

MONTREAL, QUEBEC--(Marketwired - May 31, 2016) - [Bowmore Exploration Ltd.](#) (the "Company" or "Bowmore") (TSX VENTURE:BOW) (FRANKFURT:0B5) is pleased to announce that its Board of Directors have approved the granting of incentive stock options under the Company's stock option plan to the Directors and consultants of the Company to acquire up to an aggregate of 3,600,000 common shares of Bowmore. All of the options are exercisable for a period of 5 years at a price of \$0.10 per share.

The options will vest over a period of two years and all common shares issuable pursuant to the exercise of options are subject to a hold period of four months and one day from the date of the option grant. The option grant is subject to the TSX Venture approval.

About BOWMORE

BOWMORE is a Canadian exploration mining company focused on precious metal and silica exploration in Canada and Mexico. The Company trades on the TSX Venture Exchange under the symbol "BOW".

For further information on BOWMORE, visit www.bowmoreexploration.com.

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.

Forward-looking statements: Except for statements of historical facts, all statements in this news release regarding, without limitation, new project acquisitions, future plans and objectives are forward-looking statements which involve risks and uncertainties. There can be no assurance that such statements will prove to be accurate; Actual results and future events could differ materially from those anticipated in such statements.

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