

TSX-V:ELY

VANCOUVER, Aug. 18, 2016 /CNW/ - Ely Gold & Minerals Inc. ("Ely Gold") announces that, pursuant to its Stock Option Plan, it has granted incentive stock options to certain directors, officers, and consultants of the Company to purchase up to an aggregate of 1,350,000 common shares in the capital stock of the Company. The options are exercisable at a price of \$0.15 per common share and will expire on August 18, 2026.

About Ely Gold

Ely Gold is focused on developing recurring cash flow streams through the acquisition, consolidation, enhancement, and resale of highly prospective, un-encumbered North American precious metals properties. Ely's property development efforts maximize each property's potential for acquisition, while reserving significant royalty interests. Additional information about Ely Gold is available at the Company's website, at www.elygoldinc.com

On Behalf of the Board of Directors

Signed "Trey Wasser"

Trey Wasser, President & CEO

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.

This news release may contain forward-looking statements including but not limited to comments regarding the timing and content of upcoming work programs, geological interpretations, receipt of property titles, potential mineral recovery processes, etc. Forward-looking statements address future events and conditions and therefore, involve inherent risks and uncertainties. Actual results may differ materially from those currently anticipated in such statements.

SOURCE Ely Gold & Minerals Inc.

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