



***TSX Venture Exchange Symbol FNR***

***May 2, 2019***

***49 NORTH RESOURCES INC. GRANTS INCENTIVE STOCK OPTIONS***

SASKATOON, SASKATCHEWAN - (Cision – May 2, 2019) 49 North Resources Inc. (“49 North” or the “Company”) (TSXV: FNR) has approved the grant of 3,050,000 stock options pursuant to the Company’s 2008 Stock Option Plan. 2,000,000 of the options were granted to directors and executive officers, with the balance granted to consultants. The options are exercisable at \$0.05 per share and, if not exercised, expire May 2, 2029, subject to earlier expiration in accordance with the 2008 Stock Option Plan and the applicable policies of the TSX Venture Exchange.

49 North is a Saskatchewan focused resource investment company. Our diversified portfolio of assets includes investments in shares and other securities of junior and intermediate mineral and oil and gas exploration companies.

For more information contact:

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***Neither 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.***