



TSX Venture Exchange: FEX
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NEWS RELEASE

NR#14-03

LOAN TRANSACTION

VANCOUVER, British Columbia, May 22, 2014 – Fjordland Exploration Inc. (TSX-V: FEX) reports that the Board of Directors has authorized management to proceed with a loan arrangement for a term of 180 days whereby the Company will borrow \$100,000. Under the terms of the loan agreement, lenders will be paid 10% interest and will receive a 20% bonus, payable in shares of the Company at a deemed price of \$0.05 per share. The proceeds will be used to continue exploration work on the Company's Heffley Property, British Columbia and for general working capital. This transaction is subject to the approval of the TSX Venture Exchange.

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 20 properties. It has a 100% interest in 6 properties known as "Tak" totalling 38,826 hectares (ha) near the Woodjam property in the Cariboo region of central BC. Fjordland and Serengeti Resources Inc. (TSX-V: SIR) are (50/50) partners in the "Milligan West" project totalling 15,736 ha, adjoining Thompson Creek Metals Ltd's (NYSE: TC and TSX: TCM) 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 has options to acquire a 100% interest in the adjoining Dillard and Dill (collectively named "Dillard") copper and gold properties totalling 2,592 ha. Fjordland has an option to acquire a 100% interest in the Heffley Property totalling 4,084 ha. Fjordland's shares trade on the TSX Venture Exchange under the symbol "FEX". For further information visit Fjordland's website at www.fjordlandex.com.

On behalf of the Board of Directors,

Janice Davies
Corporate Secretary

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