



MIDLAND RESUMES WORK ON HEVA FOLLOWING THE DISCOVERY OF SEVERAL NEW GOLD SHOWINGS NEAR THE CADILLAC BREAK

Montreal, July 19, 2016. **Midland Exploration Inc.** (“Midland”) (TSX-V: MD) is pleased to announce that exploration work has resumed on its Heva Project following the discovery of several new gold showings during the recent prospecting and stripping campaign. This project is wholly owned by Midland and is located near the prolific Cadillac Break, about 5 kilometres northwest of the Canadian Malartic gold mine, jointly held by Agnico Eagle Mines Limited and Yamana Gold Inc., where proven reserves are estimated at 54.89 million tonnes grading 0.97 g/t Au (1.72 Moz Au) and probable reserves at 166.64 million tonnes grading 1.12 g/t Au (6.0 Moz Au), for a total of 7.72 Moz Au. The Heva Project, acquired by Midland in May 2013 from Arianne Phosphate Inc., consists of two claim blocks, Heva West and Heva East, totalling 33 claims and covering a surface area of more than 1,200 hectares.

Stripping and prospecting work carried out in May and June 2016 led to the discovery of five (5) new auriferous quartz veining systems directly associated with gold-in-soil geochemical anomalies. Grab samples from these new showings returned values of 19.9 g/t Au, 6.5 g/t Au, 5.4 g/t Au, 3.5 g/t Au, and 2.7 g/t Au, as well as several other gold values above 0.1 g/t Au over surface lengths ranging from 50 to 150 metres. All of the new showings remain open along strike and at depth (*see Midland press release dated July 5, 2016*).

Prospecting work was also completed in an area located about 1.2 kilometres further east, where another major auriferous quartz veining system was traced over a strike length of at least 150 metres (open in both directions), with grades ranging up to 9.1 g/t Au and 3.8 g/t Au in grab samples (*Note that gold values from selected grab samples may not be representative of the mineralized zones*).

The new exploration program will begin shortly and will mainly consist in prospecting work and channel sampling over the best auriferous veining systems identified in trenches in the summer of 2016. The 2015 soil geochemistry survey will also be extended eastward. Additional stripping will also be completed during this phase of the program.

Figures showing the location of new gold occurrences on the Heva Project may be consulted using the following link: http://cnrp.marketwire.com/cnrp_files/20160718-Heva_July19_2016.pdf

About Midland

Midland targets the excellent mineral potential of Quebec to make the discovery of new world-class deposits of gold, platinum group elements, base metals and rare earth elements. Midland is proud to count on reputable partners such as Agnico Eagle Mines Limited, Teck Resources Limited, SOQUEM INC., Osisko Exploration James Bay Inc., Japan Oil and Gas and Metals National Corporation and Abcourt Mines Inc. Midland prefers to work in partnership and intends to quickly conclude additional agreements in regard to newly acquired properties. Management is currently reviewing other opportunities and projects to build up the Company portfolio and generate shareholder value.

This press release was prepared by Mario Masson, VP Exploration for Midland, certified geologist and Qualified Person as defined by NI 43-101. For further information, please consult Midland’s website or contact:

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