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**NEWS RELEASE**

**NR#13-05**

## **Fjordland Grants Stock Options**

**Vancouver, BC, August 2, 2013** — **Fjordland Exploration Inc.** (TSX-V: [FEX](#)) has granted 10,145,000 stock options to directors, officers, employees and consultants under the Company's stock option plan. The options are exercisable for five years at \$0.10 per share. This option grant is subject to the policies of the TSX Venture Exchange.

### **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 25 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 10 precious and base metals properties ("QUEST" Project) totaling 49,753 ha in the Quesnel Terrane between Imperial Metals' Mount Polley Mine and Thompson Creek Metals' Mt. Milligan deposit. Xstrata Copper has one property under option from Fjordland and Serengeti under a separate "QUEST (Xstrata)" option agreement. 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](http://www.fjordlandex.com).

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