Integra Gold Discovers Extension of High-Grade Triangle Zone 175 meters from Existing Resource, Intersects 13.89 g/t Gold over 7.0 m including 22.1 g/t Gold over 4.0 m

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Press Release Highlights:

- Discovery of the southern extension of the Triangle Zone vein system in volcanics rocks

- Gold mineralized vein arrays at Triangle Zone extended to vertical depth of 850 m

- Other significant intersections include:

-- TMS-13-05 with 4.70 g/t Au over 4.5 m

-- TMS-13-06 with 4.41 g/t Au over 7.5 m and 8.18 g/t Au over 3.0 m

-- TMS-13-07 with 9.50 g/t Au over 2.0 m and 10.54 g/t Au over 6.0 m

- Triangle Zone remains open along strike and at depth

- Assays pending on remaining 6 holes as well as from

6,000 m program at No. 3 Mine target

VANCOUVER, BRITISH COLUMBIA--(Marketwired - Nov 18, 2013) - Integra Gold Corp. (TSX VENTURE:ICG) ("Integra" or the "Company") is pleased to announce preliminary results of its 2013 summer drill program on the South Triangle Zone at its Lamaque Gold Project located in Val-d'Or, Québec. The Company completed 6,966 m in 13 drill holes on this target with assay results now available for the first seven holes. Assays are pending on the remaining 6 holes as well as from drilling recently completed at the Company's No. 3 Mine target. Highlights from results announced today include the discovery of what is believed to be an extension of the Triangle Zone into volcanic units as far as 175 m to the south. In addition to this discovery, drilling has also confirmed the depth extension of the Triangle intrusive host rock and gold mineralized vein arrays to a depth greater than 850 m vertical.

An idealized composite section for the holes disclosed today is available on the following link:

http://www.integragold.com/i/pdf/TMS-Idealized-X-section-v8.pdf

The drill hole location map can also be viewed via the following link:

http://www.integragold.com/i/pdf/Triangle-Zone-Plan-view-drilling-v3.pdf

"These results clearly demonstrate the potential to expand the known resource at the Triangle Zone, both laterally into the volcanics and at depth. The discovery of high grade mineralization in the volcanic rocks is particularly significant since it reveals a similar gold vein distribution as that of the neighboring Lamaque Mine. Nearly 20% of the 4.5 million ounces of gold produced at historic Lamaque Mine, to a depth of over 1,200 meters, were hosted within volcanic units," commented Company President and CEO, Stephen de Jong. "We will soon be drilling the 175 meter wide, untested ground between the discovery announced today and the Triangle Zone, as well as targets beyond the new discovery, and to the North and South of the Triangle Zone, to determine if the system continues. We were also encouraged by drilling within the intrusive host rock that intersected multiple gold bearing veins at depths reaching 850 m vertical, an indication that the system continues at depth."

"Also of significance, and in addition to the assay results disclosed today, is that the majority of South Triangle holes drilled into volcanics have intersected extensions of the gold bearing Triangle shear zones. Although not always mineralized these shear extensions indicate the potential for additional discoveries in the area", added Mr. de Jong. "We are well financed, have two drills operating, and have assays for approximately 10,000 meters of drilling pending meaning investors can expect to see a steady news flow as we continue to advance the project."

South Triangle Drilling Program

Drilling has now confirmed the presence of gold mineralized shear hosted veins in volcanics south of Triangle, returning, among others, an intercept of 13.29 g/t Au over 7.0 m in hole TMS-13-07 some 175 m down-dip from its closest Triangle Zone intercepts in TM-11-05 that graded 6.25 g/t Au over 5.0 m (see press release dated April 26, 2011 for additional details). These new intercepts have the potential to double the down-dip extent of some of the Triangle gold bearing shear veins.

This discovery also opens up potential for resource expansion closer to surface and could contribute to a significant increase in number of ounces per vertical meter. Some of the most interesting intercepts are listed in the Drill Highlights table below, while a detailed assay results table is available through the accompanying link. A drill hole location map and idealized section showing the relative location of the new zones in relation to the Triangle zone are available via the links above.

Drill Highlights reported today at South Triangle include:

Drill Hole	From (m)	To (m)	Interval (m)*	Gold Value (g/t)**
	459.00	463.50	4.50	4.70
	930.70	931.70	1.00	5.98
TMS-13-05	978.70	979.40	0.70	6.88
	765.00	772.50	7.50	4.41
	Incl. 765.00	768.00	3.00	8.18
	971.00	974.00	4.00	4.51
	998.00	999.00	1.00	10.26
TMS-13-06	1,069.70	1,072.00	2.30	4.93
	289.00	296.00	7.00	13.29
	Incl. 289.00	293.00	4.00	22.11
	762.00	764.00	2.00	9.50
	786.00	790.00	4.00	5.18
	799.00	805.00	6.00	10.54
TMS-13-07	945.00	947.00	2.00	6.31

* Down-hole thickness, true width varies depending on drill hole dip

** 1.00 g/t Au cutoff - individual assay values uncut - no minimum thickness

To view a complete table of composited assay results of recent drilling please click on the following link:

http://www.integragold.com/i/pdf/2013-Composites-Compilation-South-Triangle_PR_mod2.pdf

The drilling program at South Triangle was initially aimed at testing a high magnetic anomaly similar to the signature of the Triangle Zone, known as the South Triangle target, located 400 m south of the Triangle Zone. Holes drilled in the center of the anomaly, TMS-13-01 to TMS-13-04, intersected geological units corresponding to the contact zone between sedimentary and volcanic rocks. The zone contained abundant sulfides disseminated as pyrite and pyrrhotite, locally as semi-massive bands, and therefore explaining the high magnetic anomaly. No significant gold bearing intercepts are reported from the first four holes.

