



***TSX Venture Exchange Symbol FNR
August 23, 2016***

49 NORTH RESOURCES INC. ANNOUNCES GRANT OF STOCK OPTIONS

SASKATOON, SASKATCHEWAN - (CNW – August 23, 2016) The board of directors of 49 North Resources Inc. (“49 North” or the “Company”) (TSXV: FNR) has approved the grant of 2,250,000 stock options pursuant to the Company’s 2008 Stock Option Plan. 1,500,000 of the options were granted to directors and executive officers, with the balance granted to consultants. The options are exercisable at \$0.10 per share, and if not exercised, expire August 23, 2026, subject to earlier expiration in accordance with the 2008 Stock Option Plan and the applicable policies of the TSX Venture Exchange.

49 North is a Saskatchewan focused resource investment company. 49 North’s diversified portfolio of assets includes investments in shares and other securities of junior and intermediate mineral and oil and gas exploration companies. Additional information about 49 North is available at www.sedar.com.

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