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AMARC RESOURCES LTD  
Form 6-K  
July 21, 2004

SECURITIES AND EXCHANGE COMMISSION  
Washington, DC 20549

**FORM 6-K**

Report of Foreign Private Issuer  
Pursuant to Rule 13a-16 or 15d-16  
of the Securities Exchange Act of 1934

**CIK # 1175596**

As at July 14, 2004

**AMARC RESOURCES LTD.**  
800 West Pender Street, Suite 1020  
Vancouver, British Columbia  
Canada V6C 2V6

Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F.

Form 20-F...X.... Form 40-F.....

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1): \_\_\_\_\_

Note: Regulation S-T Rule 101(b)(1) only permits the submission in paper of a Form 6-K if submitted solely to provide an attached annual report to security holders.

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7): \_\_\_\_\_

Indicate by check mark whether by furnishing the information contained in this Form, the registrant is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Securities Exchange Act of 1934.

Yes ..... No .....

If "Yes" is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b): 82- \_\_\_\_\_

Signatures

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

By: /s/ Jeffrey R. Mason  
Director and Chief Financial Officer

Date: July 21, 2004

\* Print the name and title of the signing officer under his signature

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**Amarc Resources Ltd.**  
1020 - 800 W Pender St.  
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Canada V6C 2V6  
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Toll Free 1 800 667 - 2114  
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**AMARC TO ACQUIRE GOLD-COPPER PORPHYRY DEPOSIT TARGET**

**July 14, 2004, Vancouver, BC** - Ronald W. Thiessen, President and CEO of Amarc Resources Ltd. (TSX Venture: AHR, OTCBB: AXREF) is pleased to announce that the Company has entered into an option agreement with two arm's length parties to acquire a 100% interest in the Spius gold-copper-molybdenum porphyry property. The property is located in the Nicola region of south-central British Columbia, near the town of Merritt.

The Spius gold-copper porphyry target is defined by an extensive (500 metres by 600 metres) open-ended copper-in-soil anomaly, with associated molybdenum values, situated near two large (500 metres by 1200 metres) induced polarization chargeability anomalies. The property is underlain by Permian to Cretaceous intrusive rocks - a geological setting that hosts many major copper-gold porphyry mines in British Columbia. One of these, the Copper Mountain gold-copper deposit at Princeton, produced 170 million tonnes grading 0.58% copper and 0.17 g/t gold. Very limited drilling has been done on the property but this work did not test the prospective copper-in-soil anomaly. Amarc plans to initiate exploration at the property, shortly, with the objective of advancing the project to the drill ready stage in the next several months.

Amarc can acquire its interest by making staged cash payments totaling \$35,000 and issuing 80,000 common shares over three years. The first option payment of 10,000 shares is due upon approval by the appropriate regulatory bodies. The property is also subject to a 2% NSR, which Amarc, at its option, can purchase for \$2.0 million.

With a working capital position of \$13.2 million, Amarc has embarked on a focused effort to make major new mineral deposit discoveries in British Columbia. Guided by Hunter Dickinson management and senior staff, who have made a number of significant discoveries in BC, Amarc's exploration team is assembling a portfolio of key projects.

For further details on Amarc Resources Ltd., please visit the Company's website at [www.amarcresources.com](http://www.amarcresources.com) or contact Investor Services at (604) 684-6365 or within North America at 1-800-667-2114.

ON BEHALF OF THE BOARD OF DIRECTORS

/s/ *Ronald W. Thiessen*

Ronald W. Thiessen  
President & CEO

This release includes certain statements that may be deemed "forward-looking statements". All statements in this release, other than statements of historical facts, that address future production, reserve potential, exploration drilling, exploitation activities and events or developments that the Company expects are forward-looking statements. Although the Company believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance and actual results or developments may differ materially from those in the forward-looking statements. Factors that could cause actual results to differ materially from those in forward-looking statements include market prices, exploitation and exploration successes, continued availability of capital and financing, and general economic, market or business conditions. Investors are cautioned that any such statements are not guarantees of future performance and that actual results or developments may differ materially from those projected in the forward-looking statements. For more information on the Company, Investors should review the Company's annual Form 20-F filing with the United States Securities Commission.