

NEWS RELEASE NR#18-04

Fjordland Options Property from Unity Resources in Labrador

Vancouver, BC, March 29, 2018 — Fjordland Exploration Inc. ("Fjordland") (TSX-V: FEX) announces a Letter of Intent has been signed with Unity Resources Inc. ("Unity") granting Fjordland the option to acquire a 65% interest in one mining claim located in the South Voisey's area, Labrador. Under the terms of the agreement, Fjordland has the option to pay to Unity \$36,000 and incur \$75,000 in exploration expenditures over a period of three years. If the option is exercised a joint venture will be formed whereby Unity will be carried for 100% of its joint venture expenditures on the claims until Fjordland earns its full interest from Commander Resources Ltd. ("Commander") on surrounding contiguous lands or a minimum expenditure of \$7 million on those lands.

The property is contiguous to mineral tenure held by Fjordland and Commander Resources Ltd. as part of their South Voisey's Bay nickel-copper-cobalt Project ("SVB Project"). Fjordland's strategic investor, High Power Exploration Inc., has notified Fjordland that they intend to fund a minimum of \$1.2 million of the proposed 2018 summer drilling program on the SVB Project.

About Fjordland Exploration Inc.

Fjordland Exploration Inc. is a mineral exploration company that is focused on the discovery of large scale potentially economic deposits located in Canada. For further information visit Fjordland's website at www.fjordlandex.com

On behalf of the Board of Directors.

"Richard C. Atkinson"

Richard C. Atkinson, P.Eng. President & CEO

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Some statements in this news release may contain forward-looking information. These statements address future events and conditions and, as such, involve known and unknown risks, uncertainties and other factors which may cause the actual results, performance or achievements to be materially different from any future results, performance or achievements expressed or implied by the statements. Such factors include without limitation the completion of planned expenditures, the ability to complete exploration programs on schedule and the success of exploration programs.

The TSX Venture Exchange does not accept responsibility for the adequacy or accuracy of this release.