



1111 Melville Street, Suite 1100
Vancouver, BC V6E 3V6
Tel: 604.893.8365
Fax: 604.669.8336
www.fjordlandex.com

NEWS RELEASE

NR#13-07

Fjordland Amends Stock Options

Vancouver, BC, August 19, 2013 – Fjordland Exploration Inc. (TSX-V: [FEX](#)) reports that further to the Company's news release dated August 2, 2013, 10,145,000 stock options granted to directors, officers, employees and consultants under the Company's stock option plan were amended as approved by the TSX Venture Exchange. The options are exercisable at \$0.05 per share until August 2, 2018.

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.

Tom Schroeter
President & CEO

Contact:

John Gomez,
Manager, Investor Relations
Tel. 604-893-8365

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