Northisle Appoints New Director; Options Granted

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VANCOUVER, BRITISH COLUMBIA--(Marketwired - Feb 12, 2014) - Northisle Copper and Gold Inc. Inc. (TSX VENTURE:NCX) ("**Northisle**" or the "**Company**") is pleased to announce the appointment of Larry Yau to the Board of Directors.

Mr. Yau has over 20 years of financial and business experience gained primarily in the mining and resources sectors. Currently, Larry is Chief Financial Officer for Spanish Mountain Gold Ltd. an advanced gold exploration company based in British Columbia. Prior to this, Larry was the Chief Financial Officer for two junior mining companies where he was instrumental in the financing, development and construction of mines in North America. Larry was also Manager, Corporate Development, at Placer Dome Inc. until its acquisition by Barrick Gold Corp. and participated in several high-profile, international acquisitions. He is a Canadian Chartered Accountant.

Options Granted

The Company has approved the granting of stock options to directors, officers and consultants for the purchase of 1,375,000 common shares of the Company. The options will vest over a two-year period, with one-third vested on issue, one-third on the first anniversary date and one-third on the second anniversary date. These options have a five-year term and allow the holder to purchase one common share of the company for $0.05 cents a share until February 11, 2019.

About Northisle

Northisle is a Vancouver based junior resource company committed to the exploration and development of the North Island Copper-Gold Project on Northern Vancouver Island. The North Island Copper-Gold Project is situated approximately 15-40 kilometres southwest of Port Hardy and contains the Hushamu Deposit and five other partially explored copper-gold porphyry occurrences. The Company has a current resource estimate on the Hushamu Deposit which has been filed on Sedar. The project is 100% owned by Northisle.

For more information on Northisle and the Hushamu Deposit please visit the Company's website at www.Northisle.ca.

On behalf of Northisle Copper and Gold Inc.

John McClintock, President, CEO and Director

Neither the 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 news release.

This news release contains forward-looking statements. These forward-looking statements are based upon the reasonable beliefs of Northisle and its management as of the date of this news release; however, forward-looking statements involve risks and uncertainties and are based upon factors that may change and assumptions that may prove, with the passage of time, to be incorrect as a result of exploration and other risk factors associated with mineral exploration and development that are beyond the control of Northisle. Accordingly, undue reliance should not be placed upon such statements. If factors materially change or assumptions are materially incorrect, the actual results, performance or achievements of Northisle may be materially different from any future results, performances or achievements expressed or implied by such forward-looking statements. Northisle does not undertake any obligation to update or revise any forward-looking statements to reflect new information, future events or otherwise, except as required by applicable law.

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