



MIDLAND COMMENCES AN EXPLORATION PROGRAM ON ITS JAMES BAY GOLD PROJECT NEAR GOLDCORP'S ÉLÉONORE DEPOSIT

Montreal, March 13 2014. Midland Exploration Inc. ("**Midland**") (TSX-V: **MD**) is pleased to report the beginning of its exploration activity on its 100% owned James Bay Éléonore Gold project located in James Bay, Québec. The first phase of the 2014 exploration program consists of a helicopter airborne magnetic geophysical survey over the Éléonore Centre property.

The Éléonore project, which encompasses the Éléonore Centre and West properties, is constituted of a total of 247 claims covering 128 square kilometres, and is located approximately 30 kilometres southwest from and in a geological environment similar to Goldcorp Inc.'s Éléonore deposit. This world-class gold deposit contains reserves of 4.03 Moz Au (proven and probable categories), combined measured and indicated resources of 4.84 Moz Au and inferred resources estimated at 4.10 Moz Au. (*Source: Goldcorp press release dated February 13, 2014*).

Prospecting conducted by Midland from 2009 to 2013 on the Éléonore Centre property identified the presence of several gold showings associated with quartz-tourmaline pyrite bearing veinlets occurring in sheared metasediments, as well as mafic and felsic metavolcanics which returned up to 18.8 g/t Au. These results strongly suggest that an auriferous hydrothermal system is present on the property by a strong abundance of quartz-tourmaline veins over a plurimetric area. In addition, the 2013 ground induced polarisation ("IP") survey identified many north-south trending IP anomalies and several remain unexplained. The 2011 soil geochemistry survey permitted to delineate a series of As-Cu-Sb anomalies clustered along a north-south-trending axis. Finally, a series of parallel northeast trending AeroTEM II conductors were outlined by the 2010 airborne geophysical survey which targeted sulfide bearing Éléonore-type sediments on the northern part of the Éléonore Centre property. Some of these conductors coincide with uncovered gold-bearing disseminated to semi-massive sulfides zones identified by Midland and several EM anomalies still remain unexplained.

A high definition airborne magnetic survey covering the Éléonore Centre property was just completed, including the area covered by the 2013 IP survey. The results and interpretation of this survey, totaling 386 linear kilometres, are pending. Furthermore, preparation for the upcoming 2014 summer exploration program on the Éléonore Centre property currently underway.

About Midland

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

This press release was prepared by Gino Roger, registered engineer and Qualified Person as defined by NI 43-101. For further information, please consult Midland's website or contact:

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