

For Immediate Release

November 21, 2005

NEWS RELEASE

MINCO TO TRADE ON AMERICAN STOCK EXCHANGE

Minco Mining & Metals Corporation (the “Company”) (TSX: “MMM”; AMEX: “MMK”) is pleased to announce that it has received approval of its application to list its common shares on the American Stock Exchange (“AMEX”). Minco’s common shares will begin trading on the AMEX on Tuesday, November 22, 2005. Minco’s trading symbol is “MMK”. This approval is contingent upon the Company being in compliance with all applicable listing standards on the date it begins trading on the Exchange, and may be rescinded if the Company is not in compliance with such standards.

“We are very pleased to list on the American Stock Exchange, an important milestone for Minco. We have been working hard to expand our shareholder base in the United States and to increase our exposure to the US financial market”, commented Ken Cai, President and CEO of Minco. “A listing on AMEX will help us attract new financial partners in the US and provide all of our shareholders with increased liquidity.”

About Minco Mining

Minco Mining & Metals Corporation is listed on the Toronto Stock Exchange (TSX:MMM). The Company has a portfolio of high quality mineral projects in China and continues to evaluate a number of gold, base metal, rare earth and specialty metals projects in China. For more information on Minco and our properties, please visit the website at www.mincomining.ca or contact Robert Tyson, Investor Relations Manager at 1-888-288-8288 or (604) 688-8002 info@mincomining.ca.

ON BEHALF OF THE BOARD

“Ken Z. Cai”
President & CEO

This News Release includes certain "forward looking statements" within the meaning of the United States Private Securities Litigation Reform Act of 1995. Without limitation, statements regarding potential mineralization and resources, economic significance of results, type of mining method, exploration results, and future plans and objectives of the Company are forward looking statements that involve that involve various degrees of risk. The following are important factors that could cause Minco’s actual results to differ materially from those expressed or implied by such forward looking statements: changes in the world wide price of mineral commodities, general market conditions, risks inherent in mineral exploration, risks associated with development, construction and mining operations, the uncertainty of future profitability and the uncertainty of access to additional capital.