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File No. 5-001

May 19, 2004

Via Facsimile

The Toronto Stock Exchange Inc.
2 First Canada Place
Toronto, Ontario

Attention: Market Surveillance

Dear Sirs:

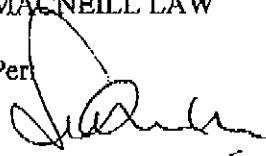
Re: Adastra Minerals Inc. (the "Company"), formerly America Mineral Fields Inc.

We send with this transmission a copy of the Company's news release dated May 20, 2004. The news release will be disseminated at 9:00 a.m. Eastern time, Wednesday, May 20, 2004 through Canada NewsWire (North American Disclosure Network) Canada Stockwatch, and Market News. Should you have any questions in this regards, please contact the undersigned at (604) 661-7536.

Yours truly,

MACNEILL LAW

Per


Chin Yen Lee
Legal Assistant

Attaches.

- cc: British Columbia Securities Commission - Attn: Public Record (VIA SEDAR)
- cc: Alberta Securities Commission - Attn: Public Record (VIA SEDAR)
- cc: Ontario Securities Commission - Attn: Public Record (VIA SEDAR)
- cc: Canada NewsWire Ltd. (Via Fax and E-mail: cnwvan@newswire.ca)
- cc: Canada Stockwatch
- cc: Market News (Via Fax and E-mail: news@baystreet.com)
- cc: Adastra Minerals Inc.
- cc: The Equicom Group - Attn: Martti Kangas (Via Fax and E-mail)
- cc: Parkgreen Media - Attn: Cathy Mallins (Via Fax and E-mail)

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NEWS RELEASE

Adastra Awards Contract for Kolwezi Environmental and Social Impact Assessment

Trading: TSE:AMZ and AIM:AAA

LONDON, U.K. (May 20, 2004) -- Adastra Minerals Inc. ("Adastra" or "the Company") announces today that it has awarded the contract for the Environmental and Social Impact Assessment ("ESIA") on the Kolwezi cobalt/copper tailings project in the Democratic Republic of Congo ("DRC") to SRK Consulting ("SRK") of South Africa.

"This is a major step in developing the Kolwezi cobalt-copper tailings project," said Tim Read, President & CEO, Adastra Minerals Inc. "The ESIA is one of the four main activities that we are undertaking during the next 15 months to advance the project towards commercial status. SRK has already successfully completed the Phase 1 Environmental Audit and a Scoping Study. The Phase 2 full ESIA will encompass the identification and assessment of the potential environmental and social impacts of the project, evaluate alternatives and recommend appropriate mitigation, management and monitoring measures which will be undertaken during construction and throughout the life of the project."

"The other three main activities include finalizing appropriate off-take agreements, completing a definitive feasibility study ("DFS") and putting into place the project financing. Adastra previously announced that it has begun the process of identifying off-takers; the Company also expects to begin the definitive feasibility study within the first half of calendar 2004."

In the ESIA, first activities will involve collecting baseline data on geographic, ecological and social parameters and commencing a detailed Public Consultation and Disclosure Program with locally affected communities. This Program will continue throughout the period of the ESIA and will allow local concerns and issues to be fully addressed prior to development of the project. Given the degraded nature of the environment around Kolwezi and the generally decrepit infrastructure, it is anticipated that the Project will have a positive effect on the region.



SRK Consulting will also carry out the Water Management Study (WMS), which will form a critical part of both the ESIA and the Definitive Feasibility Study (DFS). This will evaluate historical and existing environmental impacts on surface water and groundwater in the extended area, as well as identifying potential impacts from the project. It will also identify the most reliable water supply for the project, and define treatment requirements, surface water management and waste water treatment and management. Throughout the study, the ESIA and WMS teams will interact with members of the DFS team to ensure that technical and environmental issues are integrated into the project layout and design. In this way, optimum solutions can be identified and developed at an early stage of project design.

There will be a number of outputs from the study, including the ESIA report, an Environmental and Social Action Plan, a Community Development Plan, an Environmental Management Plan, a Framework Environmental Management System and a Conceptual Closure Plan.

It is the Company's intention to apply current World Bank standards for the framework of the ESIA.

"We are delighted to be undertaking the ESIA for the Kolwezi Tailings Project.. This study is one of the first to be undertaken following the implementation of the New Mining Code in the Democratic Republic of Congo and we are confident of a successful conclusion," said Richard Connelly, Director of SRK, who is SRK's project director for Kolwezi.

About the Kolwezi Project

Adastra's Kolwezi project consists of two dams containing 112.8 million tonnes of oxide tailings, grading 1.49% copper and 0.32% cobalt, as determined by Dr. Isobel Clark of Geostokos Limited, a "qualified person" as defined by the Canadian Securities Administrators' NI 43-101. This resource has the potential to host one of the world's largest and lowest cost cobalt producers. At a conceptual annual output of 42,000 tonnes of copper and 7,000 tonnes of cobalt, the project would have an operating life of 38 years. Such a project would generate significant tax and foreign exchange earnings, as well as providing local employment and contributing to the revival of the DRC's copper belt infrastructure.

About Adastra

Adastra Minerals is an international mining company listed on the Toronto Stock Exchange under the symbol "AMZ" and on the Alternative Investment Market of the London Stock Exchange under the symbol "AAA". The company is currently developing several mineral assets in Central Africa, including the Kolwezi cobalt/copper tailings project and the Kipushi zinc mine in the DRC, and the Cuango River diamond project in Angola. Adastra's growth strategy emphasizes the creation of shareholder value through the development of world-class resources in stable or stabilizing political environments.



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This News Release contains forward-looking statements within the meaning of the United States Private Securities Litigation Reform Act of 1995 concerning the Company's plans for its principal properties in the Democratic Republic of Congo ("DRC"), and the discussion of the political situation and potential international investment in the DRC. These forward-looking statements are subject to a variety of risks and uncertainties which could cause actual events or results to differ materially from those reflected in the forward-looking statements, including, without limitation, risks and uncertainties relating to political risks involving the Company's operations in the DRC and the policies of other nations and organizations towards companies doing business in such jurisdictions, the inherent uncertainty of production and cost estimates and the potential for unexpected costs and expenses, commodity price fluctuations, the inability or failure to obtain adequate financing on a timely basis and other risks and uncertainties, including those described in the Company's Annual Report on Form 20-F for the year ended October 31, 2003 and Reports on Form 6-K filed with the Securities and Exchange Commission.