certified that the management of the Company’s private forest land conforms to the objectives and performance measures of the American Forest and Paper Association’s Sustainable Forestry Initiative (SFI®). TimberWest also owns renewable Crown harvest rights to 0.8 million m³ of logs per year and operates a lumbermill located near Campbell River, BC. In addition, approximately 6,000 hectares of the Company’s private forest lands have been identified as having greater value as real estate properties and are progressively being made available for higher uses.

Forward Looking Statements

The statements which are not historical facts contained in this release are forward-looking statements that involve risks and uncertainties. TimberWest’s actual results could differ materially from those expressed or implied by such forward-looking statements. Factors that could cause or contribute to such differences include, but are not limited to, general economic conditions, variations in TimberWest’s product prices and changes in commodity prices generally, changes in market conditions, actions of competitors, interest rate and foreign currency fluctuations, regulatory, harvesting fee and trade policy changes and other actions by governmental authorities, the ability to implement business strategies and pursue business opportunities, labour relations, weather conditions, forest fires, insect infestation, disease and other natural phenomena and other risks and uncertainties described in TimberWest’s public filings with securities regulatory authorities. In addition, the success of the sales process contemplated by this release is dependent upon a number of factors, many of which are outside TimberWest’s control. There is no assurance that any transaction will be completed.

Additional Information

TimberWest Stapled Units are listed on the Toronto Stock Exchange under the symbol "TWF.UN".

For further information please contact:

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