



Impac Mortgage Holdings, Inc. Announces Participation in Upcoming Conference and Announces Upcoming Posting of January Unaudited Monthly Fact Sheet

March 1, 2006

NEWPORT BEACH, Calif., March 1 /PRNewswire-FirstCall/ -- Impac Mortgage Holdings, Inc. (NYSE: IMH), or the "Company", a real estate investment trust ("REIT"), announced today that it would be presenting at the following conference. You are invited to listen to the presentation that will be webcasted live.

JMP Securities Fifth Annual Research Conference, San Francisco, CA Date: Thursday, March 9, 2006, live webcast at 10:55 am P.T., 1:55 pm E.T. Presenter: William S. Ashmore, President and COO Webcast: www.impaccompanies.com link to Stockholder Relations/Presentations. The conference will be archived for 90 days beginning on March 9, 2006.

Monthly Fact Sheet

The January 2006 unaudited monthly fact sheet will be posted on Thursday, March 2, 2006. The Company generally posts to its web site an unaudited monthly fact sheet upon the end of the following month or concurrent with the release or filing of quarterly or annual earnings. You can subscribe to receive instant notification of conference calls, news releases and the unaudited monthly fact sheets by using our e-mail alert feature located at the web site www.impaccompanies.com under Stockholder Relations / Contact IR / Email Alerts.

Impac Mortgage Holdings, Inc. is a mortgage REIT, which operates three core businesses: (1) the Long -Term Investment Operations, (2) the Mortgage Operations, and (3) the Warehouse Lending Operations. The Long -Term Investment Operations invests primarily in non-conforming Alt -A ("Alt-A") mortgage loans and to a lesser extent small-balance commercial loans originated by Impac Commercial Capital Corporation. The Mortgage Operations acquires, originates, sells and securitizes primarily Alt-A mortgage loans and small-balance commercial loans. The Warehouse Lending Operations provides short-term financing to residential mortgage loan originators. The Company is organized as a REIT for tax purposes, which generally allows it to pass through earnings to stockholders without federal income tax at the corporate level.

For additional information, questions or comments, please call Tania Jernigan, VP of Investor Relations at (949) 475-3722 or email tjernigan@impaccompanies.com.

SOURCE Impac Mortgage Holdings, Inc. 03/01/2006 CONTACT: Tania Jernigan VP of Investor Relations of Impac Mortgage Holdings, Inc. +1-949-475-3722 tjernigan@impaccompanies.com Web site: <http://www.impaccompanies.com>