



For immediate release: October 8, 2004

TIMBERWEST FOREST CORP. – CONFERENCE CALL NOTIFICATION

2004 THIRD QUARTER RESULTS

VANCOUVER - TimberWest invites investors and media to listen-in on its third quarter conference call with investment analysts. TimberWest President and CEO Paul McElligott and Vice-President, Finance and CFO Bev Park will discuss the Company's third quarter results, which will be released at the end of the working day, October 19, 2004.

The conference call will take place on Wednesday, October 20, 2004 at 8:00am (PT). The dial-in phone number is 1-800-298-3006. A recording for the call will be available until November 3, 2004, by calling 1-800-558-5253 and entering code 21206353.

TimberWest will also broadcast the conference call live on the internet via our web site home page at www.timberwest.com. The webcast will be archived on our website and available for listening for an additional 90 days.

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

For further information please contact:

Bev Park
Vice-President, Finance and
Chief Financial Officer
Telephone: 604 654 4600
Facsimile: 604 654 4662

Media contact:

Virginia Aulin
Vice-President, Public Affairs and
Government Relations
Telephone: 604 654 4634

Email: invest@timberwest.com