NANAIMO, BRITISH COLUMBIA--(Marketwired - Aug 23, 2016) - Troymet Exploration Corp. (TSX VENTURE:TYE) ("Troymet" or the Company") reports it has finalized its 2016 diamond drill program for the Redhill project copper-gold-zinc-silver volcanogenic massive sulphide project in British Columbia.

The 1,000 metre drill program is expected to run from mid-September through October 2016. It will test a number of targets including:

- A newly recognized and undrilled target type (chargeability anomalies potentially representing slumped/mechanically transported sulphides) - see News Release dated July 25, 2016.
- Selected, fixed-loop transient EM (FLTEM) conductors and associated copper and zinc soil anomalies. The mineralization in hole RH-06-25 (8.75% copper, 4.75% zinc, 1.22 g/t gold and 61.19 g/t silver over 2.04 m) is associated with a medium strength, 200 m long FLTEM conductor.
- Gold-in-soil anomalies underlain by diorite intrusive.

Troymet recently completed a confirmatory EM survey of hole RH06-25 on the VMS prospect utilizing the Volterra-EM and Volterra-BHEM systems of SJ Geophysics Ltd. The BHEM survey confirmed a significant off-hole response to the mineralization in the hole. Responses were seen at 30 Hertz indicating conductivities in the range of 100 - 200 Mhos. A potentially large body of mineralization is possible given the depth of the mineralization (~215 m), its conductivity and nearby diamond drill results.

In-fill soil sampling of the ~900 m x ~250 m gold-in-soil anomaly has aided in selecting potential drill sites. Further hand trenching may be undertaken prior to drilling. Prospecting identified shearing with local quartz and quartz-carbonate veining along a magnetic low in a diorite intrusive. The gold-in-soil anomalies track this structure.

Qualified Persons

All technical data, as disclosed in this press release, has been verified by the Company's qualified persons Kieran Downes, Ph.D., P.Geo. and Ronald H. McMillan, Ph.D., P.Geo. Both are Qualified Persons as defined by National Instrument 43-101.

About Troymet Exploration Corp.

Troymet Exploration Corp. is a junior exploration company with a solid treasury and with projects in British Columbia (Redhill and Golden Eagle), Manitoba (McClarty Lake) and Utah (Wildcat). Troymet operates the Wildcat, Redhill and Golden Eagle projects. HudBay Minerals Inc. is the operator of the McClarty Lake joint venture and must contribute $1,151,052 in joint venture expenditures before Troymet is required to fund its participating interest. Troymet retains a 2% net smelter returns royalty (NSR) on the Key property, British Columbia, which was sold to New Gold Inc. in 2013.

TROYMET EXPLORATION CORP.

Kieran Downes, Ph.D., P.Geo., President, CEO & Director

This news release contains certain forward-looking information. All statements included herein, other than statements of historical fact, are forward-looking information and such information involves various risks and uncertainties. In particular, this news release contains forward-looking information in respect of: the Redhill Project, including the possible exploration and development of the Redhill Project; the exploration potential and analogous deposit potential of the Redhill Project; future data analysis, sampling plans and exploration plans on the Redhill Project; the timing for exploration and drilling on the Redhill Project; exploration targets and the potential of such exploration targets; and the ability and the timeframe within which the Redhill Project can be advanced. There can be no assurance that such information will prove to be accurate, and actual results and future events could differ materially from those anticipated in such information. This forward-looking information reflects Troymet's current beliefs and is based on information currently available to Troymet and on assumptions Troymet believes are reasonable. These assumptions include, but are not limited to: the current share price of Troymet's common shares and the ability to raise future equity financing, if needed, at prices acceptable to Troymet; Troymet's current and initial understanding and analysis of the Redhill Project; the ability of Troymet to discover viable exploration targets and the results of exploration on the Redhill Project; the cost of exploration, including sampling and drilling, on the Redhill Project; Troymet's general and administrative costs remaining constant; and the market acceptance of Troymet's business strategy.
Forward-looking information is subject to known and unknown risks, uncertainties and other factors which may cause the actual results, level of activity, performance or achievements of Troymet to be materially different from those expressed or implied by such forward-looking information. Such risks and other factors may include, but are not limited to: the early stage development of Troymet and its projects, and in particular, the Redhill Project; general business, economic, competitive, political and social uncertainties; capital market conditions and market prices for securities, junior market securities and mining exploration company securities; commodity prices; the actual results of current exploration and development or operational activities; competition; changes in project parameters as plans continue to be refined; accidents and other risks inherent in the mining

industry; lack of insurance; delay or failure to receive board or regulatory approvals; changes in legislation, including environmental legislation, affecting Troymet; timing and availability of external financing on acceptable terms; conclusions of economic evaluations; and lack of qualified, skilled labour or loss of key individuals. A description of other assumptions used to develop such forward-looking information and a description of other risk factors that may cause actual results to differ materially from forward-looking information can be found in Troymet's disclosure documents on the SEDAR website at www.sedar.com. Troymet does not undertake to update any forward-looking information except in accordance with applicable securities laws.

Contact

Troymet Exploration Corp.
Investor Relations
250-729-0453
info@troymet.com
www.troymet.com