

NEWS RELEASE

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Fjordland and Sumac Commence Drilling on Dillard Copper-Gold Property, Southern British Columbia

Vancouver, BC, August 7, 2013 – Fjordland Exploration Inc. (TSX-V: [FEX](#)) is pleased to announce that diamond drilling has commenced on its Dillard porphyry copper-gold project, located between Merritt and Princeton in southern British Columbia. The 2013 work programs on Dillard are part of a staged, systematic exploration program budgeted at approximately \$800,000, under a recent option agreement with Sumac Mines Ltd., a subsidiary of Sumitomo Metal Mining Co. Ltd. (see news releases dated April 4, 2013 and May 28, 2013).

Phase one drilling during 2013 will total approximately 2,500 metres (m) and is designed to test for additional copper-gold mineralization, including possible depth extensions of mineralization in holes that bottomed in mineralization during Placer Dome's 1991 drilling program on the Dill (Primer South) property, where drilling intersected 207 m grading 0.25% copper. First-time drilling will also test recently discovered high-grade copper and gold mineralization at the Dillard East property, where surface rock sampling yielded assays up to 1.6% copper and 28.9g/t gold, respectively.

Fjordland is the operator of the 2013 exploration program. During June and July, 2013, Fjordland completed 17 lines totaling 43.3 line kilometres (km) of ground magnetic and induced polarization surveys, at 400-m line spacings. In addition, an airborne high-resolution magnetic and radiometric survey totaling 293 line-km, at 100-m line spacings, was completed by Precision GeoSurveys over an area measuring approximately 7 km by 5.5 km. These recent surveys, together with previous ground geophysical surveys completed in the 1970s, '80s, and '90s by several operators and in 2012 by Fjordland, have resulted in the identification of two large anomalies.

A western anomaly, which includes the historic "Dill" target drilled by Placer Dome in 1991, measures approximately 1,400 m by 1,200 m and is open to the north and west. The eastern anomaly, which includes the "Dillard" target identified in 2011 by Fjordland, measures approximately 2,000 m by 1,500 m and is open to the north and east. Both areas also have copper and gold soil anomalies coincident with the geophysical anomalies.

Fjordland also reports the 100% acquisition of the 2,528-hectare Allison Property, located 8 km north of Princeton. As the Allison Property falls within the 20-km area of interest of the Dillard agreement, the Property has been incorporated into the Dillard option agreement with Sumac. In July 2013, three reconnaissance lines totaling 3 line-km of induced polarization and magnetic surveys were completed. Results are currently being evaluated.

Tom Schroeter, President and CEO of Fjordland states: "We are very pleased to have confirmed and expanded the large, coincident geophysical and geochemical anomalies over the Dillard West and Dillard East portions of the Property, and now look forward to Phase one drilling of priority targets. Exploration in the "Aspen Grove" area has increased significantly, with two other drilling programs in progress and more planned."

Further information about the Dillard porphyry copper-gold project and the Aspen Grove camp is available on Fjordland's website at http://www.fjordlandex.com/dillard_property.html.

About Fjordland Exploration Inc.

Fjordland Exploration is a mineral exploration company focused on the discovery of gold, copper and molybdenum deposits in British Columbia. Fjordland currently has a portfolio of 17 properties. It has a 100% interest in 5 properties known as “Tak” totaling 43,486 ha situated near the Woodjam Property in the Cariboo region of central BC. Fjordland and Serengeti Resources Inc. (TSX-V: SIR) are (50/50) partners in the “Milligan West” property totaling 15,736 ha, adjoining Thompson Creek Metals Ltd’s (NYSE: TC and TSX: TCM) Mt. Milligan copper-gold deposits. Fjordland and Serengeti Resources Inc. are 35%/65% partners exploring 8 precious and base metals properties (“QUEST” Project) totaling 24,071 ha in the Quesnel Terrane between Imperial Metals’ Mount Polley Mine and Thompson Creek Metals’ Mt. Milligan deposit. Fjordland has a 100% interest in the “St. Mary’s” property totaling 13,600 ha in the Iron Range in southeastern BC. Fjordland has options to acquire a 100% interest in the adjoining Dillard and Dill (collectively named “Dillard”) copper and gold properties, located north of Princeton. Sumac Mines Ltd. has an option with Fjordland to acquire a 51% interest in the Dillard property. Fjordland’s shares trade on the TSX Venture Exchange under the symbol “FEX”. For further information visit Fjordland’s website at www.fjordlandex.com.

About Sumac Mines Ltd.

Sumac Mines Ltd. (Sumac) is a mineral exploration company based in Vancouver and a subsidiary of Sumitomo Metal Mining Co., Ltd. (SMM). Sumac has explored many copper projects in British Columbia since the early 1970s, resulting in the discovery of the Kutcho Creek deposit in the northern part of the province. Sumac is currently exploring for copper and gold in British Columbia and the Yukon. The parent company, SMM, is an integrated non-ferrous mining, smelting, refining and manufacturing company, headquartered in Tokyo, Japan. SMM operates the Hishikari gold mine in Japan and the Pogo gold mine in Alaska, and has invested in many large copper mines worldwide.

T.G. Schroeter, P.Eng./P.Geo., who is a qualified person within the context of National Instrument 43-101, has read and takes responsibility for this news release.

Tom Schroeter
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