While continuing to test the geophysical anomaly further to the north, hole TMS-13-05 intersected shear zones with local veining in intermediate to mafic pyroclastic volcanics that contained similarities to the shears hosting the gold bearing veins in the intrusive units of the Triangle zone. One of these shear zones contained a 4.5 m quartz-tourmaline vein, at 459 m down-hole, grading 4.70 g/t Au, some 150 m down-dip from the closest intercepts in the Triangle Zone that graded 4.09 g/t Au over 2.40 m in hole TM-13-15 (see press release dated June 05, 2013 for additional details). These new shear zones are now recognized as the extensions in volcanics of the gold hosting shear zones of the Triangle Zone.

Due to the relative proximity of hole TMS-13-05 to the Triangle Zone, it was decided to test the depth extension of Triangle itself. Testing proved successful with gold bearing veins now reported to vertical depth of 850 m vertical, including, among others, a shear vein grading 5.98 g/t Au over 1.0 m at a down-hole depth of 931m. Following this successful round of testing, 2 more holes, TMS-13-06 and TMS-13-07, were collared, respectively, 50 m west and 75 m east of hole TMS-13-05 and drilled to downhole depth of +1,000 m. These holes returned significant gold bearing intercepts, including, among others, 10.54 g/t Au over 6.0 m in hole TMS-13-07 at a down-hole depth of 799 m and 10.26 g/t Au over 1 m in hole TMS-13-06 at a down-hole depth of 998 m.

Following these deep holes, a set of 4 holes, TMS-13-08 to TMS-13-11, were drilled 50 to 100 m down-dip and laterally from the high grade intercept of hole TMS-13-07 mentioned above. Shear zones with local quartz-tourmaline veining are reported from most of these holes with assay results pending. The new zones could not be tested up-dip towards the Triangle zone due to accessibility issues, leaving a 150 to 175 m gap between the intercepts in hole TMS-13-05 and TMS-13-07 and the Triangle Zone gold bearing shear veins. A follow-up drill program will be performed during the winter months.

2013 Lamaque Drill Program

Planned drilling for 2013 at the Lamaque project has now been increased to a minimum of 25,000 m, from the 20,000 m previously announced. To date in 2013, the Company has completed 22,629 m in 48 drill holes.

In addition to drilling at Triangle in the winter and at South Triangle last summer, the program at No. 3 Mine

was also recently completed with 4,785 m drilled in 12 holes; details on that zone drilling will be disclosed once sufficient assay results are received and QA/QC performed. The drilling focus will now switch to the Parallel Zone, where a two-rig, 10,000 m program will commence in 2013 and end in 2014. Definition drilling and testing of the High Grade Zone 7 at depth is planned.

Project and Company Profile

Integra's Lamaque Gold Project is located in the heart of the Val-d'Or gold camp in the Province of Québec, Canada, approximately 550 km northwest of Montréal. Québec is rated one of the best mining jurisdictions in the world. Infrastructure, human resources and mining expertise are readily available.

The Company's primary objective is to continue to prove up additional resources on the project while advancing the existing resource towards development. The project is split into two main clusters, the North Cluster composed of the Parallel, Fortune, No. 3 Mine and No. 5 Plug, and the South Cluster, consisting of the Triangle, Triangle South and No. 4 Plug, located approximate 1 km from each other.

Qualified Person

The Lamaque exploration project is under the direct supervision of Hervé Thiboutot, P.Eng. and Senior Vice-President of the company, a Qualified Person ("QP") as defined by National Instrument 43-101, Alain-Jean Beauregard, P.Geo., and Daniel Gaudreault, P.Eng., Geo. of Géologica Inc., both independent QP as defined by National Instrument 43-101. The Company's QP has reviewed the technical content of this release.

Quality Assurance - Quality Control ("QA/QC")

Thorough QA/QC protocols are followed on the project including insertion of duplicate, blank and standard samples in all drill holes. The core samples are submitted directly to ALS Laboratory Group and Bourlamaque Labs in Val-d'Or for preparation and analysis. Analysis is conducted on 1 assay-ton aliquots. Analysis of Au is performed using fire assay method with atomic absorption finish, with a gravimetric finish completed for samples exceeding 5 g/t Au, or a metallic sieve assay for samples containing visible gold. When available the gravimetric or metallic sieve assay results are used for the reported composite intervals.

ON BEHALF OF THE BOARD OF DIRECTORS
Stephen de Jong
CEO & President

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exploration activities will be different than those expected by management and that the Company will be unable to obtain or will experience delays in obtaining any required government approvals or be unable to procure required equipment and supplies in sufficient quantities and on a timely basis. Readers are cautioned not to place undue reliance on forward-looking statements. The Company does not intend, and expressly disclaims any intention or obligation to, update or revise any forward-looking statements whether as a result of new information, future events or otherwise, except as required by law.

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