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NEWS RELEASE

NR#14-08

Fjordland Grants Stock Options

Vancouver, BC, September 16, 2014 — **Fjordland Exploration Inc.** (TSX-V: [FEX](#)) has granted 4,795,000 stock options to directors, officers and consultants under the Company's stock option plan. The options are exercisable for five years at \$0.05 per share. This option grant is subject to the policies 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 18 properties. 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. The Dillard properties are subject to an Option Agreement with Sumac Mines Ltd. (Sumac) an affiliate of Sumitomo Metal Mining. Sumac may earn a 51% interest in the project by expending \$3,500,000 over a 3 year period. Fjordland is the operator. Fjordland has a 100% interest in 6 properties known as "Takö" totalling 43,486 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's shares trade on the TSX Venture Exchange under the symbol "FEXö". For further information visit Fjordland's website at www.fjordlandex.com

On behalf of the Board of Directors,

Richard C. Atkinson
President & CEO

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.