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NEWS RELEASE

NR#14-05

Fjordland and Sumac Commence Drilling at the Dillard Copper-Gold Property, Southern British Columbia

Vancouver, BC, July 08, 2014 – Fjordland Exploration Inc. (TSX-V: [FEX](#)) and Sumac Mines Ltd., a subsidiary of Sumitomo Metal Mining Co. Ltd. of Japan, have commenced their 2014 exploration program, budgeted at approximately \$950,000, on the Dillard porphyry copper-gold project located between Merritt and Princeton in southern BC. Exploration will consist of soil sampling, trenching (approximately 2000 metres (m)) and diamond drilling (2,500 to 3,000 m). Fjordland will be the operator of the project.

At Dillard West, drilling commenced on July 8th and will test for additional mineralization, including possible depth extensions of mineralization in holes that bottomed in mineralization. Previous drilling in the area intersected 207 m grading 0.25% Cu. Four holes were completed in 2013 by Fjordland, including an assay interval intersecting 403 m grading 0.136% Cu and 71.6 ppb Au, including 158.5 m grading 0.201% Cu and 93.7 ppb Au. Numerous other intersections of copper and gold mineralization were reported in a news release dated October 24, 2013. Much more drilling is required to establish the size, geometry and tenor of the copper and gold mineralization. The Dillard West target, measuring approximately 1,400 m by 1,200 m, includes coincident induced polarization (IP) chargeability and copper and gold in soils anomalies. Chalcopyrite, pyrite and minor bornite mineralization occurs within altered Nicola Group andesitic rocks and coeval intrusive dioritic rocks.

At Dillard East, two reconnaissance diamond drill holes completed in 2013 by Fjordland tested IP chargeability anomalies. The area tested was only a small portion of the 2,000 m by 1,500 m target; several other areas with coincident copper and gold soil anomalies remain to be tested, including an area where a grab sample assaying 1.64% copper was obtained in 2011. Infill soil sampling and prospecting, as well as trenching of approximately 2,000 m, commenced on May 20th and July 2nd, respectively at Dillard East to guide additional drilling.

Further information about the Dillard Property and the Aspen Grove copper-gold camp is available on Fjordland's website at: http://www.fjordlandex.com/dillard_property.html.

T.G. Schroeter, P.Eng./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 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 ōTakö totalling 38,826 hectares

(ha) near the Woodjam property in the Cariboo region of central BC. Fjordland and Serengeti Resources Inc. are (50/50) partners in the Milligan Westö project totalling 15,736 ha, adjoining Thompson Creek Metals Ltd's 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 (QUESTö 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 Dillardö) copper and gold properties totalling 2,592 ha. Fjordland has an option to acquire a 100% interest in the Heffley Property totalling 4084 ha. Fjordland's shares trade on the TSX Venture Exchange under the symbol FEXö. 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 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.

"Tom Schroeter"

Tom Schroeter
President & CEO

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