

PRESS RELEASE

**COMPANIES WEST GROUP INC. SIGNS EXPLORATION AND
DEVELOPMENT AGREEMENT WITH 2 COAL MINE CONCESSIONS IN
COLOMBIA**

Ardmore, Oklahoma---March 24, 2009—Companies West Group Inc. (OTC:COWS) (DE:A38 Frankfurt)-has signed an agreement with two Colombian Coal Mining Concessions in the Santander area with the intent of a future association for the development of exploration and commercialization. The concessions have a subscribed contract of mining from the Colombian State for Ingeominas and are registered with the Chamber of Commerce of Bogata.

Concession #1

COAL MINE DEPARTAMENTO DE CUNDINAMARCA

Localization & legal Description: This property is located in the Department of Cundinamarca-Municipality of Suesca- Cucunua.

Extension of the Area: 232 Hectares.

Type of mineral: Coal

Phase of Project: Initial technical visits have taken place, preliminary evaluation for the presence of mineral sources; property is ready for the Exploration phase.

Type of Mining: will be performed via tunnels.

Access to the Property: This property can be easily accessed via Bogota-Ubate and the Cucunua-Suesca (This is the mine we visited on our last trip). This property is about 110 KM from the city of Bogotá and the conditions of the road near the mine needs pavement.

Probable Reserves: 35.000.000 Tons (Results gathered from the preliminary study performed by Ingeominas)

Possible Average of daily production: 12,000 MT/month.

Adjacent production: There are several companies in the area such as the company Coal Carbon which currently produces 30,000 MT/month.

Concession #2

COAL MINE OF PUERTO PARRA

Localization & legal Description:

This property is located in the Department of Santander.

Extension of the Area: 4098 Hectares.

Type of mineral: Coal

Phase of Project: Initial technical visits have taken place, preliminary evaluation for the presence of mineral sources; property is ready for the Exploration phase.

Type of Mining: will be performed via tunnels.

Access to the Property: This property can be easily accessed via Bogotá through the Portal de Magdalena to Puerto de Araujo, which is about 257.6 KM from the city of Bogotá. Access roads are in excellent conditions.

Probable Reserves: 80.000.000 Tons (Results gathered from the preliminary study performed by Ingeominas)

Possible Average of daily production: 20,000 MT/month.

Adjacent production: The Company Centrominas is currently producing about 24,000 MT/ month in adjacent areas.

Companies West group Inc. continues to seek out viable solutions for the increase in demand for diverse energy solutions and will provide regular progress updates on the concessions as information becomes available.

About Companies West Group Inc.

Companies West Group Inc. corporate focus is green energy or alternative fuel sector. Established back in 1958, it became a Colorado corporation in 1986. Most of this Company's investments will be in instruments that provide a contribution to a clean and sustainable environment. The Company invests in firms that prevent or reduce air and water pollution as well as those which use fewer chemical pesticides. We seek to provide alternatives to clear cutting forests and to promote recycling. Companies West Group believes that cost effective areas in which we invest such as clean water and clean air solutions will continue to present opportunities for economic advance now.

Please visit our website for more information and updates <http://www.companieswestgroupinc.com>

Forward Looking Statements

This press release contains "forward-looking statements" within the meaning of the Private Securities Litigation Reform Act of 1995. Statements in this release that are forward-looking statements are based on current expectations and assumptions that are subject to known and unknown risks, uncertainties, or other factors which may cause actual results, performance, or achievements of the company to be materially different from any future results, performance, or achievements expressed or implied by such forward-looking statements. Actual results could differ materially because of factors such as the effect of general economic and market conditions, entry into markets with vigorous competition, market acceptance of new products and services, continued acceptance of existing products and services, technological shifts, and delays in product development and related product release schedules, any of which may cause revenues and income to fall short of anticipated levels. All information in this release is as of the date of this release. The company undertakes no duty to update any forward-looking statement to conform the statement to actual results or changes in the company's expectations.

Contact:

Companies West Group Inc.

Email: cows09@gmail.com

www.companieswestgroupinc.com