

FOR IMMEDIATE RELEASE

**Fjordland Elects John Sheedy to Board at AGM;
Richard Atkinson Retires to become an Advisor to the Company**

Vancouver, BC, July 08, 2021 – Fjordland Exploration Inc. (TSX-V: FEX) (“Fjordland” or the “Company”) is pleased to announce that at its Annual General Meeting today, Fjordland Shareholders elected its recommended slate of directors including new appointee, John Sheedy. John was elected in place of Richard Atkinson who has retired after serving on the board since the company’s inception 25 years ago. Richard has agreed to remain an Advisor to the Company for the foreseeable future.

John brings to Fjordland over 30 years of investment, transaction and corporate decision-making experience, most recently with the Ontario Teachers’ Pension Plan (Teachers’) where he spent 16 years as an investor in public markets and in private equity. He has sourced and led investment transactions in multiple sectors, including metals and mining, in Canada, the U.S. and Brazil. Before joining Teachers’, John was a partner at a Toronto-based merchant banking fund and a partner at Torys LLP where he practiced corporate and securities law. He has served on the boards of several private and not-for-profit companies and holds the ICD.d designation from the Institute of Corporate Directors. John received a B.A. Hons (Economics) from the University of Western Ontario and an LL.B. from Queen’s University.

James Tuer, Fjordland’s President commented, “I’m very pleased to welcome John to Fjordland’s board of directors. I believe his vast corporate experience will be very beneficial to the Company as we continue to develop existing and future projects. I’d also like to congratulate DA on his retirement from the board but not the Company. I expect his sage advice as an advisor to the Company will prove very valuable for years to come.”

Completed results from the AGM are detailed below. There are currently 75,284,339 common shares outstanding.

MOTIONS	NUMBER OF SHARES					PERCENTAGE OF VOTES CAST		
	FOR	AGAINST	WITHHELD/ ABSTAIN	SPOILED	NON VOTE	FOR	AGAINST	WITHHELD/ ABSTAIN
Number of Directors	17,810,464	0	0	0	0	100.00%	0.00%	0.00%
James Tuer	17,780,464	0	30,000	0	0	99.83%	0.00%	0.17%
Peter Krag-Hansen	17,807,464	0	3,000	0	0	99.98%	0.00%	0.02%
Victor A. Tanaka	17,807,464	0	3,000	0	0	99.98%	0.00%	0.02%
Mark Gibson	17,806,764	0	3,700	0	0	99.98%	0.00%	0.02%
John C. Sheedy	17,806,364	0	4,100	0	0	99.98%	0.00%	0.02%
Appointment of Auditors	17,810,464	0	0	0	0	100.00%	0.00%	0.00%
Stock Option Plan	17,630,064	180,400	0	0	0	98.99%	1.01%	0.00%
Other Business	17,804,064	6,400	0	0	0	99.96%	0.04%	0.00%

About Fjordland Exploration Inc.

Fjordland Exploration Inc. is a mineral exploration company that is focused on the discovery of large-scale economic metal deposits located in Canada.

Fjordland, as operator, has an agreement to acquire 100% of the Renzy nickel copper project located near Maniwaki Quebec from Quebec Precious Metals. The project encompasses the former Renzy Mine where during the period from 1969 to 1972, 716,000 short tons were mined with average grades of 0.70%

nickel and 0.72% copper. Fjordland has staked additional claims to increase the size of the project to 235 sq. km.

In collaboration with Ivanhoe Electric Inc. (formerly High Power Exploration Inc.) and Commander Resources Ltd., Fjordland is exploring the South Voisey's Bay "Pants Lake Intrusive" target which is in a geologic setting analogous to the nearby nickel-cobalt-copper Voisey's Bay deposit.

Fjordland is currently reviewing its West Milligan copper gold project located within 4 km of Centerra's Mount Milligan copper gold mine in central British Columbia. The project is a joint venture with Northwest Copper Corp.

Robert Cameron, P. Geo., a technical advisor to the Company, is a qualified person within the context of National Instrument 43-101 and has read and takes responsibility for the technical aspects of this release. For further technical information please visit Fjordland's website at www.fjordlandex.com

ON BEHALF OF THE BOARD OF DIRECTORS

"James Tuer"

James Tuer, CEO

For further information:

James Tuer

Ph: 604-688-3415

tuer@fjordlandex.com

www.fjordlandex.com

Forward-Looking Statements

This news release includes certain forward-looking statements or information. All statements other than statements of historical fact included in this news release, including, without limitation, statements regarding the use of proceeds from the private placement, and other future plans and objectives of the Company are forward-looking statements that involve various risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Important factors that could cause actual results to differ materially from the Company's plans or expectations include market prices, general economic, market or business conditions, regulatory changes, timeliness of government or regulatory approvals and other risks detailed herein and from time to time in the filings made by the Company with securities regulators. The Company expressly disclaims any intention or obligation to update or revise any forward-looking statements whether as a result of new information, future events or otherwise except as otherwise required by applicable securities legislation.

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.