TUCSON, AZ--(Marketwired - March 17, 2016) - Liberty Star Uranium & Metals Corp. ("Liberty Star" or the "Company") (OTCBB: LBSR) (OTC PINK: LBSR) is pleased to announce that the Arizona State Land Department ("ASLD") has notified Liberty Star that the Company's Exploration Plan of Operation ("EPO") for the Hay Mountain Project is approved. The approval of the EPO is for Mineral Exploration Permits (MEPs) held by Liberty Star in the Hay Mountain Project Area (southeast of Tombstone) for the period January 26, 2016 to September 29, 2016.

The ASLD concluded a lengthy review of the Company's EPO, which included submission of detailed transportation site access procedures, multiple cultural resources and vegetation surveys, drilling plans for multiple targets, and a project completion program. Additionally, Liberty Star was required to pay plant/vegetation restoration fees prior to ASLD approval.

James Briscoe, Liberty Star's CEO/Chief Geologist, commented, "The approval of the Exploration Plan of Operation is an important early milestone in what we believe will be the development of another important porphyry copper and associated metals center in southeast Arizona. This ASLD action is the culmination of four years of hard work and scientific inquiry, which will lead to more of both in the coming months and years. While we continue to refine the sequence of drilling of the permitted drill holes, we are gratified knowing that we can proceed with actual drilling as soon as funds are raised. Additionally, we plan to permit drill holes on BLM (US Bureau of Land Management) administered land, which we believe to be a straight forward process, and positioning drill holes on Patented (Fee Simple) lands which are also part of the Hay Mountain target. On that front, we continue to work diligently to fund Phase 1 plans and lay the foundation for ongoing exploration and development work at the Hay Mountain Project."

"James A. Briscoe" James A. Briscoe, Professional Geologist, AZ CA
CEO/Chief Geologist
Liberty Star Uranium & Metals Corp.

About Liberty Star

Liberty Star is an Arizona-based mineral exploration company engaged in the acquisition, exploration, and development of mineral properties in Arizona and the southwest USA. Currently, the Company controls properties which are located over what management considers some of North America's richest mineralized regions for copper, gold, silver, molybdenum (moly), and uranium.

Forward Looking Statements

This press release may contain "forward-looking statements" within the meaning of Section 27A of the Securities Act of 1933, as amended, and Section 21E of the Securities Exchange Act of 1934. "Forward-looking statements" describe future expectations, plans, results, or strategies and are generally preceded by words such as "may," "future," "plan" or "planned," "will" or "should," "expected," "anticipates," "draft," "eventually" or "projected." You are cautioned that such statements are subject to a multitude of risks and uncertainties that could cause future circumstances, events, or results to differ materially from those projected in the forward-looking statements, including the risks that actual results may differ materially from those projected in the forward-looking statements as a result of various factors, and other risks identified in the Company's Registration Statement on Form S-1 filed on February 24, 2016 and other filings made by the Company with the U.S. Securities and Exchange Commission.

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View the Hay Mountain Phase 1 Presentation at LibertyStarUranium.com

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