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NEWS RELEASE

NR#14-13

Fjordland and Sumac Drill 153 Metres Grading 0.20% Copper and 0.09 g/t Gold on Dillard Property, Southern British Columbia

Vancouver, BC, November 18, 2014 – Fjordland Exploration Inc. (TSXV: [FEX](#)) is pleased to announce results from its recently completed exploration program on its 2,592 hectare Dillard porphyry copper-gold project, located between Merritt and Princeton in southern British Columbia. A drill location map may be viewed at <http://www.fjordlandex.com/news/nr14-13b.pdf>. The 2014 work programs on Dillard was part of a staged, systematic exploration program, budgeted at approximately \$900,000, under an 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).

Exploration consisted of preliminary soil sampling in the Dillard East target followed up with 2,070 metres of surface trenching in 10 locations. A diamond drill program, designed to test geochemical and geophysical targets as well as possible depth extensions of historically reported copper-gold mineralization, consisted of 5,574 metres drilling in 14 holes. Both Dillard East and West targets were tested.

The Dillard West target, measuring approximately 1,400 m by 1,200 m, includes coincident induced polarization (IP) chargeability and copper and gold soil anomalies. Numerous historic drill holes in Dillard West bottomed in mineralization during Placer Dome's 1991 drilling program with a reported intersection of 207 metres grading 0.25% copper. The 2013 drill program (4 holes totalling 1,588 metres) completed by Fjordland intersected copper-gold mineralization including 153 metres grading 0.20% copper and 0.09 g/t gold. Seven diamond drill holes totaling 3,160 metres were drilled in the Dillard West target area in 2014.

The Dillard East target, measuring approximately 2,000 m by 1,500 m, is located approximately 3.5 kilometres east of the Dillard West target. Previous exploration delineated coincident IP chargeability and copper-in-soil geochemical anomalies. Follow-up surface rock sampling in the area yielded assays up to 1.6% copper. The 2014 soil sampling program delineated a prospective strong copper-in-soil anomaly extending 1,700 x 350 metres. Mechanized surface trenching was completed in 10 trenches over the soil anomaly intersecting Nicola volcanics and diorites. Intersections highly anomalous in copper were discovered including 27 metres grading 0.13% copper within 60 metres of 0.10% copper in trench TR14-06. Seven diamond drill holes totaling 2,414 metres were drilled in the Dillard East target area.

A Management Committee meeting composed of representatives from both Fjordland and Sumac is scheduled to review the data from the entire program and results will be reported on in early 2015. A summary of notable drill intersections from the 2014 drilling program follows:

Hole Number	From (m)	To (m)	Interval (m)	% Cu	ppb Au	Zone
DI14-07	19	121	102	0.18	75	West
and	247	280	33	0.17	90	West
DI14-08	40	97	57	0.13	67	West
and	394	487	93	0.12	33	West
DI14-09	33	162	129	0.14	58	West
Including	93	150	57	0.19	73	West
DI14-10	27	45	18	0.12	123	West
and	81	180	99	0.14	61	West
DI14-11	57	87	30	0.13	91	West
DI14-12	93	111	18	0.22	97	West
DI14-13	111	132	21	0.11	14	East
DI14-14	105	120	15	0.10	10	East
DI14-15	12	21	9	0.14	3	East
DI14-16b	12	24	12	0.01	1,223	East
and	465	471	6	0.22	246	East
DI14-19	105	258	153	0.20	90	West
and	303	312	9	0.25	101	West

Notes: Intervals are core lengths and no attempts were made to correct for true thickness. Metallurgical recoveries and net smelter returns are not considered.

Core samples were analyzed by ALS Minerals Ltd, a certified analytical laboratory facility in Vancouver, BC. L. John Peters, 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 historically focused on the discovery of copper and gold deposits in British Columbia. Fjordland currently has a portfolio of 18 properties in British Columbia. The principal project is the Dillard Project which is subject to an Option Agreement with Sumac Mines Ltd.(Sumac) an affiliate of Sumitomo Metal Mining. Sumac may earn a 51% interest in the project by expending \$3,500,000 over a 3 year period. Fjordland is the current operator. Fjordland has recently executed an option agreement pursuant to which the Company may earn a majority interest in the South Voisey's Bay Project. Commander Resources Ltd. as the Operator has initiated a program of ground geophysical surveys designed to locate, expand and delineate previously identified Ni-Cu-Co targets. 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.

On behalf of the Board of Directors,

“Richard C. Atkinson”

Richard C. Atkinson
President & CEO

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