



MIDLAND BEGINS PROSPECTING AND STRIPPING PROGRAM ON ITS HEVA GOLD PROJECT NEAR THE CADILLAC BREAK

Montreal, May 26, 2016. **Midland Exploration Inc. ("Midland")** (TSX-V:MD) is pleased to announce the beginning of an exploration program involving prospecting and stripping on its Heva gold project, wholly owned by Midland and located near the prolific Cadillac Break, about 5 kilometres northwest of the Canadian Malartic gold mine owned in joint venture by Agnico Eagle Mines Ltd and Yamana Gold Inc. which contains proven reserves of 54.89 million tonnes at a grade of 0.97 g/t Au (1.72 Moz Au) and probable reserves of 166.64 million tonnes at a grade of 1.12 g/t Au (6.0 Moz Au), for a total of 7.72 Moz Au. The Heva project, acquired by Midland in May 2013 from Arianne Phosphate Inc., consists of two blocks, Heva West and Heva East, totalling 32 claims and covering a surface area of more than 1,200 hectares.

In the fall of 2015, Midland's exploration team completed a soil geochemistry survey (B horizon) in the west part of the Heva East block, in an area where several interesting gold results were obtained during the summer 2015 prospecting campaign. These results namely include gold values of 18.0 g/t Au and 5.1 g/t Au obtained from samples collected in an old trench, blasted out about 20 years ago and discovered during reconnaissance work, as well as a grade of 5.6 g/t Au from a sample collected in a mineralized pile located near the historical Dempsey-Cadillac showing dating back to the 1930s (see press release dated October 28, 2015).

In addition of having traced the two main gold-bearing horizons already defined in this area, the soil geochemistry survey identified two (2) new trends with anomalous gold and arsenic values extending over a few hundred metres, parallel to known gold-bearing horizons. Furthermore, these two new trends largely coincide with historical yet unexplained induced polarization anomalies.

Prospecting and stripping will take place over a period of about ten (10) days, in an effort to explain these new promising geochemical targets located along the extension of an east-west-trending subsidiary structure to the Cadillac Break interpreted from geophysical and geological surveys. This structure, which remains largely unexplored, covers a deformed conglomerate horizon that hosts quartz veins with pyrite and arsenopyrite mineralization, silica alteration and local sericite alteration over more than 4 kilometres. These conglomerates host the vast majority of historical gold occurrences in this area, including the Dempsey-Cadillac showing, as well as new showings identified during the summer 2015 campaign.

Figures showing the location of prospecting and stripping work planned on the Heva project may be consulted using the following link: <http://media3.marketwire.com/docs/HevaMay2016.pdf>

About Midland Exploration

Midland targets the excellent mineral potential of Quebec to make the discovery of new world-class deposits of gold, platinum group elements, base metals and rare earth elements. Midland is proud to count on reputable partners such as Agnico Eagle Mines Limited, Teck Resources Limited, SOQUEM INC., Japan Oil and Gas and Metals National Corporation and Aurbec Mines Inc. Midland prefers to work in partnership and intends to quickly conclude additional agreements in regard to newly acquired properties. Management is currently reviewing opportunities and projects to build up the Company portfolio and generate shareholder value.

This press release was prepared by Mario Masson, Midland's VP Exploration, certified geologist and Qualified Person as defined by NI 43-101. For further information, please consult Midland's website or contact:

Gino Roger, President and Chief Executive Officer

Tel: 450 420-5977

Fax: 450 420-5978

E-mail: info@midlandexploration.com

Website: www.midlandexploration.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.

This press release may contain forward-looking statements that are subject to known and unknown risks and uncertainties that could cause actual results to vary materially from targeted results. Such risks and uncertainties include those described in Midland's periodic reports including the annual report or in the filings made by Midland from time to time with securities regulatory authorities.