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NEWS RELEASE

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Fjordland and Sumac Increase Drilling to 4,500 Metres at Dillard, Southern British Columbia

Vancouver, BC, August 21, 2014 – Fjordland Exploration Inc. (TSX-V: [FEX](#)) is pleased to report that the Company and Sumac Mines Ltd., a subsidiary of Sumitomo Metal Mining Co. Ltd. of Japan, have increased the planned diamond drilling program for 2014 to 4,500 metres (m), from the originally planned 2,500 m for the Dillard porphyry copper-gold project located between Merritt and Princeton in southern BC. To the middle of August, 2,070 m of trenching was completed at Dillard East, and over 2,500 m of drilling was completed at Dillard West. The additional drilling will test anomalous zones at Dillard East.

At Dillard West, six holes totaling in excess of 2,500 m were completed. They targeted areas peripheral to the known mineralization. Copper was noted in all holes; assays are pending. The holes ranged in depth from 451 m to 523 m, except for one that was lost in bad ground at 87 m. The Dillard West target, measuring approximately 1,400 m by 1,200 m, includes coincident induced polarization (IP) chargeability and copper and gold in soils anomalies. Chalcopyrite, pyrite and minor bornite mineralization occurs within altered Nicola Group andesitic rocks and coeval intrusive dioritic rocks.

At Dillard East, 2,070 m of trenching in 10 trenches was completed on the -Northø -Middleø and -Southø areas of coincident soil geochemical and induced polarization anomalies. Assays have been received on 8 of the 10 trenches; all of the trenches are anomalous in copper +/- gold +/- silver. Two targets, one in the -Middleø and one in the -Southø area have been selected for initial follow-up drilling. Chalcopyrite, pyrite and trace bornite occurs in fractures, in quartz veinlets and as disseminations in dioritic and andesitic rocks. The entire area tested was only a small portion of the 2,000 m by 1,500 m target; several other areas with coincident copper and gold soil anomalies remain to be tested.

Tom Schroeter, President & CEO of Fjordland states: "We are very pleased with the decision to increase the drilling meterage, including testing of the -Middleø and -Southø areas. Once all assays are received, a comprehensive compilation and plan for future work will take place."

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

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.

About Fjordland Exploration Inc.

Fjordland Exploration Inc. is a mineral exploration company focused on the discovery of copper and gold deposits in British Columbia. Fjordland currently has a portfolio of 18 properties. Fjordland has options to acquire a 100% interest in the adjoining Dillard and Dill (collectively named "Dillard") copper and gold properties totalling 2,592 ha. It has a 100% interest in 6 properties known as "Takö" totalling 43,486 hectares (ha) near the Woodjam property in the Cariboo region of central BC. Fjordland and Serengeti Resources Inc. are (50/50) partners in the "Milligan West" project totalling 15,736 ha, adjoining Thompson Creek Metals Ltd's Mt. Milligan copper-gold mine which came into production in late 2013. Fjordland and Serengeti are 35%/65% partners exploring 8 precious and base metals properties ("QUEST" project) totalling 22,367 ha, in the Quesnel terrane between the Mount Polley and Mt. Milligan mines. Fjordland has a 100% interest in the St. Mary's property totalling 13,600 ha in the Iron Range area, southern BC. 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 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.

On behalf of the Board of Directors,

"Tom Schroeter"

Tom Schroeter
President & CEO

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