



Navios Maritime Holdings Inc to Present at the Jefferies Shipping Conference in New York

September 14, 2005

SOUTH NORWALK, Conn., Sept. 14 /PRNewswire-FirstCall/ -- Navios Maritime Holdings Inc ("Navios") (OTC Bulletin Board: NMHUF.OB - News, NMHIF.OB - News, NMHWF.OB - News) announced today that Ms. Angeliki Frangou, the company's Chairman and CEO, will be presenting at the Jefferies Second Annual Shipping Conference, which will take place in New York City on Thursday, September 15, 2005 at 8:45 a.m. EDT.

A live audio webcast of the Navios presentation will be available on the Jefferies' website at <http://www.jefferies.com/0905shipping> and will be archived there for a period of 30 days. The slide presentation will also be available on Navios' corporate website at <http://www.navios.com> together with a direct link to the Jefferies webcast site.

About Navios Maritime Holdings Inc.

Navios Maritime Holdings, Inc. is one of the leading global brands in seaborne dry bulk shipping and is a trusted partner for industrial end users, shipowners, financial business partners, agents and brokers. As a public company, Navios is committed to providing best-in-class service to both customers and business partners. Navios maintains offices in South Norwalk, Connecticut; Piraeus, Greece, and Montevideo, Uruguay. Navios's stock is listed on the OTCBB where it trades under the symbols "NMHUF.OB," "NMHIF.OB," and "NMHWF.OB." Risks and uncertainties are described in reports filed by Navios Maritime Holdings Inc. with the United States Securities and Exchange Commission.

Safe Harbor

This press release may contain forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995 about Navios Maritime Holdings Inc. (Navios). Forward looking statements are statements that are not historical facts. Such forward-looking statements, based upon the current beliefs and expectations of Navios's management, are subject to risks and uncertainties, which could cause actual results to differ from the forward looking statements. The information set forth herein should be read in light of such risks. Navios does not assume any obligation to update the information contained in this press release.

Source: Navios Maritime Holdings Inc.