



PRESS RELEASE

International Forest Products Limited

Vancouver, B.C.

March 30, 2009

Interfor to sell former Queensboro Mill Site to Port Metro Vancouver for \$30.1 million

International Forest Products Limited ("Interfor" or the "Company") (TSX: IFP.A) announced today that it has entered into an agreement with Port Metro Vancouver (the "Port") for the sale of its former Queensboro mill site for \$30.1 million. The agreement is subject to the Port obtaining final approval from the Minister of Transport, Canada. The transaction is expected to close in the third quarter of this year.

Interfor is one of the Pacific Northwest's largest producers of quality wood products. The Company has operations in British Columbia, Washington and Oregon, including two sawmills in the Coastal region of British Columbia, three in the B.C. Interior, two in Washington and two in Oregon. For more information about Interfor, visit our website at www.interfor.com.

This release contains information and statements that are forward-looking in nature, including, but not limited to, statements containing the words "will" and "is expected" and similar expressions. Such statements involve known and unknown risks and uncertainties that may cause Interfor's actual results to be materially different from those expressed or implied by those forward-looking statements. Such risks and uncertainties include, among others: general economic and business conditions, product selling prices, raw material and operating costs, changes in foreign-currency exchange rates and other factors referenced herein and in Interfor's current annual report and management information circular available on www.sedar.com. The forward-looking information and statements contained in this report are based on Interfor's current expectations and beliefs. Readers are cautioned not to place undue reliance on forward-looking information or statements. Interfor undertakes no obligation to update such forward-looking information or statements, except where required by law.

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